

INDIVIDUALITY, EMBODIMENT, AND THE ANCHORING OF A HIGHER FREQUENCY

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Introduction

Life is becoming increasingly more complex. With the rise of the internet we have access to more information than at any other time in recorded history. Social media has connected millions of people on a global network scale. Almost anywhere one finds themselves on the planet, they can plug into the internet, look up anything they are interested in researching, and “virtually” communicate with friends, family and strangers. 3 billion people are currently ‘wired’ into the internet, and this number is quickly increasing.

It is as if the internet has become a cyber collective data base that is operating in parallel to the collective consciousness of humanity. The information keeps increasing in a world that has become more and more unstable through economic meltdown, climate change, loss of privacy, and the inevitable corruption of government and authoritarian institutions. Despite these incredible technological advancements, most people in our world still live in poverty – and even in ‘developed’ countries, life has become a struggle, with many individuals facing great uncertainties regarding their future. The evolution of consciousness has not yet caught up with our technological progress.

It’s easy to get overwhelmed and feel like you are drowning in this sea of information. Most people are living on autopilot, just trying to get by and ‘survive’. Technological progress has provided many solutions but created even more problems. People are glued to their smart phones, mostly communicating with others through texting and messaging. Their attention span seems to be decreasing, almost like an unconscious counter-reaction to the information boom, distracted by all the technological over-stimulation. Collectively, we seem to be at a breaking point. These are challenging times, but every challenge and struggle provides an opportunity to help awaken us from the collective slumber.

The struggle and internal friction experienced when trying to fit into a society that has become normalized with pathological values has pushed some of us into questioning our world and our culture. Instead of drowning the little voice inside, engaging in avoidance strategies and jumping into the “consensus” rat race, we stop following the crowd and start seeking truth, trying to understand

the world and ourselves in the process. Oftentimes, this journey is met with ridicule, resistance and attacks from others, and so it can become a lonely path to trod. There are forces at work who do not wish for humanity to awaken due to their own scarcity-consciousness interests – it’s the archetypal battle of Light vs. Dark; a spiritual war that is taking place both within and without ourselves.

Many of us do our best to speak out about the atrocities, injustices, oppressions, environmental issues, and corruption in our world. That is certainly needed, and shouldn’t be ignored. However, what I’ve also seen more and more of (in my interactions with others) is that many “truth seekers” and activists tend to focus only on these issues and get stuck on “fighting the system” on a 3D level. Many renegades who bring the darkness to light in our world – researchers and people in the alternative media realm – also fight each other over relatively minor points of disagreement, which quickly devolve in ways that shift into personal attacks.

Be it on social media, message boards , or youtube comments (with people hiding behind screen names), they behave in ways they would probably never do when interacting in person – such is the price of living in the Internet Age. I don’t take myself out of the equation, for I have done the same in the past, being too harsh, projecting my own shadow and frustration onto others and the world at large.

If we recognize that shadow aspect in ourselves, without rationalizing it away by finding fault in others – and thus, take accountability for the way we communicate at all times – we can show more humility and have more compassion for others and ourselves. It’s OK to disagree and focus on the information itself so that we can get at the truth together, but personal attacks are just counterproductive. Life is hard as it is in this day and age, especially for the ones who can see through the lies of official culture and the matrix we live in. Frustration and anger are natural responses to the state of the world, and at time we feel helpless in our desire to help make this planet a better place, and just want to scream at the state of things-as-they-are, shaking our fists to heaven.

On the other hand, there are many times where people get triggered – not because of our failure to effectively communicate – but because of cognitive dissonance, that psychological state where people react in a defensive/close-minded/reactive way to information we are presenting which contradicts the

beliefs which they identify with; this almost inevitably leads to them attacking us for it on a personal, 'ad hominem' level. At other times, people project meanings and emotions into the words we type that are simply not there, and therefore the observations/opinions presented are taken the wrong way.

This is an insightful video. Dealing with “critics” myself – most of them based in personal attack reactivity instead of critical thinking responses – I agree with his statement that many so-called critics project their own stuff, especially on the internet. These critics (and occasional outright ‘trolls’) hide behind screen names (often fake ones) and never really put themselves out there with their own work and words. They don’t write articles, make videos or share anything about their own personal process. Many of them just “shout” at the world and others for the most part, usually resorting to re-posting articles and videos without a single word of their own.

I’m not saying that there is anything wrong with that from a preference perspective (and I disagree with JP’s judgment with regards to number of YouTube “subscribers”, which is actually an “appeal to popularity” fallacy), as everyone is free to explore their own callings and approaches. I’m not here to tell people what they “should” do, I’m just giving some food for thought and consideration when it comes to how much weight should be given to the content of their contributions when debate occurs.

Vulnerability and Compassion

There are many people doing great work exposing the lies which exist in our world. At the same time, I feel all of these efforts would be even more effective if these same people (prolific researchers, journalists or anyone who shares information) would also divulge some of their own vulnerable personal processes with regards to living life in the matrix while simultaneously trying to expose its inner workings; talking about their own shortcomings, mistakes and lessons, but not in a pity-me or poor-me victimized fashion. I would be thrilled to see these brave individuals reveal some of their own struggles – and deprogramming journeys – so that they may help other awakening individuals, allowing their audience to relate to the same difficulties we all experience, each in our own way.

Why is it that we are so afraid of our own vulnerability at times, especially with regards to showing it? What keeps us from sharing our deeper fears and personal struggles? Is it fear of what others may think, fear of being shamed and judged, of being seen as weak and damaged? Maybe that's part of it. Fear is natural. A warrior is not fearless, but accepts fear as natural and acts anyway, understanding that fear is part of the journey – not necessarily as a frequency to be conquered, but as a companion on that adventure into the embrace of the unknown; gaining strength by stepping out of one's comfort zone.

I have fears and worries, which my mind usually makes up, and they can certainly act as self-defeating mechanisms. Shame and guilt has been a big part of some people's make-up for all of their lives, starting in childhood, when their parents didn't respond with compassion when they screwed up, opting instead for punishment and reactions like "you should be ashamed of yourself". Naturally, as a result of this imprinting, we have developed masks and defense mechanisms due to fear of getting hurt again, and therefore possess a lack of confidence and courage in our magnificent abilities.

I've always been hard on myself (and because of that I can be hard on others as well) and this can be traced to dealing with guilt and shame programming for most of my life – constantly self-analyzing (to the point of diminishing myself constantly), always finding something wrong with me, repeating the "not good enough" mantra. My inner critic has always been way harder on myself than any of my external critics. For the longest time, up into my early thirties, I even felt guilty for feeling good and happy.

When I was in a more positive state of being, my mind came up with self-diminishing thoughts, telling me that something bad is going to happen soon because life can't be that good and I don't deserve it anyway. It was an unconscious mechanism, I wasn't really aware of it at all – I didn't question the negative introvert of my mind, but instead just accepted it as "truth". This resulted in me self-sabotaging relationships and things I wanted to accomplish at times. I remember clearly the day when I consciously realized how I felt guilty for feeling good, and how I was my own worst enemy.

My lack of healthy self love – and my negative introverted nature – has also been mirrored back on me by others, who would shame and attack me for my shortcomings, or for things that have nothing to do with me, but are rather their own unconscious shadow projections. Ironically, in those moments, the universe was showing me how I, unconsciously felt about myself, which I then took on as my “truth”, pulling me deeper into the downward spiral of shame/guilt.

There have been many times in my life where I have internalized things based solely on what others “pushed” onto me, without ever questioning why, always finding fault within me, telling me that I was the one to blame. The lesson in all of this involved me not trying to prove or explain myself all the time in order to be understood or “liked”, but rather to develop healthy self-love (which is not narcissism), self-acceptance, and self-respect – and to simply be good to myself first and foremost, expressing myself in an authentic manner.

In short, it was a project built around having compassion for myself – even if I made mistakes or poor choices – and to not take on the projected shame or guilt of others or the culture at large; to not care how others may perceive me; and to also show compassion for others who do not act with kindness towards me. That’s not easy to accomplish at times, because the ego loves to get into a fight and engage with our incessant feelings of righteousness, our attack/defensive modes, our need to criticize and put others down, our desire to “punish” them.

This is not to say that we should abandon the principle of standing up for ourselves when needed, or just “turn the other cheek”, but I do think that it requires all of us to find a space wherein we can come from a more compassionate place in our personal dealings with one another.

People who hurt us oftentimes project their own pain onto us, and occasionally in turn, we project our own unconscious pain and hurt onto others. Sometimes the compassionate response is simply to remove yourself completely from the connection and not engage in it any longer, which basically means taking care of yourself and not trying to convince another person of anything in any way. Sometimes, there simply can’t be a resolution, and thus the “resolution” actually involves a non-resolution. That’s been a tough lesson for me, because I usually

want to “talk things out” and come to a common, compassionate understanding and resolve things. I have learned the hard way that this is not always possible.

“I accept that no one is trying to hurt me whenever hurtful words or cruel behavior come my way. I accept unconsciousness occurs as a way for others to show me how deeply they suffer. I further accept the unconsciousness of others does not require me to lash out and match their vibration, nor does it reflect back anything unconscious about me.

Instead, I allow every act of unconsciousness to inspire a more loving response, as I witness an unconscious world helping me evolve, at the rate in which I act out the very choices I’ve waited for others to embrace.

This doesn’t justify anyone’s unconscious behavior, or mean that I should put myself in situations that compromise my well-being. It allows me to go wherever my qualities and talents are honored, while acting upon my soul’s highest wisdom, as a way of energetically helping those who suffer to find their way home.”

– Matt Kahn

Many of us tend to be very hard on ourselves when we use spiritual/esoteric teachings (or psychology) to keep pulling out the emotional weeds whilst forgetting to water the existing soul-flowers. The same observation can be applied when speaking about the ‘social justice’ individuals who speak out about the issues of the world, to the point where they can become so preoccupied with the pathology of the planet – the corruption, atrocities, etc. – that they project their own shadow (internal unconscious anger, frustration, repression) onto both the world and others, and thus don’t see anything good anymore.

We need positive reinforcement from time to time, especially from within ourselves. In the end, it’s about love – and by “love”, I am not referring to avoidance strategies or living in denial by forcing ourselves to be nice and positive all the time. I am referring to the love that allows everything to arise and be felt without judgement from the self or others, and allowing it to be

transmuted through the power of its grace-full harmonic. This obviously also ties into compassion and forgiveness for self and others.

When we get in touch with our vulnerability without judging ourselves, we heal the wounded child within and discover that we all have the same fears, the same “issues” and struggles with ourselves; and the more we share our deeply-vulnerable moments with each other, the more others can actually relate to us (and vice versa) in a genuinely-authentic and compassionate manner. In this way, we are co-creatively helping to heal ourselves and the world we live in, while simultaneously creating more authentic relationships which possess a more compassionate approach which transcend intellectual information warfare.

In this digital day and age, it’s so easy to get distracted by the world “out there”, and we wind up losing our human connection to each other for long periods of time. This is not to say that we should ignore the outside world and become pre-occupied with ourselves and our “inner journey”. It is, after all, about balance and authenticity – inner and outer work go hand in hand. It surely can be scary to “go inside” the regions of the human psyche, and some people will always judge us or project their shadow onto us instead of receiving us with acceptance and compassion when we seek to find a mirror of relational understanding.

I feel that the “rulers” of the world – hyperdimensional, political, and otherwise – are actually feeding off of this quiet desperation, and want us to stay silent and withdrawn, to not show our vulnerability but rather to be pre-occupied with the artificially-presented outside world, keeping us in a lower frequency of fear and battling with each other. They feed off of the (unconscious) fear we have of showing ourselves as vulnerable – of expressing ourselves without masks – because behind all of that deception, buried in our vulnerability, is true love and energetic power. This power represents the deeper human connection we all possess towards one another, a heart-based frequency which vibrates at a level which they cannot touch.

At the same time, many people have a very hard time accessing their vulnerability and expressing their feelings. If we are not comfortable with our own vulnerability, we cannot fully receive the vulnerability of another person. It takes sincere self-work to access our deeper emotions, which lie hidden behind layers

of armor and buffers built up over years of having lost connection with our bodies. Our body is constantly giving us clues. The more we are in touch with our bodies, the more we can receive these messages, which also put us in touch with our vulnerability.

Modern life desensitizes us and keeps us imprisoned in our heads. Many people have cunning intellects and are well versed in articulating their thoughts when it comes to topics of the external world, but when it comes to accessing their deeper feelings and expressing themselves through their “emotional IQ”, things can be very challenging for them. The psyche also has its own healing schedule, and deeper aspects of this process reveal themselves over time. Astrological transits can give some insights into that calendar. It’s a process of ‘peeling back the layers’ that cannot be forced nor rushed, and it is different for each individual.

“Our soul’s voice reveals our deepest wisdom and our deepest wounds, which is why unleashing our soul’s voice is often our deepest desire and our deepest fear. We ache to be self-expressed, to be authentic, to totally let ‘er rip and yet we are terrified of being that vulnerable, that raw, that real. So we edit, shape or even shut up our unique soul’s voice in order to be accepted, successful, and even loved. But deep down in our bellies, where our power burns the brightest, we know we cannot be of service, we cannot be free, we cannot truly come alive if we aren’t sharing the truth of who we are.”

– Sera Beack

However, sharing our more personal stuff and internal struggles – or speaking out about “taboo” topics – can be a scary proposition, so I understand why people are reluctant to do all of this more often. Others can misinterpret things being expressed, take things out of context (cherry picking fallacy), or have their own shadow-side triggered, which leads to them ridiculing or shaming us. Based on my own experience, these reactions (and the people involved) are definitely in the minority, and in the end their (unconscious) behavior teaches us to stand up for ourselves, and to not be concerned about what others think of us. Such scenarios may also reveal the identities of those whom you can consider to be “true friends”.

It's important keep in mind that these people (who are not a part of our lives) don't really know us at all: what we do or how we live on a day-to-day basis; nor do they have any understanding with regards to our personal inner process. They don't know our whole life story, or even the whole picture (in terms of the things we share with relative strangers), so projections and distortions are inevitable. Obviously, what we see of the people we interact with online is just a fraction of who they are as a whole individual. Words on a screen can easily be misinterpreted or projected in false and misleading patterns onto 'the Other' when there is a lack of face-to-face , 'felt presence' interaction.

I make mistakes, learn my lessons, and figure things out as I go along, and in this undertaking I occasionally will share some of it, but not all of it. I've been quite open about my personal process and short-comings over the years – I would say that sometimes I was even too open, and I learned the hard way that just "wearing your heart on the sleeve" is not always well-received by others.

We still need to be discerning with our expressiveness, and to 'check in' with ourselves when it comes to sharing our personal approach, so that we can feel safe in doing so. Obviously, we can't be totally open about our own personal trials and vulnerabilities, as we need our own safe private container to work through stuff; we also don't want to fall into "poor-me" victim mentalities or self-pity, trying to get attention from others in a pseudo-narcissistic fashion.

The Dark Side of the Internet

Carl Gustav Jung suggested that everything we feel about (or see in) another person is comprised of about 75% of our own "stuff", our infamous shadow (i.e., the unconscious aspects of ourselves) – which we project, in either positive or negative ways, onto others; but in reality, such perceptions really have nothing to do with the other person. A more accurate indicator of an individual's character and intentions are based on one-on-one interactions with them in real life, from a place of grounded awareness of self and the experiences which accompany that 'work'.

As you can probably guess, shadow projection is even more amplified within the sheltered realms of the online world in comparison to “real”, face-to-face interactions. All of us can engage in shadow projection at any given moment, without exception. Ask yourself, how many times have you looked at photos of a person and projected qualities (good or bad) onto her/him that are actually completely off-base? How often have you been “attracted to” or “infatuated” with – or “repelled” and “offended” by – a person, based solely on the content of his/her posts or their appearance in pics? How often do we project emotions and “tone” onto other people’s posts that are not really there in the context of the content, but are merely arising out of our own unconscious shadow?

Consider, also, that the mood/frame of mind we are in (when an attempt at communication takes place) can distort the interpretation of that message. For example, a person who is sending an online text or writing a social media post may be smiling whilst doing so, and is offering it to others from a genuinely good heartspace, grounded in positive feelings; but the receiver/reader is on a different vibrational wavelength, and misreads the context of the content, seeing it as full of resentment, or perhaps finds it offensive – the misunderstanding, in such circumstances, is based on assumptions which are grounded in the reader’s own issues and stories.

Sometimes, when I’ve met people in real life with whom I had previously connected via Facebook, I can see how my perception of them (be it positive or negative) was off in parts, and I come to realize how much I had projected qualities onto that person – based completely on facebook interactions/posts/pics and nothing more – which were not true.

“The shadow is, so to say, the blind spot in your nature. It’s that which you won’t look at about yourself. ...You can recognize who it is by simply thinking of the people you don’t like. They correspond to that person whom you might have been—otherwise they wouldn’t mean very much to you.

People who excite you either positively or negatively have caught something projected from yourself...I don’t know whether you’ve had similar experiences in your life, but there are people I despise the minute I see them.

These people represent those aspects of myself, the existence of which I refuse to admit to myself.”

– Joseph Campbell

Facebook (or any social media portal, and the internet in general) is a great tool to connect with people and share information, but understanding shadow projection – and how we really don't see others as they truly are at times – is worth thinking about. Let's be clear here: It's ok to not “like” a person; nor is there any need to become “best friends” with everyone. However, if we get triggered by someone out of proportion (and attack him/her personally or engage in gossiping), then there is usually more at play than just the “other” person's behavior and attitude.

But even if we see “negative” traits in another person that are true (without us becoming heavily triggered in response), can we still come to a place of compassion and empathy about their demeanour? Most of the time, people who act this way are deeply wounded and hurt individuals, compensating for their low self-esteem (due to childhood wounding and other trauma) by lashing out or goading others into reactivity. By the way, I'm talking here about everyday people in everyday interactions, not full blown psychopaths or sociopaths who have no conscience.

“Everything that irritates us about others can lead us to an understanding of ourselves.”

– Carl G. Jung

“In shadow projecting, we split-off from and try to get rid of a part of ourselves, which is a self-mutilation that is actually an act of violence. In the act of shadow projecting, we disassociate from a part of ourselves and “split” (in two), turning away in revulsion from and severing our association with our darker half, as if we have never met it before in our entire life. We throw our own darkness outside of ourselves and see it as if it exists only in others. We then react violently when we encounter an embodied reflection of our

shadow in the outer world, wanting to destroy it, as it reminds us of something dark within ourselves that we'd rather have nothing to do with.

In the act of shadow projecting, we perpetrate violence (both psychic and/or physical) not only on ourselves, but on the “other” who is the recipient of our shadow projection. This act of external violence is nothing other than our inner process of doing violence to a part of ourselves changing channels and expressing itself in, as and through the external world. In trying to destroy our projected shadow in the outer world, however, we act out, become possessed by and incarnate the very shadow we are trying to destroy.

[...]

Paradoxically, in descending into the depths of the unconscious in order to deal with the prima materia of the shadow, we are simultaneously on the path of ascending to the truly real, as we become introduced to the higher-dimensional light worlds of spirit.”

– Paul Levy, Dispelling Wetiko

The following questions can help anyone to become more familiar with their shadow side (from “Knowing your Shadow” by Robert Augustus Masters):

- What do I least want others to know about me?
- What do I tend to have a disproportionate reaction to?
- What am I offended by?
- What person keeps triggering or irritating me?
- What qualities of mine or others do I often feel aversion toward?
- Which emotions do I consider to be bad or wrong?
- Which emotions am I the least comfortable expressing?
- What am I most scared to openly express or share?

I want to make one point clear: There are limitations to the idea of shadow projection and its ramifications, which ties into the oversimplified saying: “when you spot it, you got it”, which is not always true. Sometimes, it is verifiable that we are merely projecting our own internal blind spots onto others, and it is actually our “stuff” which requires self-ownership and healing; but there are other times where it is not our own issues that we are pointing out in another

person or situation; that we are, in fact, seeing the other person (or situation) clearly as he/she/it truly is, in good faith. The point is, it's not a black and white circumstance, and discernment – as always – is paramount.

There's no denying that shadow projection is a reality in our lives (be it from the receiving end, or engaging in shadow projection ourselves), and understanding and applying basic Jungian psychology is important and very helpful (even though many people also seem to over-simplify or distort the concept of the shadow, due to lack of education regarding its principal characteristics), all of which I've experienced in my own life, especially on the internet, where shadow projection is happening a lot.

However, it's not to be used as the only lens through which to see things, because there are limitations to solely employing that kind of psychological analysis, and it can be hijacked by reality-bypassing New Age programs in order to avoid personal responsibility. This topic will be explored later in this blog.

Those on the receiving end of this behaviour can wind up doing it to others as well, of course – I've also judged 'opponents' and projected beliefs (and my own shadow) onto them, based on who I "think" they are. But who am I to judge another person's experience, let alone someone else's life? What do we really know of another person's unique soul lessons, karma, past lives, what they are going through on a daily basis, their struggles, worries, fears, joys and happiness, where they are at now (as opposed to looking through the lens of the past), things they have never expressed to anyone else and are most oftentimes impossible to put into words?

“There is no telling how much I might change in the future. Just as one wouldn't draw a lasting conclusion about oneself on the basis of a brief experience of indigestion, one needn't do so on the basis of how one has thought or behaved for vast stretches of time in the past. A creative change of inputs to the system—learning new skills, forming new relationships, adopting new habits of attention—may radically transform one's life.”

– Sam Harris

Sometimes when I get into an argument with a friend and we trigger each other, or when I become annoyed/”reactivated” by others in daily life or on the internet, I think how easier it all would be if we could just “inhabit” the other person for a minute or two, feeling and thinking exactly as they do, from their perspective. It’s a simple relational practice which helps me to get more in touch with compassion and empathy. Maybe we need to put on these ‘exchange’ glasses more often (if only the technology already existed!), or at the very least, understand the message of this video, and remember it when we find ourselves triggered in everyday life.

Our world is a moment-to-moment classroom of constant lessons. With the rise of social media, I see a lot of bullying, gossiping, and pseudo-psychoanalyzing happening over the internet, alongside an endless shower of ad hominem attacks. The worldwide web represents a reflection of people’s own shadow being triggered (and subsequently projected), essentially offering up their own unconscious individualized pain for all to witness.

Think of Monica Lewinsky what you will (especially with regards to the conspiracies which lurked beneath the Clinton incident), but this is great talk about this topic – an issue that is like an elephant in the living room of our post-modern cyber age. It doesn’t always have to be on as grand of a scale as she has experienced it – some people seem to feed off of that kind of behavior, aside from the obvious trolls and “agents” who try to give genuine debaters a hard time.

When there is no rational, compassionate interaction and feedback with each other (but rather, just a retreat into personal attacks and shaming – even if it’s hidden behind humor and sarcasm), then we have already lost that which makes us human – and, in a sense, become what we’re fighting against. The abuse of humor is a topic of its own, regarding when “comedy” and “jokes” are used to attack others with passive aggressiveness, or to cover up our own wounds, due to our unconscious fear of facing the shadow within.

Sarcasm is not just heartless, but is cruel – in it we target whatever we can in the other to belittle or make fun of in circumstances that usually are far from funny. Sarcasm means that we’re not only being aggressive but also

shaming, building ourselves up by trying to tear down the other, perhaps taking some pleasure in doing so.

However short-lived it may be, sarcasm creates relational distance, so that later on we might find that our “target” has put up some sort of a barrier against us, even if they’re being otherwise loving toward us. This may not be an act of retaliation, but simply a result of feeling on guard around us, especially if they’ve not received any genuine apology from us for our sarcasm toward them. Left unattended, sarcasm is an intimacy-destroyer.”

– Robert Augustus Masters

Moreover, as I mentioned before, looking at it from a hyperdimensional perspective, there are certain entities which feed off of that drama and fighting, given the “buffet table” of negative emotions, passive/overt aggressiveness, sarcasm and projections that arise during such occasions. [Speaking of sarcasm](#), [here’s a good video on the psychology of sarcasm](#).

“I see many people speaking out about the atrocities and injustices of the world, and oftentimes it comes with a lot of finger-pointing and hostility. Understandable. Who wouldn’t be upset? The problems of the world often seem insurmountable and sometimes the weight of life wears down even the best of us. As important as honoring our healthy boundaries and anger is, dwelling in anger causes us to miss out on the richness of higher understanding.

It’s important to keep in mind that the moment we demonize or vilify those who disagree with us or do things differently, we commit an act of violence by severing an opportunity to learn and find loving empathy and compassion to resolve conflict. We cannot hold on to spite and vengeance, for the problems of the world are too enormous, and hostility, no matter how small, simply creates more violence. We must become more mindful, understanding, and conscious in our behavior if we are to ask others to do the same.

Time shows us that even in the most dark of circumstances, there is understanding and love to be found, within and without, for all things serve a purpose in objective reality. As difficult as it can be to come to terms with, all moments of life are like lessons in the school of Earth. It is rightfully natural to be angry, afraid, sad, and defensive, passively or aggressively, but for the sake of transformation and growth, we must not stop there.

Justice is neither avoidance or vengeance; it is taking responsibility by utilizing the opportunity to see things clearly through gaining knowledge, healing, and, ultimately, understanding and finding forgiveness by seeing the greater context, which ultimately leads to compassion. With communication comes new perspective. With new perspective comes new understanding. With understanding comes connection. With connection comes love. And in the words of Martin Luther King Jr., “Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” ”

– Humberto Braga

Sometimes we also tend to share too much, too fast, in our eager attempts to share the personal realizations, experiences, process, research, or discoveries we have made, which some people are simply not ready to hear – a lesson I’ve learned the hard way myself as well.

“If you do find an extraordinary truth, shall we say, from extraordinary evidence, more than likely, then in the course of your life, if you come upon that, you quickly learn there was a path to that view. And it may be complex, it may be simple, but there was a way to it. You don’t jump straight to it without the intermediate stages. And the more remarkable that truth is the longer it takes to deeply acknowledge and know it—know it at a very inner level.

*Yet, we can observe that there is sort of a tremendous impulse to want to share our discoveries with people and to prove to them and to underline things and expound what we believe. **But everybody has to wake up for him or herself. I’ve said this over and over. You cannot really do it***

for anyone else. So it is both unrealistic and unwise to say, to expect... [someone] touted in a mainstream view of politics and culture and education to suddenly entertain [certain fringe ideas].

The more outstanding the revelation the longer it takes to get to it. So we have to sort of respect that in a way. We have to expect also that it takes time for people to understand what is real and what is unreal. **All we can do is set forth our discoveries and let people make of it what they will.** And that takes discipline and a high degree of self-confidence. And amongst academics that is not always to be taken for granted. Because it is not just academic discipline but it is personal discipline in your own growth in your own being not just the computer element of our minds but all of the rest of the faculties as well.

And if we falter in our convictions, if we constantly need validation and reassurance then we start to compromise even our own materials. It is better not to do that at all. Just play your own game. Do your own thing and get as sharp and authentic as you can. And don't stop and keep doing it. And it brings to mind the question of what actually is it when we say truth. And I very much feel, having worked with all levels of sort of philosophers, and academics, and psychologists, and mystics, and new agers...that being smart is not sufficient to know the truth.

And I would say that the truth reveals itself slowly depending on the intellectual, emotional, transcendental awareness of the individual. And those last two elements are sorely lacking in the average investigator—I would say. So their inquiry is necessarily therefore flat and rather one-dimensional. It is limited, to put it politely, like a [person] who cannot see the real substance of a situation because he does not really get it. He lacks sincerity, humility, and insight.”

– Neil Kramer

“Sometimes in our zeal to share our awakening process, we say more than we should about what we've discovered. It could be shocking to someone

else's view of reality who is less aware and then they, in their lack of awareness and cognitive dissonance will doubt you and make you "wrong". Then tell others about your "problems" and so on. This really hurts when you discover someone you trusted is gossiping behind your back, poisoning others' views and beliefs about you which are not true. The list is endless really, but the point I'm making is that discernment of character and especially spiritual discernment, is a fine art of deepening ones awareness, sensitivity, patience and wisdom. It takes a humility and courageousness that cannot really be done alone, and yet it sometimes feels like we are all alone when we are going through "the dark night of the soul".

– Eve Lorgen

All of this shows the negative side of social media and the internet, when people only communicate by typing words on a screen. It tends to cut us off from our body and emotions. A lot of communication happens non-verbally when we look into each others eyes while sharing physical space together. Body language and energetic impressions oftentimes reveal more than words which are spoken or typed. Words are very limiting as well. Expressing what I feel and have experienced through language has, at times, been very challenging. This is often due to the fact that many people project different meanings into words, or that we use certain words but are actually trying to convey a different meaning.

Personal contact, as in face to face connections, also helps us to be more compassionate towards one another, looking into each other's eyes. Sometimes, we also just need a hug and to be approached with compassion – even (or especially) when we make mistakes, and seek understanding without being condemned, judged, psychoanalyzed and labeled for our "issues"; especially if we share views that challenge people's beliefs, which often leads to being prosecuted by strangers behind a computer screen.

I remember working with a professional Gestalt therapist a couple of years ago. She embraced everything that came up for me without any judgment, but with plenty of empathy and compassion – there was no psychoanalysis or application of any psychological labels, no reading quotes to me from psychology books or telling me that I should read this or that, no informing me that I should feel

ashamed or bad for my failings and mistakes (which were actually not “mistakes” but unconscious defense mechanisms which served their purpose).

On the contrary, she helped me to feel good about myself – not so that I could rationalize away anything I did or thought in the past, but so I could experience forgiveness for myself and others, and so that I could understand how all of it related to things in my upbringing which I was not fully aware of; mostly childhood wounding, past life trauma and energetic karma. This was all accomplished by guiding me into my body and emotions, a place where the rational analytical mind cannot go.

This process and empathetic approach helped to release and heal deep wounds. I was crying many times during these sessions as my psychological and bodily armor was dissolving. Doing this kind of work one-on-one in a private safe container with eye contact is also very important. Something way deeper emerges if we take this kind of “physical” approach, which is impossible to replicate in an online consultation.

Besides imparting to the reader the positive effects of professional embodied psycho-spiritual therapy, the point of this recollection is to reinforce the importance of relating to each other with more compassion, empathy, and forgiveness. You don’t need to be an “expert” in psychology to do this.

Limitations of 3D Thinking

Over the past year I felt like I was being taken apart, spit out and reassembled, diving into the shadow and bringing it into the light of awareness, integrating unconscious aspects as they were being mirrored back to me in everyday life situations. Something seems to be accelerating in the “field”, I can feel it in my body. A big shift has happened within myself, which is something that is very hard to put into words – perhaps some of you can relate to this. It’s akin to a new frequency/vibration which has anchored itself, forcing me towards a new approach, encouraging me to let go of outdated belief systems/views, trusting myself more, and engaging with my intuition as I go beyond the limits of the rational/logical mind.

This is not to say that I dismiss logic and critical thinking, but that I understand both the limits of left brain-focused activity and the importance of not getting distracted by narrow-focus 3D linear thinking and constant overanalyzing. There is, within me currently, a sense of grounded calmness and a deeper embodiment of compassion, for both myself and others as well. I feel less and less concerned about 3D world issues – yet of course, not going as far as to deny their existence, since that would be ignorance. I remain aware of them, but am not focusing all of my consciousness on these “issues”. I will still speak out about them, but there is really nothing new out there that I haven’t said or written about before; the same old shadows on the wall, just wearing different disguises.

However, constantly focusing on 3D issues regarding the world (and how screwed up it is) starts to sound like a never ending flushing toilet of problem-prioritizing. If we keep approaching the world’s concerns from that level alone, nothing will change, and we’ll actually miss out on the bigger picture of what is happening, because we are stuck in that frequency of reactivity. In the end, it comes down to activating the evolution of consciousness; and while it is necessary to make the darkness conscious, we can easily get caught there in that abyss of problem-analysis, as there is always more to come to light.

At some, point, we come to the realization that it is about transcendence and adopting “4D thinking” – a place where the logical/analytical mind cannot go. It means recognizing the holistic nature of the universe and our own multidimensional selves (which are capable of going beyond our physical bodies and five senses) and tuning into our intuition and inner knowing.

In short, our connection to “God”, the higher self, the divine, or whatever you may want to call it. It’s nothing that is external to ourselves, either – it isn’t some disembodied “authority”. ‘Transcendence’, in that spiritual sense of liberation, also doesn’t mean denying or ignoring what is going on – it’s not about focusing on the “positive” and ignoring the “negative”. It’s merely a shift in consciousness that is still aware of the darkness, yet creates outcomes based on being ‘anchored’ in some way into a higher vibration/frequency that affects reality in powerful ways.

*“Your challenge at this time is to gain your freedom, and this does not mean fighting the government, the military, their mind control, or any of the other forces that appear to trap you in 3-D. **Although it may appear as if you are being squeezed and your individuality annihilated, there is always a bigger picture.** In dealing with day-to-day living, you may find yourself questioning your sanity, your purpose, and what to do from moment to moment, overwhelmed by the whole spectrum of life. We will say to you that the picture is bigger than you can imagine.*

[...]

***As you experience the massive opening of energy, which is indeed an infusion of light, an equal experience of looking at the dark cannot be avoided.** In the world of duality where you dwell, shadow defines light, just as it does in photography. It may be that the more light you create the more you will see the shadow that defines it. Perhaps some of you have been a bit naive, too willing to play the game, listening to those in authority and doing what you are told rather than thinking for yourselves. People are not encouraged to think.*

*Mass programming is in effect all over the world. You are taught what to think, and you pay a good amount of money for this experience. **This type of misuse of energy can only go so far before people become disconnected little boxes, compartmentalized fragments without a connection to the whole.** When anything becomes fragmented in this way, it eventually collapses on itself. The part cannot stay separate from the whole for very long; only for a little while can a small part remain isolated.*

Because you have been fed a series of falsehoods for thousands and thousands of years, each person on Earth has become compartmentalized in what he or she believes, disconnected from real thinking and from the self and other people.

[...]

Many of you think managing 3-D requires going faster, having more technology, knowing more people, and rushing here and there. As things go faster, slow down and put yourself at ease. Take time to listen to the birds, the sounds of Nature, the crackling of a fire—the natural sounds. Get outdoors. Be by

yourself. Take time for yourself and learn to expand your awareness and to hear a voice inside. Then be certain to question that voice and all that the voice brings. When you begin to open the fan of yourself, with respect to these voices in your head, an opening to the abstract occurs.

Humankind has long been deflected from thinking in abstract, nonlinear terms. Living nowadays is quite solidified and linear. Yet you rob yourself of a great venue of experience, a necessary frontier for masses of you to become artists within. **Many people must create a new high art of thinking in order to translate the changes that are coming.**

Your great solution, no matter what is occurring, is to love yourself and vibrate that frequency outside yourself. Doing so will allow many doors to open, and likewise many unwanted probabilities will simply pass you by, like a bird on the wing.

[...]

A dark shroud has been cast over your consciousness, a darkness so vast that now so many of you are truly frightened to live. Your bodies are filled today with cancer, stress, and pollution because you have been primed for fear over the years and have drawn to yourself negative energies from the other realms, and these, spirits of lower energies feed off your fear. Reality mirrors itself.

The marketing of fear has been massive: **Through meaningless data and meaningless living, you have drawn to yourself those who suck your power, vampires and parasites completely invisible to your perceptual acuties. They are, nonetheless, sucking your vitality because you do not want to claim it. We will say to you, dear humans, love yourselves, place value on who you are. As you move forward and understand the unfolding absurdity of your times and why your civilization is collapsing, love yourselves.**“

– Barbara Marciniak, *Family of Light*

We all have our individual journeys and purpose-for-Being. Some people struggle with not knowing their purpose of what they “should” be doing with their lives. But even a positive concept like “finding your purpose” can be over-analyzed and loaded with cultural programming, thereby disconnecting us from what we always knew – or from that which is right in front of our eyes, but we are simply too distracted to tune into its presence.

Some people mistake occupation for “purpose”, as if purpose is that huge big thing which we need to “do” or define ourselves by – a “career” identification – when it is simply about how we show up every day, wherever we are, under whatever circumstances, whatever job we have, and it’s about how we relate to others.

In the context of transmitting felt experience, words are so limiting; sometimes, it’s simply our presence which can affect others positively via the frequency/vibration we emit from the toroidal field of our hearts. I experience that sensation more and more, especially in my bodywork practice – working with up to 15 people a week (on average), I have seen that just a basic, nurturing, supportive touch can help a person more than a thousand words of therapy. This is especially true in this digital age that has disconnected us from our bodies – and there is so much wisdom in our body; it is the mechanism through which we access our intuition.

The more we feel into our subtle bodily sensations, the more we can access our “inner knowing” without relying on constant outside information or authoritarian ‘proclamations’, and then we can make the right decisions that guide us to our unique calling. But this also seems like a natural process that is different for each individual, as we are all at different stages of our own personal evolution.

“Inhabiting your body – reuniting with its intelligence – is one of the most potent political statements you can make. Disembodiment is tacitly modeled and promoted by every institutional hierarchy in our society – whether corporate, political or religious. Each of them is shaped around a top-down ‘command and control’ power structure run by the head of the organization, with executive power consolidated at headquarters – which might lie with the CEO (‘chief’ derives from the Latin word for ‘head’)

in head office, or with the head of a political party in the nation's capital ('capital comes from a Latin word for 'head'), or with the head of the church. The implicit message embedded in these hierarchies is that the head should rule. That message remains acceptable to us only because it expresses, even as it further consolidates, our relationship with ourselves.

When we center our thinking in our heads, we unknowingly reinforce the hold those social hierarchies enjoy. So it seems natural to us that 'heads' of business, politics and religion should rule our society. If we reject the leadership of a particular 'head', we will seek to replace that individual with another 'head' – unable or unwilling to consider other ways of organizing human affairs...

We cannot begin to reign in our madness until we recover what the body knows and learn to accord with it. To root ourselves in that accord is to flood the emptiness of our lives with the experience of the present – the only true way to begin to harmonize with reality. This embodiment revolution begins with the honest recognition of the extent to which we have internalized the hierarchical message – the extent to which its top-down power structure currently lives in us and rules us...

Think about it: you cannot reason your way into the present; you cannot reason your way into love; you cannot reason your way into a harmony of being. More than that, though, as long as the head rules, it keeps you from truly feeling and answering to the currents of your own being; it fragments you on the most personal level, so that even as you obsess over refining your ideas about how best to supervise your progress, you sabotage any possibility that you might respond to your circumstances with your full and unified being – because this inner tyranny obliterates being and silences the body's wakeful attunement...

The challenge we face is great, because we are starting from a disadvantage: we are divided within ourselves and have been relentlessly habituated to that state by the story that surrounds us – a story communicated by the language, the architecture, the hierarchies, the customs and even the icons of our culture.

*Facing the challenge before us is made easier, though, by its sheer necessity – and by the keenness with which each of us feels that necessity in our own lives. We feel estranged from the unity of our own wholeness, and that ignites within us a smoldering anxiety. Such anxiety is the foothold by which those who wish to wield power keep others off balance. **That is why they stoke anxiety so deliberately: the more anxiety we feel, the more control we feel we need...***

Ultimately, our head-centric way of being keeps us in a stressful, self-perpetuating loop:

- top-down living disrupts wholeness;*
- a lack of wholeness induces anxiety;*
- anxiety makes us yearn for more control;*
- and more control is promised by top-down management – both within the self and within society – even as it further disrupts wholeness....*

Learning how to liberate yourself from the frenzied treadmill of the head is far from easy – it requires a skill set that is not readily available, and defies our culture’s messaging and conditioning. On the most personal level the process may feel as monumental as the dismantling of the Berlin Wall, because it threatens to change everything: old, stuck pieces of yourself topple and make room for a newness of breath and ease and clarity, and a dangerous awakening to the deep, true passion and calling of your life.

Opening to the world you find not obstacles, but guidance; not indifferent geography, but companionship; not resources, but a living web that shares your own ancestral origins in star matter.

We cannot align with the body’s subtle genius by adopting new ideas about ‘how to be’. In fact, to be directed by ideas, however

progressive, is to be ruled by the head. What is needed is a new experience that will put us in touch with our being so that it can speak to us about all that is.

We need practices that will help us beyond ‘listening to the body’ and instead enable us to listen to the world through the body. The task is not to make the body do new things that are good for us, but to surrender the tyrant’s place in the head and yield to our embodied wisdom – which belongs to the world as much as to us, and knows the whole so intimately that it recognizes its steadfast, unseen gaze in each individual pebble, star and blade of grass.”

– Philip Shepherd, *The Embodiment Manifesto*

Comparing ourselves to others is the worst thing we can do to our sense of well-being. It actually cuts us off from who we truly are – our own unique voice and purpose – and replaces that harmonic with the relentless distortion of self-judgment and impossible standards we put on ourselves, alongside the pressure to “do”, to “become” something, and the negative introspection, which results in shame and guilt (“not good enough”), at which point, the neurotic ego becomes our “life coach”, with all its analysis paralysis regarding ourselves and others, keeping us in a scarcity state of anxiety and “fight or flight”.

The rational mind is a beautiful tool that shouldn’t be dismissed, obviously. We need critical thinking, but not at the expense of our intuition and those deeper emotions which guide our choices when the mind cannot help us. It’s easy to rationalize anything away, and we can trick ourselves in that sense – cutting ourselves off from the body and its intuitive insights for which we have no rational explanation, and are even hard to describe in language.

Then there is the struggle of “shadow ego”, either inflated with its sense of entitlement, righteousness, judgment, superiority, or the opposite end of this gloomy spectrum: feeling victimized, depressed, diminished and less-than-everyone-else. And so the struggle remains within the individual, as always, and we all do battle with it constantly.

Looking back at my life now, I know that the major decisions along the way which aligned me with my “purpose” or path did not come from a rational series of thought processes, but rather, they stemmed from an embodied inner knowing – where there was no doubt whatsoever about the next choice, nor was there ever a pre-existing “plan”, nor did I have any clue where it was all leading me to. It was reminiscent of the saying, “*tell god your plans and S/he will laugh at you*”. There was no “I should do this” commandment coming from the mind (or someone else, for that matter); nor was I making a ‘manifestation’ list in my head about pros, cons or possible outcomes; nor was there any anxiety, pressure, or hurry.

I felt like I was being pushed and guided along by something far bigger than my mind could ever grasp, involving unexpected synchronicities which paved the way to where I’m at in the here and now. If you’d have told me ten years ago that I would be living where I live now and doing what I do now, I’d have laughed at you in disbelief.

Sometimes we forget that we (the bodies-that-we-are) are transducers of higher energies, a truth which we need to align ourselves with if we are to seek out true emancipation. Even now, I have no idea what the future holds. I don’t make long range plans anymore. It’s all about where my intuition guides me on a day-to-day basis. I’m not saying “don’t look past today” – it’s good to have intentions and visions of future endeavors, and act on them with accountability; just be open to change, and avoid being chained to your tunnel vision of desired outcomes.

This “letting go” aspect is a vital component of how manifestation works as well, and if we are aligned with our “expanded self’s” agenda, we get exactly what we actually, truly want and need – which, in turn, is in resonance with our higher purpose and evolution. It’s just the neurotic ego that thinks it’s in charge: trying to control and micro-manage every process; blind to the bigger picture; wanting something else based on conditioning and programming; running subconscious self-defeating ‘viruses’; discouraging the embracing of a healthy self love vibration; and wallowing in the resultant sense of lack in our lives (be it the lack of a partner, lack of acknowledgement, lack of a more fulfilling job, or lack of abundance – which oftentimes is mistaken as a lack of money).

Even so-called “bad” things that happen to us eventually (if viewed through an embodied and holistic lens) help to push us onto our own unique path by presenting us with the necessary lessons for our evolution, even if it results in broken relationships, lost friendships, and financial hardship. It can be very hurtful and confusing in the moment, as we can only connect the dots by looking back, and there are many times where situations don’t make sense in the present tense.

It comes down to the reality that if we resist change and endlessly fight it – all while blaming and complaining about everything and everyone else – we miss out on gaining the deeper message and guidance that is all around us (if we had only known how to listen and observe them, both within and without).

This is also where faith comes in – not faith in some religious god, but faith as the term relates to the art of learning how to swim with the currents of everyday life. Faith, in this case, involves trusting that the river of existence is guiding you to the ‘correct’ destination, even if you cannot see where that may be from this vantage point; it also involves grace, in that the destination is most likely to be different than the one you dream of now. It is actually an outcome which is more aligned with who you truly are, as opposed to that personality who is clinging onto familiar ‘coping’ rocks out of fear of the unknown.

Once again, I am not saying to simply ‘go limp’, as “only a dead fish goes with the flow”, and the world requires people who are willing to take action in pursuit of making it a better place; what I am saying is that you need to leave room in your heart for the possibility that your life trajectory could swiftly take a curve at any moment.

“You must give up the life you planned in order to have the life that is waiting for you.”

– Joseph Campbell

I also feel drawn to spend more time in nature, engaging in any practices that help me to tune into my body (be they Qi Gong, meditation, dance, yoga or bodywork), and also connecting with others in real life – eye to eye exchanges of

mutual appreciation. This whole social media business has really cut us off from embodied personal interactions. Despite the great benefits it can offer with regards to sharing information, building connections and networking online, there are obvious limits involved with typing words on a screen in “chatting” or “messaging” mode, and as a result, misperceptions about ‘sociability’ have become too obvious to ignore.

For the longest time, I had trouble trusting myself. My intuition was always there, but the rational mind was over-riding it at times, coming up with all kinds of excuses as to why I couldn’t trust myself – looking outside of myself instead for guidance and wisdom about what I ‘should’ be doing. Life has taught me the hard way to listen more to the subtle cues buried deep in the body and emotional centers.

Recently, I’ve had an increasing number of stupendous synchronicities occur in my life, which guided me to the right people who, in turn, provided insight and information that were in perfect alignment with where I’m at in this Moment. We also do that on behalf of others: helping them in ways that were not consciously planned by either party beforehand, and sometimes we don’t even know how deeply we’ve helped others with little things that seem insignificant at the time, but made somebody else’s day more bearable.

Some people ask me what they should read, and if I have any suggestions for books. My answer is usually always the same: I don’t know you, I don’t know where you are at in your development, and I don’t know what you are going through on a deeper level...I can’t tell you what you should read! All I can suggest is to keep “asking” sincerely for subtle guidance, and to put the intention out there. Be aware of what resonates with you on a deep level. The universe always brings along the right teacher/teaching, in whatever form and approach this may take.

As the truism goes: the teacher appears when the student is ready. The teacher can be a book we feel drawn to; it could involve unexpected synchronicities which always lead us to the next teaching or person (anyone can be a “teacher”, and can provide unexpectedly-profound insights) who offers wisdom that corresponds to where we are at in this present time. There are many quotes from various books

in my writings – if you resonate with any of them, go and read them, but keep in mind that what I share is also a reflection of my personal journey, and we all have our own unique path and evolution to create for ourselves.

I can see that, in my life, the right teaching, book or person came along at the perfect time to help me evolve into a more aware state of consciousness. I don't use any teaching as a foundation or dogma, but take what was needed and then move on. Looking back, even things I don't necessarily agree with anymore today have helped me in the past. I also realize that so-called "ancient esoteric teachings" have their limits, written in an age that doesn't reflect the circumstances of the times we are in today. There are old paradigm teachings which worked well for the people living in those times, but were also very generalized in a way that didn't take into account the vast difference between individual energetic experiences, nor the epoch we live in now, with 7 billion people on the planet.

As Carl Jung said, *"The shoe that fits one person, pinches another; there is no recipe for living that suits all cases."*

Nowadays, there are new and evolved systems, models, and teachings that can help us to tune into our own unique evolution. For example, astrology has branched out, and many astrologers combine it with psychology, which can give tremendous insights into oneself. There are new systems like Human Design that can show our unique blue print. However, keep in mind that any of those systems have their limitations and distortions. They are only tools. Be careful not to become "addicted" to them or view life or yourself only through these lenses. Then there are new body-mind techniques such as Gestalt therapy (as mentioned above), advanced forms of bodywork and many other modalities which can help us in ways that the more traditional esoteric/spiritual teachings cannot.

Individual Journey

Seeking truth and gaining knowledge – no matter if it involves topics which lie "outside" of our current comprehension, especially with regards to self-understanding – is an individual journey. Never take what anyone else says as

“gospel”. Emotional maturity, embodiment, compassion and empathy are just as important as intellectual insight, if not more-so. In this day and age, it’s easy to lose the connection to our bodies, which houses our intuition and deeper emotions as well as our inner knowing, our ‘compass’.

It’s hard to stay grounded within ourselves when we are glued to the computer screens and plasma TVs. I’ve seen many “great minds” – people who do amazing work in their particular field – engage in clever intellectual sophistry, cut off from their bodies; even though they “appear” wise, something feels very off – oftentimes, this was due to the fact that the emotional intelligence was missing. In the past, I would frequently ignore this intuitive download because I assumed they must “know better”, putting them onto a pedestal due to my authoritarian programming.

“Steiner, Gurdjieff, Manly P. Hall, Alan Watts and many other teachers said many great things but also screwed things up, were flawed characters, imperfect men like me and you. So they screwed up, got things wrong at times and they made mistakes just like everybody else....but at the same time they had this incredible capacity of insight and accomplishmentand those things can co-exist together.

The imperfection and mistakes co-exist with excellence and insight. What we have to be careful is not to see these or other people as representatives of ourselves or idealized versions of ourselves. They are not. They are just people saying things. Some people say good things often. Some people say good things then and now. What I’m looking for are wise mature flexible moral ethical good human beings. I must see the wisdom applied in their conduct and character.

Many people put an artificial sealing over their work and research, getting stuck in a tunnel vision of topics they keep focusing on, trying to explain everything through it instead of being truly opened minded and looking at the many other angles of our multifaceted reality. Don’t attach yourself to anything you can’t honorably walk away from. Keep free and flexible.

There is an experiential Side of Truth and Discovery. Particularly the last ten years of travel, which I continue happily to this day... I have seen things... about the conspiracy movement and about the new age movement and the modern contemporary spiritual practice that totally changed what I thought...so what I saw on paper and what I have heard in books, which was all very nice and neat and tidy, all unraveled as soon as I started to actually physically interface with these things and people and events and conferences and projects and retreats and what not... Some of it excellently and some of it disastrously.

So...It's like the Divine impulse on this planet compels you to do it for yourself and until you do it will punish you with confusion and vagueness as the Hindus called it Dukha, which is "false perception creates pain." Right? So the way to eliminate pain in life...the suffering the struggle of life, to diminish that and maybe even to eliminate it, is to perceive correctly, so it is only when we have false perceptions, we have misunderstood something, that pain is generating.

So pain is the result of false perceptions. That is massive. Right? That is massive. So if you get a relationship wrong in your life...or you have got a wrong job, You have mis-perceived who your boss was or your friend you have mis-perceived who they are you have mis-perceived yourself who you yourself are...you will generate pain and drama and theater in your own life which won't be very pleasant. So it is as if Divinity, which I firmly have experience of personally. This Divine intelligence that permeates this world."

– Neil Kramer

There is something else to be considered: not everyone starts off in the same metaphysical "place" and state of being/consciousness. There are millions of souls who have incarnated in this time and age in order to assist in anchoring a new frequency – souls that don't necessarily have deep ties to humanity and planet earth, and don't have past life times here. These people have certain kernels of knowledge and awareness already imprinted within their DNA, as well as a "mission profile" that needs to be activated and remembered. Not everyone

starts at zero – each particular soul is at its own unique place of evolution. There are many young souls; there are those in the process of “growing” a soul; and of course, there are others who possess old souls.

None are better or worse than the others, but all are unique, and are essentially a fractal expression of the Divine/God/Source Consciousness or whatever you may want to call that Unified Whole-ness of Totality. Each soul has their own talents, lessons, and karma – there is nothing here that shouldn't be here. Even psychopaths and the hyperdimensional overlords have their roles to play in this cosmic drama (or farce, depending on your point of view), creating the necessary, contrasting friction for the evolution of consciousness.

It's not about denying “evil” either, but understanding its role in the bigger picture. Part of our work is to be discerning, and to make the darkness conscious both within and without; not living in a bubble, nor using generalized higher truths like “we are all one” or “all is illusion” as an excuse for inaction.

However, there is nothing “wrong” with reality. Everything and everyone has its place in this game of consciousness evolution and expression of “God”-self. It just comes down to finding our own unique “setting” within it all; to be discerning, and to understand what it is that we are aligning ourselves with, since we are all transducers of higher energies.

Hyperdimensional Control and Interference

Michael Topper wrote an excellent article, summarizing the bigger picture whilst going beyond 3D world affairs. This is an important topic to understand, especially for “conspiracy theorists” who only focus on 3D aspects of manipulation, which are mere shadows projected onto the wall for distractionary purposes, diverting attention from the real negative 4D agenda, i.e. soul harvesting:

“In the higher densities, the Name of the Game is Consciousness. This simply means that the higher densities of existence, whether positive or negative in orientation, all recognize that the business of all being and existence

everywhere is always that of Consciousness... becoming more and more "Aware." Awareness is related to "density" of consciousness, so to say.

[...]

So, we have to understand here that the true Negative Realm agenda is to "eat consciousness." So, this actually prevents an overt "take-over" in literal, physical terms. If an "invasion" was detected, this would mean that the veil would be lifted and all would see the "man behind the curtain" and would be disgusted and turn away. Just as in the "Wizard of Oz," those Ruby Slippers have to be obtained VERY CAREFULLY! Gathering the essence is an art of great subtlety! The "negative alien plan" is, in its purest sense, STALKING.

The aim of Stalking is to create a completely controlled artificial environment composed of thoroughly predictable human behaviors – made predictable because they have been programmed to respond to cues of conditioning [inculcated through centuries of lies and obfuscations presented in the form of religions] and all of this revolves around a 'story' that is actually untrue, and wholly misrepresentative of the real negative aim.

[...]

A lot of people think that the "alien invasion scenario" is a ruse concocted by the government to create the impression that there is a forming "threat," thereby enabling the institution of a New World Order. But, this idea is based on a misrepresentation of the process just described.

The important thing to remember is this: there is NOT a "unified conspiratorial activity" going on here in the hierarchy of government. The "divide and conquer" effect is also manifest at this level and suits the alien purposes to a "T." Such activity at ALL levels is consistent with their program of STALKING, in which confusion and cross-purpose prevents a clear perception on the part of the Stalkees.

Yet, at some deep level there may be a direct conspiratorial interaction between the "secret government" and the negative aliens... but it is unlikely that any name of those involved would be recognized by anyone, no matter how "in the know" regarding the subject. These "secret superiors" are just that: SECRET. Any organization you can name, or about which you are AWARE, are merely "outer circles."

*What is the designed objective of this STALKING? It is two-fold. First, the effect of Stalking is sort of like stampeding a herd of cattle. Bit by bit, they are consolidated into a “negative mode” which consists of the idea of “us vs. them.” **Even though, on the surface, it may seem that this “mode” is positive or STO (Service to Others), (i.e. save the world because it is “wrong” or flawed, or blighted with original sin or whatever) the very fact that it is formed in the “dominator” mode of perceiving salvation “outside,” means that it can more easily be “taken over” body, mind and soul at a level that is “unseen and unseeable.” In other words: Satan CAN and most often DOES appear as an Angel of Light![...]***

- Michael Topper, The Positive/Negative Realms of Higher Densities

It's easy to fall into paranoia, especially in light of comprehending the scale of hyperdimensional manipulation. As I have mentioned in a [previous blog](#), these archonic critters feed off of lower vibrational emotions, and hook into our blind spots, triggers, traumas and wounds, thereby feeding off of 'lower' emotions (and creating them through us). These include::

Blaming others or self; anger; sense of victimization; paranoia; fear; guilt; shame; feeling deprived; worry; feeling sorry for yourself; bothered by being lonely; self-depreciation; feeling unworthy/not good enough; impatience; resentment; entitlement; needing to punish; needing to be praised; needing to be right; lack of humility; attention seeking narcissism; righteousness; sarcasm; hate; jealousy; co-dependency; distorted sexual energy; repressed sexual energy; lust; depression; feeling disgusted about oneself or others; shadow projection; neediness; feeling unappreciated; feeling irritated; feeling trapped; head in the clouds; disassociation; sophism; being cut off from the body/emotions; denial of darkness; avoidance of reality; everything's got to be perfect; controlling; feeling better than others; feeling less than others, etc.

There is nothing wrong with these “issues” mentioned above. Lower vibrational or negative emotions are not bad, nor is there judgment involved in identifying them. We all experience at least some of them to varying degrees, and fall into

them at times in our own unconscious ways. It's part of the human experience. In fact, given the times we're in right now, all of these emotions are coming up to the surface of the psyche for many of us. It's part of the necessary purging phase, like a spiritual detox. When we detox our physical bodies through a healthy diet and associated protocols, we also tend to feel lousy and sick at first as the body is releasing those long-held toxins. It's part of the process, and nothing to be ashamed of.

However, what is important to understand is that, through the act of becoming lost in these lower vibrational states, hyperdimensional entities can attack, influence and manipulate us, making things worse than they actually are, as they feed off of these energies by "directing" thoughts and emotions. That doesn't mean we should fall into paranoia or blame the "aliens", but rather, we should take responsibility for our own actions and behaviors. It is through mistakes and attacks that we learn and grow – at the end of the day, even these forces are our "teachers", making us aware of where our work is required within our innerverse. As Tom Montalk wrote in a recent article:

*"While we may not always be the source of injustices against us, we are the cause of its entrance into our lives. The Matrix, even with all its imbalances and corruption by those freewill entities who have overstepped their place in nature, **is nevertheless still a learning program entirely responsive to our own ignorance and weaknesses.** It may be a predator's choice to attack, but it is our choice to accept the attack and succumb to it.*

*The Matrix Control System can only trip us via the elements within us that correspond to its low vibratory nature. **If we ignore our intuition, have blind spots in our awareness, or engage in ignoble feelings and behaviors, then these are the avenues through which we are had. Attacks serve to identify our own weaknesses, thus providing focus for where to take the next step on one's path of spiritual awakening.***

In his essay "The Art of Hyper Dimensional War", Montalk gives some practical steps on how to deal with hyperdimensional attacks, and also stresses the point of

taking responsibility, using these incidents as learning opportunities to help us become more aware in order to accelerate our spiritual growth:

“First, understand that you only experience what you need or choose to experience, and what you need to experience was chosen by you at some other time or level of being. Therefore, you are in some way responsible for all that happens to you, whether you created it or allowed it. The attacks you receive ultimately serve to teach you lessons, and how successfully you defend against these attacks determines how easily you learn your lesson. Learning a lesson before the experience often voids the necessity of having to experience it.

Second, in the absolute sense the Matrix Control System serves to accelerate your spiritual growth, and although its agents see you as the enemy, know that you can utilize them as teachers. You do not need to seek them out, for they will find you as you progress in your learning path. Most importantly, know that you will never be given anything you cannot choose to handle successfully.”

Instead of succumbing to the paralysis of paranoia, we can also look at all of this from the view point of ‘pronoia’: the idea that the universe “conspires” for our own good and spiritual evolution, even if “bad” things happen to us. In the end, these are just lessons to help us become more aware and conscious. The trap lies in the possibility that we might get stuck within a lower vibration or 3D “thinking” prison, and get bogged down in negative emotional “loops”, projecting them onto others and the world-at-large.

Obviously, it’s not about denying these lower emotions; attempting to do so oftentimes results in an “isolated-head” situation, with us repressing these feelings in response, thereby disconnecting/disassociating from our emotions and bodies, and eventually (and inevitably) shadow-projecting these repressed feelings onto others – or even worse, beating ourselves up and judging ourselves for having negative emotions, resulting in shame, which is like a buffet table for the critters. On the other hand, some people may not experience “negative” emotions in their experience at all, but this is not due to them having worked through their “process”, but rather, they have become so disconnected from their

bodies and desensitized (having built layers of armor that keeps them in their heads) that they have become aloof to their own bodily sensations and ‘early warning systems’, existing instead on a superficial and illusory level of “positive” emotions.

Many intellectually-strong people are cut off from their emotional Selves, and have a hard time tuning into their bodies. They are not embodied in any real sense of the term, and tend to rationalize away anything that may come up within their psyche and/or shadow-project it outwardly onto others and the world at large. Alternatively, they may understand (on an intellectual level) what the issue is, but they can’t allow themselves to feel through it and let arise what needs to come up on a deeper emotional level, due to their being so out of touch with their vulnerability. This situation happens unconsciously for the most part. If they are engaged in self-work, they also tend to overly psycho-analyze and fall into a state of ‘reflection inertia’, unable to move forward with their healing and forgiveness processes.

It’s more about letting whatever wants to arise from within to consciously surface, without resistance – thereby enabling you to feel your way through it without judgment. Oftentimes, the simple act of just experiencing these emotions helps to fully release them. That, of course, is easier said than done on occasion, and it is a process that is different for each of us.

For example, one day I felt very vulnerable due to an emotional wound being triggered. Instead of resisting or escaping it by distracting myself, I sat with it in meditation, focusing on this unpleasant feeling. After only a couple of minutes, I felt intense sadness coming up. My face contracted instantly, and I felt the need to cry, but I couldn’t get the tears to flow. Then I suddenly felt this block in my throat, like an energetic barrier, and I started to cough out of nowhere. As I was coughing, I started to gag, and the coughing intensified. It felt like I was throwing up. It reminded me of some of the ayahuasca ceremonies I had done in the past: the purging of trauma. It felt familiar, and I peacefully let it happen. Just like with my ayahuasca experiences, the purging was only energetic in expression. As I was gagging and coughing, the block in my throat dissolved, and I was able to cry. I moaned and sighed a lot. After that purge, which lasted for about five minutes, I felt relieved, and went back into a meditative state.

Then I got up, thinking that was the end of it, and I did feel better. However, shortly after I finished with the meditation, I started to feel uneasy again, as if something else had opened up. I felt the need to move my body, so I put on some music. Instinctively, I chose some heavy Rock music, turned it up very loud, and started to dance in my living room. The song I chose resonated strongly with my whole body. I got goose bumps and just cut loose – dancing hard, stomping my feet and moving my limbs in rhythm to the music. The heavy guitar riffs triggered deep-rooted anger in my heart. I expressed and released it by dancing with fierce, fiery energy. It really felt as if primal rage was coming out of me. I even started to punch the couch while dancing, getting fully into my anger, completely letting go of its hold on me.

After dancing to three songs, I collapsed in my sweat, breathing heavily but also feeling a deep release, a sensation of being centered and calm. All of sudden, I realized that this was not just a trauma or childhood wound I was processing, nor was it related to anything “psychological” at all. In this moment, I knew that I was under some sort of psychic attack, or an entity had attempted to attach itself (or an implant) to my energy field. Without thinking about it, I started to speak loud and clearly: “Back off! You are not allowed to enter my space! This is my space and my boundary! You have no permission to enter! Get off of me and stay away! This is my body and you are not welcomed!....”

This kept going for several minutes. I had no fear whatsoever. I also wasn’t screaming but stating these words loudly and clearly, with focused will. I felt very grounded and embodied. After I spoke these words, claiming my space, I literally felt a presence leaving my energy field. I felt lighter, and any residual anger and sadness had dissipated. That night I slept like a baby.

Some clearing/protection techniques may work better for some people than other modalities. But there are basic things we can do for ourselves as well so as to keep our aura and energy clean on a daily basis. The key is to get into the body. Later on in this blog, I’ll suggest some practices that have worked for me as they relate to the kind of incident described above.

It also depends on the degree of the attack. In the extreme case, this can take the form of total possession. On the other side of the scale, it could be just a feeling that something is off, and that some ‘thing’ is intruding. Attacks can also happen through dreams when we sleep. For example, when friends/partners/relatives appear in the dreamscape reality, it could be an entity cloaking itself in order to generate a response from you because the fear/grief/regret/sexual longing you feel in the dream is generating the same endocrine system response in your body, and those bio-chemical stimuli are then releasing/emitting the same low-density frequencies that the critters feast upon.

If these hyperdimensional interference-runners cannot generate the reactionary emotional/sexual/physical response they seek from their target in the 3D world, then they will try the back door route. These kinds of dreams are common, especially after we made clear boundaries and have removed ourselves from people that are not good for us. Since the attack cannot happen anymore “through” these people in a physical presence scenario, we can be tempted via dreams to re-connect. I have experienced these kind of dreams myself.

There are many different techniques and modalities that help with these kind of attacks. Most of the time we can do the work on our own, but there may be other times where we need the help of a skilled healer who is experienced in this kind of work. [This article](#) gives a basic overview of how to deal with hyperdimensional attack and/or entity attachments:

*“Entities feed off emotions of all sorts. What are your emotional triggers?... Acknowledgement and acceptance is the first step to self-empowerment. **The next step is to know that entities are normal; most people have them in their field without realizing it.** The world, in fact, is a large cauldron of emotion, the perfect feeding ground for these pesky pests!*

The most important thing that you can do is work on your stuff. It really is that simple. Once you remove the food source – charged emotional distortions – then they have nothing to grasp onto and fall away.

It’s also vitally important that we don’t deny the emotion. Because denial and suppression of self also creates the ‘grey’

areas where they hide. What we're looking for is the authentic – non-loaded – emotional expression of self, that which is aligned with the source. It is the distortions of these that the entities feed off.

People can and do remove entities, which sounds like an ideal solution. It can work temporarily. HOWEVER – unless you deal with the energy that invited it in the first place, you will simply draw another entity to you again and again and again UNTIL you release the attachment to that emotion from within yourself that draws it in. No one else can do this for you. It is part of the spiritual journey of self-realization, back to who you truly are. Be inspired and supported by others (catalysts and empaths can highlight them in your field), yet know that you have to walk the path with your own two feet.

Release the trapped emotion; let go of the attachment to the emotion and there will be no place for an entity to attach to you. Most people have to do this multiple times for different issues, over a period of time and through various levels of vibrational consciousness. There isn't a quick fix solution. It's a powerful way to catalyze the spiritual journey though, as you create the space for higher consciousness to flood in where you were once blocked."

– 4th Dimensional Entities and What You Can Do About Them

A couple of weeks ago, I had an interesting conversation with a friend. She shared with me that, while she was currently in a psychological place where many of the old patterns and 'pain body' suffering programs had disappeared (or at least were not bothering her anymore), this one particular problem still persisted, and she could feel that literally nothing could make it go away. She just felt this weird hum in her navel that drained her energy and seemed to keep certain programs in place. She kept having this sensation of feeling very sexual, but it was overwhelming, and she didn't know how to channel this energy in a constructive way. Intuitively, she felt that something else was going on.

She went to see a psychic healer who scanned her aura and detected an alien etheric implant in the area of her navel/second chakra. The psychic told her that

this implant has been put into her at a young age, during a moment of trauma. She said the strong sexual feelings she experienced were actually a distraction, and that it was not about seeing it from the perspective of sexual ‘groin’ energy and working with it from that perspective. This implant was usurping her creative sexual energy (kundalini) in order to block her from manifesting her potential and, essentially, denying her access to her “mission”. This is exactly what she experienced in her life: a blockage, a feeling of being stuck. Sexual energy is creative energy at the end of the day, and it is seated/produced in the second chakra, the place where the implant was found.

The psychic healer then removed the implant. The woman felt better right away, and the sensation in her navel region was gone. However, the psychic also told her to keep taking care of it. Just like in physical surgery, the removal of etheric implants or attachments creates a “wound”, and has its own healing process.

She also recently realized – through her own intuition and feedback from the psychic – that she’s a “wanderer” or “star seed”, incarnated in this particular time with a specific mission profile. She remembered the time when this implant was possibly attached to her as a young child going through some traumatic events in her life. This also confirms that “wanderers” or “lightworkers” are prime targets of these hyperdimensional forces because they are a threat to their manipulation agenda, and these sensitive people also have difficulty adjusting to the 3D vibration of physical life. All of this is explored further in [this blog](#).

The possibility of having an etheric implant – one that can create all kinds of emotions or “sexual” feelings that actually distract the victim from the real issues, and sucks away their creative energy at the same time – puts the whole topic of sexuality and cravings into question, which is a huge subject of its own. Most of us never question why we feel what we feel, and just tend to act on it, when in fact we may be animated at times by external forces via implants or entities who feed off of that kind of energy.

“Astral beings are like parasites that are attracted to you. The astral realms continue to collapse and pour down onto you humans; you then become possessed by these energies, and although you do not recognize their presence, your lives change. You may feel drained and depleted, or your

habits suddenly become bizarre, and you cannot sleep at night, have headaches and unexplained body aches and illnesses. In actuality, you are battling more than a toxic Earth where foods are irradiated, or grown outside your country and then returned full of poisons.

[...]

Vast beings, living for thousands of years in your terms, make their living ruling and parenting you, seeking their value from you because you have considered yourselves valueless and purposeless. **Those who would rule you on the physical and multidimensional planes understand the power of your genitals to create life, pleasure, pain, and death. They use your genitals as doorways without you even realizing it.**

[...]

You are re-gridding Earth and changing the frequency so that one-by-one lights go on and fields of energy are established. **You must learn how to stop feeding those vampires who suck your energies, from the astral planes, from the dimensions, and from on and under the Earth herself. Your sexuality and how it is used are the key elements.**

[...]

It is in this very deep part of your regenerative self, your sexual organs, the core of your being, that many of the main problems lie, problems so dark, so secret that no one would dare speak of them. Yet they must be revealed. To relinquish power over your sexual organs is truly to abdicate the power of living.

By power we mean a sense of connectedness and accountability, the maturity to know when to express yourself sexually and when not to.....First you must make peace with the sexual organs of your being because it is here that life springs forth....And most of all, seek to understand the power of your sexuality, to infuse its expression only with love, for sex without love is truly not worth experiencing.”

– Barbara Marciniak, *Family of Light*

[For more on that topic, see chapter “Sexuality – A Bridge to Higher Levels of Consciousness” in “Bringers of the Dawn” by Barbara Marciniak]

Limitations of Psychological Self-Work and Analysis

When considering the reality of etheric implants, spirit attachments and hyperdimensional/psychic attacks, one is also shown the limits of psychological analysis as a healing model. The more I delve into research on this topic – while simultaneously reflecting on my own experiences, life, and self-work (as well as talking to other people about their experiences and struggles) – I come into a greater realization regarding how relying on psychological self-work alone can create a kind of tunnel vision, which focuses on symptoms that are attached with all kinds of labels.

Such a ‘process’ can even potentially make things worse via overly-intellectual, detached psychoanalyzing, while the root cause of our (or others’) “issues” may actually be related to entity attachments, hyperdimensional interferences and etheric implants which need to be addressed directly in the body. However, this is a huge topic for most people to come to terms with, since the ignorance and denial of this “topic of all topics” is widespread, and presents an immense challenge to people’s view of reality.

Even shadow work can become an endless loop of rabbit hole-ing, because there is always more to dig into – especially in light of hyperdimensional attack possibilities, when thoughts/emotions are injected into us or triggered by events. Oftentimes, what people go through is merely a spiritual crisis (rather than a psychological pathology), which distracts us with “psychological issues” we actually do not even have or ‘own’.

Even worse, being stuck in these tunnel visions of psychology (especially when it comes to “treating” them with psychiatric medications and their myriad side effects) can make things worse in the long run – killing our “soul”, so to speak, and cutting us off from our inner purpose, when the reality is that any crisis is simply part of the healing process, and there is nothing “wrong” with it.

“Those who develop so-called mental disorders are those who are sensitive, which is viewed in Western culture as oversensitivity. Indigenous cultures

don't see it that way and, as a result, sensitive people don't experience themselves as overly sensitive. In the West, "it is the overload of the culture they're in that is just wrecking them," observes Dr. Somé. The frenetic pace, the bombardment of the senses, and the violent energy that characterize Western culture can overwhelm sensitive people."

– *What a Shaman Sees in A Mental Hospital*

As I have mentioned in previous writings, I definitely feel that psychological work has its place, and we need to work on our “stuff” so that we don’t become suggestive, vulnerable and open to these kind of attacks. Psychological work does serve as a protection of sorts, and can even stop attacks, but there are limitations to psychological work as a solitary mode of healing. Psychologists who are not aware of the invisible reality of higher realms can’t help a person in getting rid of attached entities (for example, war veterans who may have taken on spirit attachments from people who died in battle).

On the contrary, it can be an incredibly counter-productive treatment, especially when one considers that the brain and endocrine system cannot cognitively-differentiate between a vividly-experienced memory and what is actually occurring in the here and now. The usual clinical method of asking a patient to repeatedly re-live past events (many of them traumatic in nature) – and then working through a psychological mind-frame alone in response to this “recall” modality – reinforces or merely “manages” the trauma, instead of getting rid of the root cause. It’s not a black and white issue – it’s about expanding our view of reality. In the end, this subject involves an understanding of holistic self-work, and that includes comprehending the hyperdimensional control mechanisms of humanity.

There comes a time when we need to go beyond “self-work”. This may be a radical view, since we’re always “a work in progress” (and I don’t mean this in the absolute sense). There are constant lessons to absorb, but ultimately it is about anchoring our Selves to a higher vibration/frequency, and learning how to consistently stay there without having to endlessly “work on ourselves” in order to do so. It is also about understanding that there is perfection in imperfection.

Self-Love and Anchoring a Higher Frequency

Deep down inside, we are perfect, and nothing can touch or change that. We just tend to forget that truth as we engage in the 3D play of finding ourselves and accessing our divine nature. When we have cleared enough of the material-emotional debris from our consciousness, we need to begin focusing on “refilling” the vessel.

That’s where healthy self-love and compassion come into the picture, which permit us to surrender and let emerge what was always within us: love. In other words, instead of constantly pulling out weeds (or worse, unconsciously replanting even more weeds) whilst always looking for something that’s ‘wrong’ with us, we should be drawing our attention to the task of watering the flowers and planting the seeds for more flowers to bloom. ‘Flowers’, in this analogy, are positive re-enforcements, co-creative love, compassion, and forgiveness for self and others.

Some people may think that this is an avoidance strategy, and can be used to fuel narcissistic tendencies. However, I’m talking about a specific state of consciousness that can rise above it all. It’s the emergence into the light after spending time exploring the underworld. Many of us tend to forget that this ‘mission’ is what it is all about when we find ourselves stuck in “making the darkness conscious” mode – constantly pointing out what is “wrong” with the world, with others and ourselves (or when we keep blaming the world and others from a victim state mentality, projecting our own shadow).

It is possible to consistently experience positive emotions, but not from a forceful place of escapism, which would be spiritual bypassing and avoidance. We need to do the groundwork of clearing before we can truly anchor a higher frequency and consistently stay there. Some of us may still be in need of a lot of clearing/working through our shadow, which is fundamental to creating the vessel for higher frequencies to anchor.

Narcissism is an inflated egoic shadow-state, and has nothing to do with the self-love I speak of – this affirming harmonic doesn’t need praise, validation or

attention from outside ourselves. It is not concerned with the opinions which others have of us. It doesn't listen to the "negative introvert", our self-diminishing thoughts of guilt, shame, and insecurity, nor will it get inflated by flattery and compliments. It is also not an aloof/intellectual state of being, detached from our body and emotions. It is connected to the divine within us – something that is untouchable and cannot be defined nor described by the limitations of language. Of course, there is an irony in that I am attempting to write about it as well!

“The old spiritual paradigm focuses on tearing things down, whereas the new spiritual paradigm invites a more miraculous depth of transformation by building yourself up. Whether the focus is on dissolving illusion, duality, the ego, or unconscious belief patterns, there is no way to tear anything down without ripping your innocence apart in the process. Instead of having anything to resolve, process, maintain, or remember, it is the activity of building yourself up that raises your vibration to bring your highest qualities to life.

This includes loving what arises, viewing life through the eyes of beauty, and focusing on what you are doing right in any given moment. When building yourself up replaces any tendency to tear anything down, you will no longer manufacture erroneous symptoms to overcome. As this occurs, you free yourself from believing that spiritual evolution can be earned, when it exists as a truth, you are free to remember by declaring it so. This is the way of heart-centered consciousness.”

– Matt Kahn

By consistently experiencing positive emotions in a fully embodied and integrated way – as opposed to chasing a philosophical/spiritual ideal in a contrived way (of being positive/loving and ignoring the negative, one of the fallacies of “New Age Thought”), we also turn off the food source for negative hyperdimensional entities. In other words, we can starve them to the point that they lose interest and move on, and we don't become subjected to their constant attacks and manipulations. Don Juan, in Carlos Castaneda's books, talks about humanity being held within a lower frequency/level of consciousness prison of

sorts, which generates negative emotional vibrations that the predator feeds off of (and re-enforces), while also explaining that there is a state of existing where it can't touch us:

*“Man has a glowing coat of awareness which the predator eats, leaving just the bare minimum of “consciousness stuff” for man to remain physically alive. **The predator “milks” man through arranging for constant trouble and crisis and senseless preoccupation, so as to generate flashes of awareness that it then proceeds to eat.***

[...]

*By playing on our self-reflection, which is the only point of awareness left to us, the predators create flares of awareness that they proceed to consume in a ruthless, predatory fashion. **They give us inane problems that force those flares of awareness to rise, and in this manner they keep us alive in order for them to be fed with the energetic flare of our pseudo-concerns.***

After a moment's pause, long enough for me to recover, I asked don Juan: “But why is it that the sorcerers of ancient Mexico and all sorcerers today, although they see the predators, don't do anything about it?”

*“There's nothing that you and I can do about it. **All we can do is discipline ourselves to the point where they will not touch us.** How can you ask your fellow men to go through those rigors of discipline? They'll laugh and make fun of you, and the more aggressive ones will beat the shit out of you. And not so much because they don't believe it. Down in the depths of every human being, there's an ancestral, visceral knowledge about the predators' existence.*

[...]

*The only alternative left for mankind,” he continued, “is discipline. Discipline is the only deterrent. But by discipline I don't mean harsh routines. I don't mean waking up every morning at five-thirty and throwing cold water on yourself until you're blue. Sorcerers understand discipline as the capacity to face with serenity odds that are not included in our expectations. **For them, discipline is an art: the art of facing infinity without flinching, not***

because they are strong and tough but because they are filled with awe....

*Sorcerers say that discipline makes the glowing coat of awareness unpalatable to the flyer, “don Juan said, scrutinizing my face as if to discover any signs of disbelief. **“The result is that the predators become bewildered. An inedible glowing coat of awareness is not part of their cognition, I suppose. After being bewildered, they don’t have any recourse other than refraining from continuing their nefarious task. If the predators don’t eat our glowing coat of awareness for a while,”** he went on, **“it’ll keep on growing. Simplifying this matter to the extreme, I can say that sorcerers, by means of their discipline, push the predators away long enough to allow their glowing coat of awareness to grow beyond the level of the toes. Once it goes beyond the level of the toes, it grows back to its natural size.”***

– Carlos Castaneda, *The Active Side of Infinity*

By raising our frequency/vibration, the predator (hyperdimensional negative entities) cannot touch us, since there is no frequency ‘match’ – no food on their plate – when one emits this higher vibration of positive emotion and love (in the true sense of the word ‘love’ – a holistic higher state of consciousness, not merely an emotional state, even though positive emotions are a result of that). The “discipline” Don Juan talked about is not some rigid routine – as he said, it is *“the art of facing infinity without flinching, not because they [Sorcerers/Warriors] are strong and tough but because they are filled with awe.”*

In other words, it is about having faith and embracing the unknown, as I mentioned before in the analogy of the river. It also means to embrace our vulnerability, which creates a deeper strength, as opposed to building a tough shell via avoidance of our vulnerability. Anchoring these higher frequencies through ourselves doesn’t mean we won’t be subjected to negative emotions anymore, or that we’ll just walk around in bliss. It’s a process, and stuff still may come up. The key is to not resist it, but to get into it, and fully feel what is arising within that part of your Being.

For example, the other day, something (that was seemingly insignificant) triggered me and pushed me into a negative emotional state. My mechanical reaction would have involved me trying to “think” my way out of it, or distract myself (in the past, I’d have smoked a joint), which only serves to cloud things up and create more internal emotional pain in the long run as we try to avoid/resist the negative emotion associated with the thought. Instead of going into that pattern, I practiced some Qi Gong in order to get into my body and get grounded, even though my mind kept trying to distract me from these practices (telling me “it’s no good, and what’s the point anyway”).

I needed strong will to continue through with it, and just ignore my ‘monkey mind’ thoughts. After my Qi Gong practice, I meditated for about 15 minutes, letting everything arise – not to disassociate from it or ‘just’ observe it, but to actually dive into this unpleasant, “negative” feeling, fully committing to its presence, without judgment. As a result of my commitment, something interesting happened. As I gave up all resistance and just felt into the negativity, fully focused on my bodily sensations, I noticed a lot of pressure around my heart chakra.

The original feeling I had before meditation was anger, anxiety and just being annoyed with myself and the world, but as I was feeling more into my body, sensations of guilt and shame arose like waves, until sadness came up out of nowhere and I started to cry. As tears rolled down my face, I had visions of my childhood, feeling the innocence of my inner child that just wants to be held, loved and accepted, no matter what he has done. In my mind, I told my inner child that I love him, that I love myself, that I’m forgiven, and that I have done nothing “wrong”. Then I actually started to laugh, feeling light and joyful.

All the negative emotions in that moment simply vanished, and it felt like a huge weight leaving my heart, while simultaneously a higher frequency/vibration emerged; one composed of love for self and others. There was no “story” attached to it with regards to any reasons or details of why I felt that way. Sometimes it’s not necessary to rationally understand why we feel the way we feel – we just need to fully experience the emotion with conscious body awareness in the present moment, so that we can actively participate in healing the past.

“It is important to understand the reason why you may be receiving messages through your body about your health. Your body is the easiest way for spirit to talk to you when you will not listen. Signs, symbols, and messages are all around you, and you must learn to interpret them. Your body is working with you, not against you, and right now, no matter what it is doing, your body is assisting you to learn something. Perhaps you are speeding up or slowing down. Do not judge.

Allow yourself to feel lousy if you feel lousy, get in touch with it and really feel lousy. Learn to express the feelings that come up from inside of you, and in this way you can be your own healer. Energy exists around you, and if you would let it in, it would cleanse and revitalize your body no matter how toxic the world may be.”

– Barbara Marciniak, Family of Light

I also had the insight that resisting pain and negative emotions actually creates more pain, and I realized that we live in a world where most people run away from their internal pain, and project it outwardly onto the world (and other people) in unconscious ways. In short, it’s the avoidance of unconscious, repressed pain that creates conflict between people, which can even be ‘scaled-up’ into inter-tribal, “us versus them” warfare.

Unacknowledged and unprocessed negative emotions are exactly what the archonic overlords feed upon, which is why they try their best to keep us in that lower frequency through the mechanism of our own minds, which most often results in us fighting each other. We can see how this dynamic ties into cyber-bullying in this interconnected day and age. Cameron Day calls them “ankle-biters”, and here he explains how they keep humans trapped within lower states of consciousness in order to be used as energetic food:

*“The ankle biters found that as long as they stayed carefully hidden that they could send a small thought-form into the minds of the traumatized humans reminding them of all that they had lost. **This would create a cascade of painful thoughts and emotions in the person that would generate***

more energetic food for the ankle biters. As each subsequent generation of humanity was born, the ankle biters became more bold and instituted a program of direct interference into human consciousness.

They subliminally programmed humans to be blind to their presence, allowing them to more directly influence a person's thoughts. They also programmed human consciousness to recoil away from any mention of the ankle biters or their dark influence over humans, so that when confronted with such information, a person's immediate response will be disbelief, ridicule and mockery.

*Finally, in their most brilliantly sinister move, they reprogrammed the human ego to resemble their own ego, and encouraged the ego consciousness to dominate all other levels of our being. They essentially reprogrammed humans to be like them: fearful, jealous, petty, dishonest, brutal, enslaving, murderous, unforgiving, punishing, etc. This insured that humans would be easy to manage as an energetic food source for thousands and thousands of years. **These layers of programming have been in place in the human thought system ever since, perpetuating the discordant misadventures that we know as human history.***

– Cameron Day

This is the ultimate form of self-love: being good to ourselves and our inner child. The more we do that, the less we will experience negative emotions, and the easier it can be to consistently stay on a higher frequency of love. We don't need psychological labels or analysis for this process. It's not about simply reading books on psychology in order to figure out what is wrong with us, or to put a judgmental label on us or others. I'm not saying that basic psychological knowledge is not needed, as it can help us in our processes, and I feel that basic psychological education has its place and is definitely needed in our society, especially with regards to understanding shadow projection, childhood wounding, etc.

However, western psychology in itself can become a head-trip when we try to analyze ourselves (and others) with our minds instead of just getting into our body and feelings – without thinking – and just letting it all arise in love. Love simply involves being compassionate towards all experiences, and accepting ourselves without judgment. That’s what I meant when I mentioned that “self work” and psychological analysis can become a trap and never-ending loop of self-inquiry, when oftentimes the solution and healing is simpler than we make it out to be; it’s just that our intellectual ego likes to complicate things at times.

So this is the ironic paradox in the anchoring equation: in order to access a higher vibration and feel more positive emotions on a consistent basis, we need to “love” any negative emotions that come up, without judgment, and without attempting to fight them, resist them, or over-analyze how pathological we or others are as a result of them arising in us. It’s not about avoiding these feelings in an attempt to access love – the only way out is through.

The most important thing you can do to raise your frequency/vibration is to love yourself, whatever happens to you, whatever shortcomings and issues you may have, whatever mistake and poor choices you have done; love yourself and be good to yourselves and others, and forgive yourself and others. This doesn’t mean to justify your shortcomings or put up with abuse; nor does it mean to cover anything up or ‘put lipstick on a pig’. It simply means not getting stuck in the blame, shame, and guilt programs, and to see life through more compassionate and forgiving eyes in light of universal pain and suffering.

Remember, people who hurt us, shame us or abuse us are in pain themselves, because they are lashing out in order to avoid their own anguish and bypass the hurt-filled emotions which so many people have carried throughout their lives (or even life times...or they may be even dealing with entity attachments, which are working through them). They tend to project these painful energies onto others as a means of avoiding feeling their own unacknowledged/unconscious pain and repressed emotions. We also can hurt others because of our own unacknowledged pain which we carry deep within us, or we can inadvertently shame others in our well meaning attempts to make them feel better.

“Telling another to “lighten up” or be more positive can be shame-inducing, however nicely we might do it. What if they need to stay with their hate or despair or depressiveness for a while? How can we be sure that they’d be better off getting away from such states as soon as possible? Perhaps at such times we are — through our contact with their endarkened condition — starting to feel more in touch with such states in ourselves, and want the other to get away from their “darkness” so that we don’t have to feel our own.”

– Robert Augustus Masters

We all can get triggered at times and act from our neurotic ego; seek validation/attention/co-dependent love; feel the need to correct others; shame others; punish them and put them down. We make mistakes, poor choices, and have our down days, but all of this is part of this human experience, especially during these crazy energies engulfing the planet at the present time. However, before we can truly be loving and compassionate with others, we need to give that frequency to ourselves first – to gift ourselves with our own medicine of healthy self-love and self-acceptance, but not in a narcissistic, shadow-egoic kind of way (where we are attempting to feel “better” than others).

Don’t beat yourself up with this process; there is no need to get frustrated with others, either. Some people may lash out at you, attack you and attempt to shame you, but as I said, in the end, it is their own unacknowledged pain which they are projecting onto you; even people who constantly “scream” at the world about how everything is fucked up tend to project their own pain and frustration onto the world and others.

When we start to hate others, and project our disgust onto them – or think that others deserve to be punished and shamed, or even killed (no matter what they have done) – then we play the game on the level of the “predator”, the negative 4D entities who are keeping humanity in a frequency asylum. In short, we become that what many of us are fighting against, and thus feed into their agenda (no pun intended).

*“The idea of invisible vampires is not unknown. Remember, the Gods take all forms, and they come in to teach you and to fulfill their own destiny, which is to learn. How you learn and what lessons you attract in living will be determined by how quickly you learn the lessons in front of you right now. **If the energy of the cosmos treats you to a great opportunity to love and forgive, and you do not take it, then you can be certain that you will have the opportunity to face that one again and again until you get it.***

And sometimes you will find yourself flat on your back, or perhaps flat broke, deflated, with no fizz in your mineral water, until you get it. Master the lessons that are in front of you! Embrace the vastness of all living and trust that Family of Dark has its purpose just as Family of Light, and trust that everyone is part of both.

[...]

*Changes of energies have a purpose. As we have said, everything has a frequency, and some frequencies are compatible and some incompatible with your being. **Yet, the more you grow in consciousness and maintain the frequency of love, the more you will be able to transmute the incompatible frequencies into harmless energies.** As you expand into the being that we are eliciting, you will have more energy, power, and love inside yourself, and the forms of toxicity outside you will have a free ride through your field.*

***A higher vibration or frequency is created by the way in which you integrate and establish peace throughout your spiritual, emotional, mental, and physical bodies. Once this occurs, your frequency of self-assured, self-producing love and centeredness negates any harmful outside frequencies.** Life is changing at an accelerating rate, and you are here to become winds of change, not to fight the change.*

[...]

We ask you once again to consider what your life has been teaching you lately, what your body has been saying, what mirrors you have experienced, and how you have interacted with it all. And now that you know yourself a little more, ideally you can step back and, in your knowingness, release all

judgments. If you feel that an area of your life needs attention, or if you find that you have slipped into patterns of experience or behavior you wish to avoid, then be aware of it. **It is in these areas you will be tested to see if you can literally change your old behavioral responses.**

[...]

And as you awaken to who you are, many will want the same vibration. You must walk carefully; **do not think it is your job to save everyone.** There are low-energy people, vampires, who would steal your energy, draining you as if they were vacuum cleaners and leaving you wilted and withered. Be alert to this practice. Your job is to expand your frequency, to recirculate and recycle the energy that is all around you, to become a generator of free energy while using it as building blocks to design what you want, and to inspire others to do the same.

The best healing you can give to others—whether through the lines of time with your ancestors and your Gods, or here and now with your family, friends, or neighbors—is to feel compassion for the lessons that they are all currently learning. To truly feel for another, you would say, “Oh, I’ve been there. I wish you well through this lesson,” holding the frequency open for them.

This does not suggest that you pump energy into them, although in certain situations you will most definitely want to produce energy to uplift the vibrations of others. **Do not mistake yourselves as messiahs. Indeed, you are here to vibrate and to change the foundation of human living; however, you are to inspire and to teach others to manage their frequency themselves, not to do it for them.”**

– Barbara Marciniak, *Family of Light*

Fighting Evil

For example, I see a lot of people becoming very frustrated with the ever-increasing levels of police brutality in our society, and understandably so; at the same time, I see so much hate and rage being projected around this issue that

goes well beyond “righteous anger”. Let me be clear here: anger itself is not necessarily a “bad” energy – it’s a frequency that can help us to stand up for ourselves and others, if used and channeled constructively in the cause of justice and fairness.

However, stating things like “this cop deserves to be killed/beaten up” is a less-than-constructive mindset and does nothing to help the emancipation movement – in fact, such thoughts actually reinforce the “problem” of violence on an energetic level. However, repressing these feelings is not a solution, either. The question then becomes, how do we go about engaging with this issue in a more conscious and constructive manner? Can we express our anger (and ultimately transmute it) and be compassionate towards the perpetrators of injustice at the same time?

Most people – cops, prison guards, military personnel, and any other order followers – are deeply wounded and programmed people, inflicting their own unacknowledged pain onto others by abusing their illusory authority “rights” which were given to them by the state. Even most pedophiles are profoundly victimized people that take out their own unresolved anguish (most of them have been molested/raped as children themselves) through traumatizing young children. They don’t require punishment or “deserve” to be hated as a response to their unconscious behavior. I am not suggesting that we seek to justify their actions or make their choices “right” – what I am saying is that these deeply-troubled individuals require rehabilitation.

The same response is required with regards to those people who claim that the best solution to the ‘global predicament’ would be to round up the psychopathic elite and just shoot them. Do you really think that such an act will solve anything? At the end of the day, psychopaths and their choices are animated by 4D negative entities – by projecting hate onto them (fueled by the disgust that is generated through revelations of their terrible crimes against humanity), we do exactly what the hyperdimensional overlords want us to do.

Recall that these entities feed off of that kind of projected negative emotional energy, no matter the source, keeping us trapped on a 3D level of awareness as a result, giving them the “food” they want out of our own free will. Of course, this

doesn't mean to suggest that we should bombard them with "love and light" or "send them love" or just "play nice" with them, as this is the other extreme of the solution scale, and it won't get us anywhere, either.

The frequency of Evil (sometimes referred to as the 'wetiko virus' and expressed in socio-cultural terms as 'ponerology') and psychopaths have their place and their own purpose in the trajectory of our conscious evolutionary arc. Being more compassionate with their existence in our lives does not mean that we must excuse their behavior, or just accept the consequences of their actions, and it certainly doesn't mean that we should simply "turn the other cheek" or look away. There is a place for self-defense when our sovereign rights are being violated, but we need to understand the bigger picture here, which involves the evolution of collective consciousness, with all of the different "faces of god", playing themselves out in the game of duality.

The overarching reality is that humanity is never going to succeed in completely eradicating or removing "evil" from our worldly consciousness, nor will everyone be capable of experiencing "rehabilitation", either. But while we acknowledge these facts, there may be a different way of going about seeking to mitigate the impact of evil in our societies – and the key in this endeavor involves understanding frequency/vibration and how this relates to reality.

There are predators/psychopaths who are predators by choice – they have their own purpose in this incarnation, and cannot be changed. Hence, understanding "evil" and darkness in humanity's cosmic play (with all the discernment this requires) is a crucial component, as opposed to denying it, running from it, trying to get rid of it or attempting to fight it on a purely 3D level.

"We did not find ourselves in this immeasurably privileged position – embodying an instrument of sentient capability, each one of us an autonomous instrument of sensuality, of divine Consciousness, seeing beauty, feeling love – so that we could, upon finding ourselves challenged by the shadow, run 'home', back to the 'One', to the Void, to the undifferentiated ocean of potential. We belong here; this is our home..."

We had come to tread between the worlds, between agony and ecstasy, between the dream and the nightmare, to become strong and courageous, to surrender any shallow dream of happiness, cruelly torn away as the light and the shadow fashioned our joy and sorrow in equal measure, to fall deep in the waters of perpetual renewal and be weighed not against the laws of man but by the sacred law that exists beyond the rule of culture...

Happiness is for children. To reach for its sticky sweetness in the midst of an age of obvious terminal decline, whilst wars and genocide rage a short plane ride away, is to reach for the snooze button. Happiness is a dangerous seductive detour; a way to make the prison more comfortable, the lies more palatable; to make this mutant paradigm, riddled with abominations, work for you personally by ensuring that all your ever-expanding comfort zones are satiated through a hollow consumer-based definition of abundance. All the conditional components of your well-being need high maintenance to perpetuate this erroneous form of stability on the tightrope of survival between the cradle and the grave.

Happiness is for mortals. Bliss and ecstasy are not reliant upon the arrangement of circumstances but are realized by the loss of denial rather than adherence to it.

Intellectually, I know that it is against the flow of the wide, deep river of life to harbor regret and yet to this day there are words, deeds, moments that I would unashamedly reclaim from time's steely hold...if I could. In my mind and heart I have re-written some parts of the play and yet if it were any other way, would I be here today? I treasure the shattering of my heart that rendered it able to hold more and the 'divine ambivalence' I gained, allowing me to find equipoise in the midst of bedlam and injustice, that I might care deeply and yet not give a damn."

– Juliet Carter, Worldbridger

Ultimately, is it all about “ascension” – not in relation to escaping from this world, but transcending it, creating a different timeline, and moving into 4D, a state of being many of us are destined to experience as we anchor this higher

frequency I've been discussing. If we believe that "evil" can and should be eradicated, or that we need to "save the world" by fighting it on a purely 3D level – or even deny the possibility of evil and believe it doesn't exist – then we will remain ignorant with regards to the whole purpose of this miracle called life on earth and the evolution of consciousness.

"As you claim yourself and build a bridge in this fleeting moment of opportunity, it is important to understand that evil cannot be eradicated. What you call evil has a purpose, and sometimes the same tools can be utilized to access either light or dark energies. We have referred to the dark side of living as Family of Dark.

[...]

*We ask you to recognize that darkness is greatest before the dawn, and that the darkness holds many keys....Whenever you go somewhere new, you are bound to meet an unknown. The presumptions you apply to the unknown territory determine what you will experience. **You cannot go into a higher frequency of energy without exploring every territory; therefore the dark side of humanity and the dark side of existence now call to you to examine and understand them.***

[...]

*Wayshowers are repatterning many realities now. They live quietly, and you may never hear their names, yet they are pioneering new avenues of frequency where the dark conspiracy stories of planetary, solar, and galactic control can be understood. This is no mystery to those of you who have spotted the clues over the years, the synchronicities that have shown you a bigger picture of existence, where everything is much more connected. **Yet you have been encouraged to believe that nothing is connected. To understand the restructuring of Earth's frequency, you must first learn about the controllers of Earth.***

[...]

Some of you will eventually ask, "How could things have become so corrupt?" Well, how could they? That is for you to answer. Your challenge is to go from the lowest of frequencies to the highest, and exploring the dark misuse of power will take you there.

[...]

When we talk about power and darkness, do not feel that you have to run away from this realization to have light. You must learn about the power of darkness in order to understand the wounds and waywardness in the souls of these beings, who are desperately seeking something that was never given to them by their parents or by anyone else. Because of this lack the practice stays in their bloodline.

What is missing? You already know: It is love. The wayward ones on your planet, whether murderers, rapists, pedophiles, or mass manipulators, are all devoid of love and do not know it. And so your task of healing the planet will grow greater as the dark secrets of the world's ruling families and their dark occult practices are discovered.

[...]

When darkness crosses your path, you cannot run from it...When you run from the dark you give it more power, allowing it to perpetuate itself...We ask you to rethink and reevaluate your lives as you are called to regenerate yourselves. You shall change, you will change, you must change, because it is the season of change. When the storms become dark, find your courage and face your fears.

[...]

*Wherever the darkness finds you in your life, know that it comes in through difficult situations where your fear may rise like a wave of energy running up your arms, electrifying the stem of your brain, the reptilian brain, asking you to remember something. When this happens, know in the core of your being that you are part of a plan, and that your chapter is now ready to unfold into the deepest part of darkness so that you can create change by changing your frequency. **You cannot reach the light without knowing the dark, and the dark comes now in massive amounts asking to be healed.***

[...]

The form of love we speak of has not been practiced here for hundreds of thousands of years. Genetically you are dealing with the cleansing of a long long line of humanity, generation upon generation of wounds....It is a challenging time in which you live, a challenge to examine how degenerate humankind's frequencies have become as a whole.

The task ahead is to not underestimate the job, but to truly look at the darkness and see the work that has been cut out for you: to regenerate yourselves and your planet by finding what is really important, what you are going to value. Shocking changes will create a destabilization of civilization, and this is all meant to be.

*Some of you want to experience the time of light as if you were driving from one picnic to another. That is not the case. The issue of accountability must be addressed on your planet; **not to blame people but to teach them that at this time each person must be his or her own leader. The truth is that no one is going to lead you.***

– Barbara Marciniak, Family of Light

Personal Sovereignty

We need to become our own personal leaders and internal authorities, learning to trust ourselves and our own power in the process instead of giving it away to anyone else; therein lies the development of true spiritual sovereignty. Many people have the need to follow some “figurehead”, be it a government ‘personality’, medical professional or spiritual guru. Individuals oftentimes get sucked into the ‘celebrity matrix’ and latch onto authors and researchers they admire as well, blindly following what they say without doing their own fact-checking or listening to their bodily intuition.

There is a big difference between getting inspired by people who put out work that resonates with us (and from whom we can learn new points of view) and putting those same folks on a pedestal, living only by the content of what they publish without questioning it at all, and projecting absolute authority onto them, whether it’s done consciously or not.

The latter situation is how we wind up getting cut off from our own inner knowing intuition guidance system – the ‘network’ which holds our personal truth that is unique to us, and which lights up our individual path and illuminates our life lessons. When we abdicate personal accountability to sovereign thought

and deed, it puts us into a tunnel vision situation which actually disconnects us from our divine nature and innate wisdom. It is about simultaneously recognizing and honoring both our individuality and our inter-connectedness, relating with others and striving for community but not getting lost in self-limiting group/hive mind thinking.

“The member’s firm belief in the inherent morality of their group and their use of undifferentiated negative stereotypes of opponents enable them to minimize decision conflicts between ethical values and expediency, especially when they are inclined to resort to violence. The shared belief that “we are a wise and good group” inclines them to use group concurrence as a major criterion to judge the morality as well as the efficacy of any policy under discussion. “Since our group’s objectives are good,” the members feel, “any means we decide to use must be good.” This shared assumption helps the members avoid feelings of shame or guilt about decisions that may violate their personal code of ethical behavior. Negative stereotypes of the enemy enhance their sense of moral righteousness as well as their pride in the lofty mission of the in-group.”

– Irving L. Janis, *Victims of Groupthink*

Always think for yourself, never follow anyone blindly, and never fall into an unquestioning mindset, no matter how charismatic or “wise” your heroes may appear to be. Never give in to group and peer pressure if it contradicts your own experience, intuition, and research. Part of the “problem” is also that most of us yearn to “belong”, the instinctual tribal identification.

So many of us look for a group/movement/political party/community/religious/spiritual collective to identify with and belong to. We are social creatures, after all, and that desire for bonding is natural and instinctual. It is also foundational to the structure of 3D existence – as Juliet Carter writes, *“the Maha Gaia Tantra of Creation differentiates from the Monad in order to experience relationship.”*

There is also nothing wrong with these kind of groups/movements per se, and obviously we need to connect, network and create community in order to create

an alternative to the isolation/distraction/division tactics of the parasitic elements which currently rule human interactions.

However, if it's at the expense of personal sovereign identity, and group-think overwhelms and replaces individual thought, creativity and expression – especially since everyone is very different and unique (an astrological/Human Design birth chart can show these differences very well) – then it actually becomes a reflection of the NWO's globalist agenda, which is to make everyone the “same”, even if it's more subtle and not by force alone. This is the disease of homogenization – the “cookie cutter” compliant consumerist virus.

“When all obsessive group-consciousness on Earth is finished, exhausted, when it admits defeat, then a different era will emerge. But for now, we are in the middle of the collective experiment. High-flying cloying sentiment, profound dependence on others, covert repression—these are the order of the day.

*How long until the collective age is over? A hundred years? A thousand years? The answer is, as long as it takes for every human to realize that the experiment has failed, and why. The why is clear—**the individual has been overlooked. He has been demeaned. He has been grabbed up and drafted into groups. His creative power has been compromised in order to fit in.***

The majority of the world still believes in this approach, as if from good groups will flow the ultimate and final solutions we have all been seeking. This is sheer mind control, because good groups morph into evil, and vice versa, in the ongoing stage play called reality.

Ideals are twisted, infiltrators subvert plans, lessons are ignored, and the whole sorry mess repeats itself again. What constituted a triumph of good over evil at one moment is guided into yet another collective, whose aims are “a better kind of control.”

*The most deluded among us believe we are always on the cusp of a final breakthrough. **But there is no “we” to make the breakthrough. It***

comes to every person on his own. And it does not arrive as the thrust of an external force, but from one's own struggle, accompanied by insights for which there is no outside agency to lend confirmation.

– Jon Rappoport, *The Matrix Revealed: the collective experiment on planet Earth*

Another human trait is the drive to be loved and accepted. Many of us diminish ourselves (mostly unconsciously) in order to belong and be accepted by our chosen “tribe”. This can result in suppression of intuition and one’s own inner knowing, one’s “own personal truth” and voice in terms of what one’s unique soul is here to do and learn. Under the strain of group/peer pressure situations, we can lose (or not trust in) our personal inner guidance, simply because we don’t want to be rejected and abandoned. This is also the basis of the thought processes for authoritarian followers in cult-like circumstances (including political party affiliation), grown adults who still need “Mom” and/or “Dad” to tell them what to do, what to think, etc.

It’s a bit of a paradox, because on one hand we all need to network, build community and connect with each other, but at the same time we need to be our own person and live our lives as individualized expressions of a Unified Conscious Awareness. Sometimes we need guidance and feedback from others, since we all have our blind spots; but there are times where others project their shadow onto us (including shame and guilt-tripping, even under the guise of “for the better good of us”) and group/peer pressure circumstances force us to either conform or break free from “the tyranny of the majority”.

Oftentimes, these events also result in a “you are either with us or against us” attitude (prevalent amongst many militant groups and nations), when you are only supported as long as you are a part of the group/movement and fully indoctrinated into their particular ideology.

“The unwillingness to be wrong, the inner belief that one’s worldview is the only right worldview, the lack of self examination of one’s own ideology, and the inability to learn from those on the “outside” of one’s

group are sure signs of indoctrination. If a community doesn't encourage you to think for yourself and learn from those outside of that community, it prizes conformity far more than it does your own education and freedom of conscience."

– Beedy Beedy

There is also a hierarchy in groups/movements that can result in hive-mind thinking, where the opinions and proclamations of the founders/leaders within these organizations are accepted without question as "the truth", and the opinions of group members becomes just a parroted version of those who are higher-up on the "ladder". This ties also into the "bandwagon fallacy", "appeal to authority", "Stockholm Syndrome", and "political correctness" logical fallacies that are so prevalent in public discourse these days. The parental image, projected onto "leaders" and authority regimes, is part of this Public Relations programming package, where Government is lauded as the ultimate exemplar of the collectively-perceived Daddy/Mommy figure.

No one is perfect, and ultimately, it's about sovereignty and autonomy – becoming fully-realized individuals and seekers of truth while at the same time striving to connect with others. So, having healthy boundaries is an important part of this process, as well as establishing healthy self-love parameters. None of our ego personalities are without fault, and at times we swing between self-diminishment/low self-esteem and over-inflated narcissistic tendencies. It's a continuing lesson for all of us, and constant vigilance is required.

*"This above all: to thine own self be true,
And it must follow, as the night the day,
Thou canst not then be false to any man."*

– Shakespeare, 'Hamlet'

This is not an easy journey, because, as children, none of us were taught how to tap into our own inner guidance systems and trust our inner knowing/intuition, and as a result of this disconnection we are all are wounded and conditioned to varying degrees. In fact, most wounded people yearn to belong – to be a part of a

group, or identify strongly with a nationalistic or spiritual identity. Sometimes, such desires result in outbreaks of unconscious trauma bonding, where belief in government (or other external authoritarian constructs) generates this unhealthy “connection” pathology on a macro level, the ultimate Stockholm Syndrome.

We are all traumatized/wounded/conditioned to varying degrees, and these psychological states serve to cut us off from our own inner knowing and inner guidance, and even disconnect us from basic critical thinking skills – hence why many people look for guidance outside of their own innate gifts, from someone whose perceived ‘authority’ bestows them with the right to tell them what to do and what to think. People also are programmed to feel safer when there are others who “follow” in the same manner that they do – the ‘herd/pack mentality’ that has contributed to a great deal of suffering on the planet.

The way I perceive the “awakening” concept is that it involves becoming a true Individual, connected to one’s higher self/intuition; a fully embodied sovereign Being who contributes to humanity (in whatever natural form this takes for each individual, based on his/her talents/lessons) and, at the same time, remains a unique personality who can think for him/herself. It’s not a state of feeling constantly “blissful”, but rather it’s about being grounded in this life, whatever the future may bring – understanding that there is a purpose to every existence, as we are engaged in the cosmic play of awakening within the evolutionary dance of individual and collective consciousness.

“As infants and children, we rely on our parents/elders as reference points for the actualization of our identity and understanding of reality. Due to this primal developmental mechanism, often found in the animal kingdom as well, people within a society often create hierarchical models through social roles as reference points to dictate personal behavior and identity. As above, so below; as internally, so externally, right? This is perfectly natural and, along the path of growth, serves as an adjunct stepping stone toward self-discovery.

However, even as “adults”, due to humanity’s largely unconscious condition reinforced by cultural programming, many people have yet to actualize true knowledgable autonomy through critical thinking and

*dedicated holistic self-work. **The social pressure to conform and belong, and subsequent fear of condemnation for dissension is a primary element which retards independent actualization and is the primary characteristic that differentiates “dominance hierarchies” from “empowerment hierarchies”, where exploration, empathic inquiry, and compassionate understanding are paramount.** To the unconscious parts of our mind still rooted in childhood programming, confronting and abandoning the normalized beliefs of a perceived authority raises a deeply rooted fear of abandonment, exile, and death.*

We see this reinforced within more complex social institutions (religion, government, etc.) where dissension has LITERALLY resulted in death. This largely unconscious psychological mechanism is often exploited, consciously or unconsciously, within dominance hierarchies to coerce conformity, assimilation, and submission through the manipulation of guilt and shame (often by Sophism or “shadow projections”, as Jung espoused) or by creating social spectacles which instill fear using hostility, threats, and violence to reinforce the “legitimate necessity” of “security” in adhering to the collective groupthink Authoritarianism (google the “Stanford Prison Experiment” for a deeper look at what people are capable of through Authoritarianism). In short, think for yourself. Question authority.”

– Humberto Braga

Intuition and the Wisdom of the Body

These interrelated questions frequently come up in conversations with others: how do we learn to trust ourselves? How do we learn to connect with our intuition and inner knowing? How do we separate projections or wishful thinking from genuine intuition and inner knowing? How do we connect to our own unique purpose? As mentioned before, the key lies in reconnecting to the energetic and cellular matrices of the body. We are already disconnected from nature and Her cycles, and have been for thousands of years. In this day and age,

technology and computerization have disconnected us even more from our own bodies as well. Many people are now merely “walking brains”. They’re successful in matrix terms, but – having lost body sensitivity, inner guidance and connection to “spirit” – they’ve become mere cogs in a giant machine, without even realizing it.

“I honor and acknowledge my physical Being as the pinnacle manifestation of my spiritual identity.”

– Juliet Carter, Worldbridger

Observe our current collective living conditions: most of us live in crowded cities, bombarded with EMF pollution and affected by the vibration/frequencies which others emit in close proximity to us (in far more ways and patterns than we could ever imagine). For empaths and very sensitive people, these environments can be extremely overwhelming, as such individuals feel what others feel – especially subtle levels of pain and suffering which non-empaths are not even aware of, due to such emotions being hidden behind a social buffer, built up over years of armoring tactics; because being sensitive and vulnerable is seen as “weak” within our society, driven as it is by a cultural addiction to material success and governed by a ‘dog-eat-dog’ attitude .

Under such circumstances, it can become confusing to identify what it is that we are truly feeling at any given time – is this reaction coming from me or the other person? That’s been my struggle for nearly my entire life. It was not until I moved into nature, surrounded by trees and wildlife – a place where I don’t even have cell phone reception – that I was able to become (literally and energetically) more grounded.

I now see more and more people drawn to living in nature/more natural areas. That’s an instinctual reaction for people who are sensitive to the energetic cosmic changes taking place in the here and now. However, not everyone is in a position to just move back to nature, especially in cases of family and job situations. But it is still possible to spend more time in nature: going on hikes, camping, canoe trips, or merely getting away from the overwhelming city frequencies for an afternoon.

However, most importantly, it is about getting into our bodies, and by that I don't just mean exercising (i.e., going to the gym, lifting weights, running, cycling, or going to a yoga class to get a tight butt). It's all well and good to stay "fit"; however, in order to access the body's wisdom; to plug into our intuition/inner knowing; and to become more sensitive to nature's signs and messages (which are always trying to speak to us), it requires a commitment to engage in more conscious movement exercises, where the focus is "inside". Such activities allow us to become deeply aware of the more subtle bodily sensations we possess, and to re-establish a connection with the energy body which lies beyond our physical body.

As previously mentioned, Qi Gong, yoga, bodywork and dance are great practices to get into the body in a more conscious way. Having practiced yoga for 17 years and Qi Gong for 10 years, I can hardly put into words how effective these disciplines are – the key is to do them on a consistent basis. It is, of course, important to learn the basics from a teacher and go to classes; however, at some point (as you learn more about your own unique body-mind make-up and listen to the clues your body is giving you) you can step into your own space and create your own practice at home.

“There is a wisdom in the body, a wisdom in feeling, that when accessed and allowed to operate in conjunction with our cognitive capacities, leads to a deeper, wiser, more integrated life. So we need to get back to the body, which involves much more than just dropping it off at yoga classes or fitness facilities or medical offices. We can get our body more flexible, more fit, and more powerful, and we can load it up with the finest supplements and organic fare, and still be out of touch with it.

Getting back to the body means doing whatever is needed to cut through our disembodied experience, which in part means a journey into and through the very pain that first drove us to dissociate from our body.

In permitting a fuller, saner embodiment of our essential nature, we make possible a deeper life for ourselves, a life in which we cannot help

but breathe integrity into our stride, and develop a deep intimacy with all that we are.”

– Robert Augustus Masters

There are many different forms of yoga and Qi Gong, and as a result it can be easy to get lost in the traditions and dogma of these practices. There is no need to mystify them, nor do I even see these practices as “spiritual”. After all these years, I still don’t know the Sanskrit names of most yoga poses, or the traditional names for the many Qi Gong sequences. At this point in my journey, I let my body be the guide and just feel my way into it. I also feel it’s not necessary to do a 90 minute class all of the time. Even doing 20 minutes every day is more effective than going to a class once or twice a week. But it takes practice, commitment and patience.

Once you are more connected to your body, you will know what kinds of practices, poses or movements are best for you. Usually, they are the ones you resist doing the most. It’s also not about being flexible, nor does being flexible mean that you are a great yogi. If that were the case, any Cirque Du Soleil acrobat would be an “enlightened” being. Rather, it’s about finding your own edge and limitations, and working with these challenges without judgment or comparing yourself to others.

It’s also not necessary to perform (or know) hundreds of different poses/movements. As Bruce Lee said, in reference to the martial arts: *“I’m not afraid of the one who knows 1,000 different moves, but of the one who has practiced one move a thousand times”*. My Qi Gong practice has remained the same (more or less) for the past 10 years. The more I repeat it, the deeper I’m able to go into meditative states – to the point where I sense my energy body more keenly than my physical body. It has become so integrated into my life that I don’t even have to discipline myself to do it every morning. It has become a part of my life, like eating breakfast. It sustains me, and I feel it is needed for my well-being – it’s as simple as that.

Bodywork (modalities such as Swedish Massage, Deep Tissue, Esalen Massage, Rolfing, Thai Yoga, Sensory Repatterning, Polarity Therapy, CranioSacral Therapy, etc.) is another very effective way to access the wisdom of our bodies. It

is not just luxurious pampering, but a healing art that serves as preventive medicine. It has deep healing effects, helping us to get in communion with our bodies through the mirror of another's educated touch.

We all need nurturing support from time to time, and there are occasions where a qualified bodyworker can help us in more ways than we can help ourselves – not only in relation to physical muscle tension, but also with regards to releasing stuck emotional blockages (including traumas most of us are not even aware of, because we have embedded them deep into our physical vessels via muscle armoring and tension patterning).

“Like road construction, your nervous system is being rebuilt, widened, and strengthened to accommodate an increase of data, like traffic moving through your body. When you face an experience that is out of the norm, that does not fit into the category of the known, your nervous system tends to shut down. Your body goes into shock, unable to process the out-of-ordinary reality.

As energy increases on the planet, blocks in your physical, mental, emotional, and spiritual bodies are magnified. Unexpressed feelings and ideas create obstacles to the flow of energy, whose purpose it is to connect you. You must help the process by being responsible for who you are.

Wherever you have a prejudice or difficulty – “I don't want to know that. I hate this about myself. I don't like that.” – you can trust that the magnifying glass will be put over it.

*You will squeal and squirm until you get it right. And if you don't, you will manifest the block in the form of a difficult challenge. Everything is intensifying in order to teach people about responsibility and maintaining a clarity of purpose and intent. **Utilizing different modalities of bodywork in this day and age is key to your survival. Pursuing avenues of discovery through bodywork facilitates and quickens the recognition of your identity.***

[...]

What is coming up now are the things that originally blocked you from perceiving reality. These are the parts of your emotional body in which the highway system was severed and the information could not flow, so you moved into pain and translated the emotional pain out of your physical body. We recommend to all of you that you receive bodywork.

Bodywork simply involves bringing energy from outside the cosmos into your body, infusing it with your other bodies-mental, physical, emotional, and spiritual – and making the energy grid fit. Where the energy grid fits and you don't block cellular memory and you allow – energy to step into your body, the energy moves through your chakras and feeds your body its data."

– Barbara Marciniak, Bringers of the Dawn

Looking at the entirety of existence, everything is made manifest through the 'lattice-work' of universal energy. Our muscles, tissue, organs and bones are carriers of energy and memory, all of which are interrelated and connected to one another. The body is a holistic organism, where nothing is isolated – everything affects us, both physically and energetically, on some level.

Any experience we have ever had – even things that happened to us in the past but were forgotten about or we weren't even aware of – is still held in the body, be it grief, a broken relationship, emotional pain, everyday stress, childhood wounds, injuries and accidents, trauma, etc.. The body stores the experience and does not "forget" about it until the pattern is released through holistic treatment.

Stress, the most common symptom of modern life, affects the body tremendously, resulting in muscle cramping, bad posture and build up of tension "armor-ing". Chronic tight muscles are a sign that they are constantly contracting – in other words, they are always working and never relaxed and at ease. This state of hyper-activity alone constantly drains energy from the life force (sometimes referred to as "Qi" or "Chi") to "keep one going". It's like driving a car with the hand brake on; energy can't freely-flow, and the various areas of the body (muscles, organs, tissue, bones) aren't getting enough "chi" or "prana" (life-

force) to repair and regenerate themselves, resulting in entropy (breakdown/aging).

This can lead to negative emotions, tiredness, depression, mental sluggishness, irritation, illness, injuries and overall dis-ease. If the body keeps the stress inside itself instead of releasing it whilst simultaneously getting overloaded with more toxins (unhelpful life habits, poor diet, lack of exercise), the life force is simply not sufficient to keep the body in a healthy condition. The immune system then weakens, which can lead to sickness, injury, chronic pain or even seriously-life-threatening conditions like cancer.

Integrative bodywork heals from a holistic vantage point, and has the potential to be a transformative tool for anyone; it positively harmonizes the body, mind and spirit so as to help with the release of stagnant energy whilst revitalizing an individual's whole being. Good bodywork practice is both preventive medicine and highly therapeutic, as it has the potential to go to "the root" and heal from a full-spectrum perspective, addressing the cause and not just the symptom. It's about caring for your body and health, so that disease, injury or illness can't manifest themselves in your 'temple'.

In these times of global and cosmic change, healing ourselves is especially essential. Integrative bodywork helps to heal both the body/mind separation and the wounds we have accumulated over years (and lifetimes). Besides these deeper effects, receiving regular bodywork helps to maintain a healthy body, mind and spirit 'framework', which will manifest in one's life in positive ways on a daily basis. Individual sovereignty and global emancipation require a planetary population of healthy human beings.

“Without adequate tactile input, the human organism will die. Touch is one of the principal elements necessary for the successful development and functional organization of the central nervous system, and is vital to our existence as food, water, and breath.

Our genetic blueprints are only the starting point of our individual development. The kind of conditioning we receive and the kinds of

conscious choices we make play tremendous roles in our physical growth, our acquisition of skills, our health and maturity, and our aging.

All our body's tissues are, then, a great deal more "plastic" and responsive to change and improvement throughout our lifetimes than we normally assume. Far from being "fixed" and "determined" by our biological inheritance, we are all still "works in progress."

There is no sensation or emotion that is not translated into a muscular response of some kind; these feeling states are the primary bases of our habitual postures and our individual patterns of behavior.

Bodywork, by using tactile input, can actually re-educate and re-program the organism into becoming more coordinated, more flexible, and more appropriately responsive – literally more "intelligent". A body/mind system that is integrated in this fashion will be more able to resist depression or disease, more able to attend to and repair itself in times of stress or injury.

Various ancient and contemporary forms of bodywork go far beyond temporary pleasure or relief and actually alter conditioned responses, chemical balances, and structural relationships. That is, bodywork has the potential to deeply change and improve the given state of an individual.

Nothing is more essential to lasting positive change than self-awareness; it is the prerequisite for self-control. Bodywork is a direct and effective way to increase this awareness within an individual."

– Deane Juhan, Job's Body – A Handbook for Bodywork

Another great way to get into your body, release stuck emotions, and get a good workout at the same time is expressive dance. Not necessarily any form of traditional dance or structured style, but simply free form – just letting your body

move to the music and rhythm, and letting go of expectations. There is no wrong or right way to dance – there is only your unique expression.

Rhythm and music has deeper effects on our physiology than we could possibly comprehend (drumming is a great healing practice as well). It can speak directly to our inner child, and address deeper emotions held in the body that are occasionally being triggered, depending on the style of music, frequencies and rhythm. Personally, dancing helps me to purge deep-rooted anger and frustration (as well as melancholy and sadness) but it can also allow me to just express joy like a child or get in touch with my sensuality, and release emotions I could not possibly express through words.

5 Rhythms dance practice, founded by Gabrielle Roth, is an amazing free form dance healing art, exploring five basic rhythms: flowing, staccato, chaos, lyrical, and stillness. It draws from indigenous and world traditions using tenets of shamanistic, ecstatic, mystical and eastern philosophy. It also draws from Gestalt therapy, and transpersonal psychology.

Fundamental to the practice is the idea that everything is energy, and moves in waves, patterns and rhythms. Roth describes the practice as a soul journey, and says that by moving the body, releasing the heart, and freeing the mind, one can connect to the essence of the soul, the source of inspiration in which an individual has unlimited possibility and potential.

We can also just dance at home alone, putting on our favorite music (or any style that reflects how we feel – any energy we want to express or release) and literally move through our process. I like to dance when taking breaks from reading/writing as well; it's healthy to get off the chair and re-inhabit the body. Sometimes, after having done Qi Gong and meditation, I just put on some music and start to dance, getting even more deeply into what came up for me in the other practices; in the grip of sonic patterns, I fully embrace the sensations, and commit to how I feel... whatever else comes up, I let it all out, expressing it through my body (and sometimes voice) as I move to the sound and rhythm. I literally sweat it all out, and feel amazing afterwards – calm and grounded.

“Dance is the fastest, most direct route to the truth — not some big truth that belongs to everybody, but the get down and personal kind, the what’s-happening-in-me-right-now kind of truth. We dance to reclaim our brilliant ability to disappear in something bigger, something safe, a space without a critic or a judge or an analyst.

We dance to fall in love with the spirit in all things, to wipe out memory or transform it into moves that nobody else can make because they didn’t live it. We dance to hook up to the true genius lurking behind all the bullshit — to seek refuge in our originality and our power to reinvent ourselves; to shed the past, forget the future and fall into the moment feet first. Remember being fifteen, possessed by the beat, by the thrill of music pumping loud enough to drown out everything you’d ever known?

The beat is a lover that never disappoints and, like all lovers, it demands 100% surrender. It has the power to seduce moves we couldn’t dream. It grabs us by the belly, turns us inside out and leaves us abruptly begging for more. We love beats that move faster than we can think, beats that drive us ever deeper inside, that rock our worlds, break down walls and make us sweat our prayers. Prayer is moving. Prayer is offering our bones back to the dance. Prayer is letting go of everything that impedes our inner silence. God is the dance and the dance is the way to freedom and freedom is our holy work.

We dance to survive, and the beat offers a yellow brick road to make it through the chaos that is the tempo of our times. We dance to shed skins, tear off masks, crack molds, and experience the breakdown — the shattering of borders between body, heart and mind, between genders and generations, between nations and nomads. We are the transitional generation.

This is our dance.”

– Gabrielle Roth, The Spiritual Power of Dance

Yoga, Qi Gong, meditating/hiking in nature, bodywork, and dance have helped me over the years to get in touch with my body, emotions and essentially my intuition and inner knowing – the “treasures” of our physical vessel-that-we-are. There have been many times where I’ve received deeper insights and revelations during these practices, helping me to clear out the “interior junk” and thus to connect to my higher self, anchoring a more expanded frequency of love and compassion for myself and others.

We can also employ our head (via the vehicle of meditation) to reconnect to the “second brain” of our belly, the feminine seat of our conscious awareness, located in our pelvic floor; the place through which we embody and ‘absorb’ the sensory treasures of the world around us.

These are simple ways and tools that can help us to access our intuition, get out of our heads and into our bodies, and open pathways for higher frequencies to anchor within our holographic mainframes, while at the same time initiate healing on a deeper, embodied level. They can also help to prevent hyperdimensional attacks and manipulation (to a degree). There are many other movement therapies and practices which enable people to access the body-mind “bridge”. Choose what works and resonates with you on a personal level – what I share here is simply what works for me.

The more we develop body sensitivity (and listen to the clues our body is constantly giving us), the greater the degree to which we can also process negative emotions in a more efficient manner whilst simultaneously anchoring a higher frequency/vibration. Most people have a hard time with working through crisis because they have built up a deep-seated emotional armor, and have become desensitized, disassociated or unconsciously repressed (with regards to what needs to be released).

As mentioned before, modern life and technology – with people glued to their smart phones and computers – keeps them disconnected from their bodies, their intuition and their inner guidance system. So we need to make conscious efforts to disconnect from the outside world at times, and go inside to re-establish the connection with stillness.

“Begin to trust your belly. Imagine that the intuitive part of yourself feels from there. You must learn to use all of the brain in your cranial area as well as the brain in your belly, the feeling place where you identify and relate to the outside world.

This is the key to producing the frequency of love. If you do not permit yourself to be honest with yourself and to deal honestly with the simple things in life, then how can you produce love? Instead you will produce resentment because you will not mean what you say. Do you understand? By naming and dealing with the feelings that arise in this center, you can always move back to love by addressing what is really occurring.

*Go inside yourself to find out how you feel about what you are currently creating. If you have had an emotional experience recently that has opened you up to deeper feelings, congratulate yourself; **do not judge your emotions.** However we will remind you that feelings of victimhood, anger, and blame must be very carefully watched. It is fine to feel anger; **however do not blame another for how you feel.** When you hold onto feelings of anger, you never accept responsibility for your part in the drama, which then creates an invisible storm that sits on the coast of your energetic field affecting your physical body.*

The resentment and all of the emotions you stuff—related to your family, lovers, friends, employers, or employees—act as volcanos, hurricanes, tornadoes, tidal waves, and typhoons, blowing through your energy field because your unexpressed feelings feed these thought-forms. You must learn to end the wars in your world by ending them in your minds.

You must get to know the inside of yourself. You may find that you do not need certain patterns anymore—junk in the cellar or attic, dark and nasty stuff. When you throw it out, do so with love. In the housecleaning of who you are, you will discover that you have certain feelings or more abilities than were ever acknowledged.

Many of you will find that you are already switched on, that you have had these intuitions all along, although no one helped you understand them. Perhaps you were afraid of what you saw, or were told to be quiet about it. Remember, many of these knowings are not necessarily solid, static, defined events.

We purposely direct you to your body, toward creating a fountain of health and following the impulses that lead to healthy living—emotionally, physically, spiritually, and mentally—so you can fill the ethers with a vital vibration. The more of you who become healthy and broadcast that vibration, the easier it becomes for others to do the same.

Remember, you are in a polarization here. Family of Dark would have you believe that poison, suffering, and pain are the only options, the only choices. When you choose these options, you are broadcasting that frequency into the ethers without consciously realizing it. The choice of peaceful, purposeful, and responsible living is always there, if you choose to focus on it.”

– Barbara Marciniak, *Family of Light*

Another important aspect to all of this is diet. There is so much debate around veganism/vegetarianism vs. paleo and other meat-inclusive diets. I’m not interested in these over-generalized discussions about which diet is “better”; I do not judge anyone about their dietary choices, nor do I feel that one diet is more “spiritual” than others. Different diets may work for different people. There is a great deal of hostility and emotional attachment with regards to these discussions at times. However, we all have the same biological body, so some “foods” (i.e., modern, processed, non-whole foods) are not good for any of us.

The basic fact is that food affects our emotions (endocrine system) and the brain in more ways than most people are aware of; the gut is directly related to the brain (it is called “the second brain” because it has more neurological tissue than the head and produces 80% of our hormones), and many wellness issues – such

as depression, lack of concentration, cognitive functions, emotional instability, skin conditions, and allergies – are related to diet and what we eat.

I used to be a vegan/vegetarian for ten years, and experimented with raw food veganism for three years. It didn't work for me. For the past four years, I've been integrating the paleo diet into my lifestyle, and have never felt better in my life: physically, emotionally, and psychologically. I've experienced clearer thinking, as well as attaining greater levels of spiritual groundedness. I feel better in body, mind, and soul, and hardly get sick anymore.

My diet consists of healthy meats (grass-fed from the local farmer, not from mass slaughter houses with animals being fed grains and injected with hormones and antibiotics), chicken and eggs (from pasture-raised chickens), fish (wild-caught), vegetables (mostly leafy veggies), fruit (mostly low sugar fruits like berries), nuts and seeds (soaked and dehydrated), bone broth (rich in essential vitamins, fats and minerals), fermented food (rich in natural probiotics) and some carbs here and there (mostly yams).

The most important element running through these choices: lots of healthy fats, especially saturated fats; this is critical, a far more essential piece of the puzzle than protein and carbs, and equally as important as trace minerals. Fats are good for the body and mind, and are an excellent source of energy. The idea that fats and cholesterol are bad for you has been thoroughly debunked, starting in the late 1800s and reaching a defining 'case closed' moment with Weston A. Price's intergenerational dental health studies on indigenous versus 'processed' cultures in the 1930s.

You don't get fat (nor do you develop heart disease) from eating these types of properly prepared fats. Obesity is related to sugar and too many carbs. I stay away from dairy, sugar, grains, gluten, wheat, soy, and any processed food. I get about 80% of my groceries from my local farmers market – it's all organic, and I know where it's coming from, having developed personal relationships with local farmers over the years. I hardly go out to eat at restaurants, and cook mostly at home.

I understand that, for many folks, it is not possible to travel to a local farmers market, so we need to do the best we can with this sustenance situation, depending on where we live; sometimes we need to adjust when we travel, or because of other limiting circumstances. There is more to health than just what's on the menu, but it is an essential part of the mix, and there are many factors. For example, organic food can be more expensive than conventional. However, food is medicine, and personally, the last thing I am looking to save money on is what goes into my body.

So many people who are stuck in matrix dogma programming spend ridiculous sums of money on disposable stuff (clothes, entertainment, technological gadgets, and cars. In fact, many of them treat their cars better than their own bodies), but “cheap out” when it comes to food. So this is something to think about. To really dive into the topic of diet versus sustenance (and the way our food system has been compromised over the past century in order to further various command and control agendas) would require an article in itself, so this is just some initial thought for food (pun intended).

The Divine Plan and a New Dawn

When we follow the thread of all these seemingly-disparate topics back to an origin point, we come to the foundational ‘root’: frequency/vibration – the fountainhead of our own state of being/consciousness, which needs to be recognized and nurtured in order for us to individually and collectively anchor a new frequency; an “event horizon” which cannot happen through 3D actions/thinking alone.

Such an outcome can only transpire when we take ownership of our evolutionary process and become our own leaders – sovereign Beings who are connected to our higher selves, to our intuitive wisdom, and to our inner knowing; all of which must symbiotically occur in an embodied way. When it does take place, this kind of ‘mass shift’ will have an immensely-powerful effect on the fabric of space-time reality, more than we can imagine or even comprehend via the logical/linear mind alone; its ramifications go far beyond the scope of trying to convince others

about new "social systems" that may work better than the current political system.

*"Popular projections of what a transformation in consciousness is going to look like are, in most cases, a revamp of 'the box'. A bigger, better box in which there is an upgrading of the paradigm that improves the conditions in which we can indulge our addictions in a 'green' way. As essential as ecological awareness is, it is not enough. **The new paradigm cannot be actualized from the intellectual abstraction of a dualistic interpretation of a 'better world', built on the infrastructure of the existing mutant matrix which generates this paradigm.***

The full human blueprint, prior to our genetic modification, already exists and is etherically present in every cell of our bodies. Resurrect the full divine immortal human blueprint and you will realize the visual, audible feed-back of the true space-time continuum... a transcendent paradigm for the human design that is the sensory organ for planetary ascension – as Earth is the sensory organ for human ascension.

The new paradigm cannot be interpreted and determined as a theory, but as a living frequency returned to the only instrument on which we can experience the truth of creation: our bodies.

– Juliet Carter, Worldbridger

Trying to get rid of government authority without anchoring ourselves to a higher frequency/vibration is not going to happen, regardless of how logical and true the anti-statist arguments happen to be. I'm not a statist, and I don't believe in government 'solutions'. However, I see many proponents of anarchism/voluntarism/contributism trying to convince others of the futility and dangers of government via rational/intellectual discourse alone. Many of them don't seem to be very embodied individuals, nor do they seem to be engaged in sincere self-work and body-mind practices, and therefore are focusing on 3D issues alone

(often times projecting their own shadow onto the world) and missing out on the bigger picture.

It's almost like putting the cart in front of the horse – the utopian ideal of a society based on anarchism/voluntarism is beautiful, and it is important to educate people about the dangers of “government religiousness” which we have been conditioned to worship. However, the transformative work starts with oneself first and foremost; connecting to our own unique soul calling and purpose, our divine nature, and tuning into the wisdom of our bodies, our intuition and inner knowing.

Sometimes we can get lost trying to convince others of how things “should” be, which usually leads to purely intellectual debates, focusing on the trees but obscuring the view of the forest (and what lies beyond) in the process, and not understanding the deeper metaphysical workings of reality which relate to our individual frequency/vibration.

There are 7 billion people on this planet, all of whom embody vast differences in terms (and levels) of consciousness, and wildly-dissimilar lessons to take on-board. For some, their purpose is to evolve towards the “dark side” of creation – a purely STS (Service to Self) path; for many others, their purpose is to evolve towards the creative principle of STO (Service to Others) awareness, which can be seen as the equivalent of anarchism/voluntarism (from a spiritual perspective) – a harmonic that cannot be forced, but instead has its own timing in the grand scheme of Unified Consciousness evolution.

Moreover, if we don't become aware of “the topic of all topics” (i.e., the hyperdimensional control of humanity and the 4D archonic forces who have manipulated humanity for thousands of years), we will just keep fighting the shadows on the wall – the symptoms of a higher order that affects us all. The term ‘Archons’ means “rulers”. Trying to get rid of government and 3D levels of control alone will not work in the long run, for they are just the manifestation of rulers on a higher (unseen) level, working through these puppet-authorities in positions of power and manipulating all of us in ways most people are not aware of.

“As above, so below”. If we don’t claim our own personal sovereignty from a spiritual frequency level; if we fail to connect with both the divine and higher self (which cannot be accessed via the rational/logical mind); if we bypass becoming truly embodied and connected to nature; and if we essentially avoid expanding our vibration/frequency, then we will still be subjected to these archonic influences with or without our current government ‘model’.

In fact, we may actually feed into their agenda by engaging in these well-meaning attempts to fight corruption and government on the 3D level alone. Any new “social system” (no matter how much sense it makes logically) will crumble into tyrannical tendencies eventually, so long as we get stuck in 3D thinking and limited views of reality.

Nothing in this existence is better or worse than the other, for both sides of the human purpose-path expression (STS/STO) are manifestations of the divine “will” in this cosmic play, and free choice needs to be respected. So, in the end, it comes down to each one of us and our personal decisions, our state of consciousness, and our relationship to “spirit” or the “divine” – and this truth is what is most often overlooked (or misunderstood) by many well-meaning activists who purely focus on the 3D issues of the world.

There is a divine plan that is playing itself out across the physical universe – an unfathomable interweaving of events and outcomes which our little egos (and our clever rational/logical minds) will never fully grasp. There is also fate and destiny involved, to varying degrees, due to the reality that “time” is a construct of human imagination. Certain scenarios simply need to play themselves out – whether that be on a global scale, or in relation to our own personal lives. We shape our destiny by how we respond to these “inputs” and “stimuli”.

Within this vast realm of cause and effect, of paradox and synchronicity, it is all about aligning oneself with the Divine Will of Creation. The neurotic ego likes to think that it is control, and can therefore manifest whatever it wants if it just “desires” it enough.

Please note that I’m not an advocate of ideas involving the destruction or denial of the ego (especially the healthy aspects of it, which give us a sense of drive and

purpose, and a love of adventure, beauty and life), but I do see the importance of making this experiential tool a servant to spirit, aligning the “little will” of the ego personality with the “higher will” of soul purpose within the context of this evolution of consciousness and co-creation game.

The chaos we experience in the world – including the huge shifts in climate and weather patterns – or in our personal lives are merely a symptom/manifestation of the immense frequency changes we are going through on a cosmic and global level (for the most part).

The more we identify, connect to, and anchor this higher frequency in our everyday lives, the more we affect others in positive ways without ever having to force that kind of change. But, as I mentioned before, this doesn’t mean that we should switch into auto-pilot mode in our dealings with others, thereby falling into ignorance and apathy (or what some people may see as a “New Age” way of going about it all).

I’ve spoken out about the fallacies of certain New Age beliefs before, but we need to be careful not to throw out the baby with the bathwater, because there is a higher purpose behind it all, no matter how grim the world may look. I see many people doing exactly that when they talk out against “New Age Bullshit” in blanket terms, justifying their own unprocessed internal anger as “righteous anger” which they then project outwardly onto others, only focusing on 3D aspects of reality whilst falling out of touch with their divine nature.

We also see that anger-projection mentality arise when some people call others “sheeple” or engage in any other attempt to talk down towards others who may not be aware of their own circumstances, and therefore blindly accept the prison they are in (and defend it as a result). If we see ourselves as “better”, more evolved/”righteous” than others, attack people for their blindness and shortcomings, say things like “you should be afraid”, get into a nihilist mindset (“humanity is doomed”) and only focus on 3D survival/scarcity, we are missing the point of this journey we are all embarking upon together. We miss the ultimate lessons of living life on Earth: compassion, empathy, love, and connecting to our divine nature and possessing faith, regardless of how dark or hopeless it may seem at times.

Some people may even see what I write about in this blog as “New Age thought” due to the fact that I am discussing non-materialist ,”unprovable” concepts. I would reply to these people that there are some things which do exist ‘out there’ which you cannot give “proof” for through the prism of the measurable five senses, because the logical mind is limited, as are our sensory abilities.

For example, I’ve quoted extensively from Barbara Marciniak’s books “Family of Light” and “Bringers of the Dawn”. It is “channeled” material. There is much to be said about channeled material, especially since there are a lot of bogus ‘readings’ out there, and channels can become corrupted by interference patterns emitted by negative 4D entities. However, that doesn’t mean that there is no validity to channeled material at all, and that blanket condemnations of the practice are warranted. I recommend reading this article for a holistic perspective on the topic: [Standards of Channeling](#).

I recently picked up Marciniak’s books again – it was the first time I had read them since the late 90’s. They had a life changing impact on me back then, and to this day, no other series of books have resonated with me as strongly as these ones. Reading them once more, I felt as if something deeper got activated within me – it was not “resonating” in the sense of learning something new that rang true, but rather, it was a much broader recognition of something I always knew, and had simply needed to remember. This sensation was not a byproduct of wishful thinking or projection. It was an embodied inner knowing, recognizing the truth in the words on the page.

I was re-reading the parts that I highlighted in those books 16 years ago, many of which I have quoted here. In my personal process – where I am at now, after all these years – I look at this material from a higher vantage point, and realize the truth in these passages on an even more embodied level, knowing that I can trust myself more and more, and that I don’t require external guidance, or need to constantly look for external information.

There is a saying: Your spiritual journey starts on the top of the circle. As you engage in it, learn the lessons, work on yourself and gain knowledge, you go around the circle, and eventually you will end up where you started – but see

things from a higher perspective. In a sense, it's not really a circle, but a spiral – one that keeps going upwards, towards higher levels of consciousness and awareness.

It's about developing faith in yourself and the journey you're on, regardless of your inner or outer circumstances. It's about shifting more towards the internal landscape, without cutting off, escaping or denying the external world. In fact, by becoming our own guides via our intuition/inner knowing (which goes hand in hand with anchoring into a higher frequency), the opposite to the reality-bypassing mechanism occurs: we are called to commit to life in a more fully-committed way, whatever it may bring us.

This new harmonic arises in a grounded, integrated and embodied manner, as we begin to see the broader perspective and let go of the “good” or the “bad” (which are just judgments of the ego's linear tunnel vision, which cannot comprehend the bigger picture and purpose of this journey).

“Instinct is something which transcends knowledge. We have, undoubtedly, certain finer fibers that enable us to perceive truths when logical deduction, or any other willful effort of the brain, is futile.”

– Nicolas Tesla

I think Tesla is talking about something much deeper than anything we can define via “western thought” modalities of psychology, unconscious reactions, emotions etc. – he is discussing a place where the logical/analytical mind simply cannot go. I also don't think he's talking about “intuition” or instinct as we traditionally understand it, but rather, he is relating it more to the theme of Gnosis, that elevated realm of knowledge which relates to higher states of consciousness/being, and which taps into what some call the “akashic records”.

These records are etheric knowledge “files” which can't be received via books or be told to others; they are, instead, held in our cellular memory, and came with us before we incarnated in this lifetime – we are called to remember and activate them, and this process is occurring right now via cosmic changes and “light infusion”. In order to receive this “download” we need to tune into our bodies and

get out of our heads, for this information cannot be received/accessed via the logical mind and the five senses. The key point in his quote is the line about “finer fibers”, which reminds me of “Bringers of the Dawn” by Barbara Marciniak, where she relates DNA and frequency/vibration, as well as “downloading” information:

“You represent the renegade group of light, and you have agreed to come back on the planet. You are on assignment. You come into these physical bodies and take them over, and you intend, through the power of your spiritual identity, to change the physical body. You all selected with great care the genetic lines that would best give you head starts with all of this. Each of you chose a genetic history through which members of the Family of Light have threaded....

*As members of the Family of Light, you have incarnated on this planet to prepare yourselves to do your work. What is your work? **Your work is quite simple: you carry frequency into systems that have limited light frequency, because light is information. This is not cold, computer-data information; it is information that is transmitted biologically through an electromagnetic send-out of consciousness.***

Within human cells are light-encoded filaments, fine gossamer threads of energy that carry information. When these gossamer threads are working together like a cable-the way fiber optics works-they form the helix of your DNA.

Much of this information is stored within your body in the light-encoded filaments that are scattered and are coming back into alignment. Your bones and skeletal form correspond with that information. When your skeletal form is in alignment, the energy from sacred power sites is released, the cosmic rays are pulled into your body, and the light-encoded filaments inside your cells begin to reorder themselves, you will find that you are in the change. The change will be mirrored to you everywhere you look.

*Before you came into the body, all of you committed to designing events that would fire your codings, or blueprints that would activate your memories. Then you came into the body and you forgot. **All of you have had your blueprints and codings fired to some extent because you understand that there is a divine purpose or Divine Plan that you are a part of...***

*Our part is to hit key chords and play your consciousness into activity so you can go ahead and make the tune or song or dance you are prepared for. **Your knowledge is inside of you, and as you agree to discover it, it will awaken on deeper and deeper levels.***

[...]

*As members of the Family of Light, you are renegades. You are systems busters, here to conquer your own fears and to show the rest of the planet that there is no reason to fear anything. You love to go in and cause trouble. You are famous, your branch of the Family of Light. You are famous for going into systems of reality and altering the frequency, thus bringing information. **It is not your task as members of the Family of Light to proselytize.** You simply go into systems and act as receptacles; you receive the creative cosmic rays into your bodies, the bodies that you occupy as humans. You are in disguise as humans, and you allow a process to take place.*

You are coded, and as your memory begins to rise, you will respond to the plan with which you came here to participate to alter the frequencies. You will begin to hold, keep, and maintain a certain frequency and then to line it. Identity as frequency is the sum total of your physical, mental, emotional, and spiritual bodies broadcast as electronic pulsations. As you live your frequency, you affect everyone, every place you go. That is what you are doing now. There are many who already understand their assignment, and there are those whose memories are just beginning to rise.

The plan to change the frequency modulation affecting the human species entails the re-bundling of your DNA and of the light-encoded

filaments. The plan is gigantic at this time. Earth is assisting, in its own way, the evolution of the universe. Earth is where things are happening: it is the hot spot, the place to be. It is where the plan begins to blossom, and what happens on Earth is going to affect many, many worlds.”

– Barbara Marciniak, Bringers of the Dawn

Everyone is suffering to one degree or another. These are intense times, but they are also exciting times to be alive. It's important to stay grounded, to get into your body, and to tune into your intuition. Get off of your computer, step away from your gadgets, and get outside more often. The internet and social media can become an addiction – escape from their clutches as well. I suggest leaving your smartphone at home from time to time, so as to avoid obsessively checking your messages/emails/status updates every ten minutes. Spend time being barefoot in nature, connect with others in person, and you will begin to see that there is something far bigger happening outside of your “bubble”. By de-plugging from matrix distractions, you will learn a lot more about yourself than you could ever possibly comprehend from the viewpoint of your little monkey mind machinations.

We are being guided. We are being helped. We are being loved. But before we can feel that support from those around us, we first need learn how to gift these qualities to ourselves. There are many times where the advice we give to others is ironically the advice which we first and foremost must apply to ourselves – and the same is true for this essay: I need to apply to myself what I write about on here. Before we can truly be of service and help this world with its positive transformation, we need to “walk our talk” with integrity as we step into our own vulnerability and feel everything that comes up, without judgment, while developing embodied compassion for self and others (as opposed to this being just an “intellectual” idea/expression).

Don't resist what is trying to emerge within you as the evolution unfolds. Don't buy into fear, or get stuck in 3D thinking and blinkered perspectives regarding the “world-as-it-is” – the only way out is through, and there is a subtle and warm light at the end of the tunnel; the light that knows no separation. Most of all, learn to trust yourself – to trust the wisdom which resides in the body, which no

book, teacher or authority can tell you about, since it is unique to you and you alone.

“In a quiet moment imagine there is a purpose to being. Everything is designed and planned in an impeccable, synchronistic order, and you are involved in it; you are not purposeless little molecules struggling in a meaningless world; you are part of the significant plan, which can be seen from many different angles. The greatest of covert operators may discredit the idea of an immense plan because, no matter how finely they are tuned, they cannot conceive of a greater energy that designs existence.

*Likewise, many people cannot conceive of this immense order because they lack the intent of love or goodwill at the core of their beings. **The universe and all you experience are inherently built on love, a love so grand that it allows evil its own reign, knowing that even within evil there is a purpose.***

The storms may appear to be here to destroy you. In actuality they unplug a system of control based on electronic and interdimensional tyranny, a dark occultism, a wizardry gone bad. The darker energy chases you and would do anything to divert this great power that rises in you, yet it is in dealing with the darkness that you find your power. Otherwise, dear friends, we see in the Book of Earth that many have been lazy, many have chosen fear or simply turned their backs on a great opportunity. And so the shadow that chases you actually defines your light.

Crisis creates an opportunity designed to shatter patterns of rigid behavior, which do not fall away simply because you get up on a quiet morning and say, “Ah, today I will give up everything.” That is a logical decision; the change we speak of occurs through your feelings, often through creating a crisis where you must use your will, heart, and mind to redesign your life.

Crisis shatters your impenetrable field, which is like the casing around a young seed, and you must learn to trust that, when the casing opens, you will have a sprout to shoot up. Not all seeds sprout, you know. And in all fairness, not all humans grow to the fullest of their capabilities.

It is important to understand that in healing your physical form, by making yourself grounded and whole and learning how to build a firm foundation of health, prosperity, and love in your vibratory field, you can then stretch out the branches of your blossoming self and grasp what is happening in the rest of existence.

Without firm roots into the living life of Earth, you will be blown away in the winds of change. And yet the energies that would knock you over and shake you up are, in actuality, here to fortify you.

*You must find the grace to accept with dignity and gratitude the great lessons that you are creating. Learn from them. **The solutions are always very simple and are usually right there in front of you, and they often involve doing the one thing that you resist doing the most.** Your lessons often involve humbling yourself, saying you were wrong or asking for or giving forgiveness.*

These are some of the hardest tasks for humans to perform. Given ten thousand guns, you would gladly go out and fight a war. But forgive yourselves or someone else? A momentous task.

– Barbara Marciniak, Family of Light

“Over thinking, over analyzing separates the body from the mind.
Withering my intuition leaving all these opportunities behind.

Feed my will to feel this moment urging me to cross the line.
Reaching out to embrace the random.
Reaching out to embrace whatever may come.

I embrace my desire to
feel the rhythm, to feel connected
enough to step aside and weep like a widow
to feel inspired, to fathom the power,
to witness the beauty, to bathe in the fountain,
to swing on the spiral
of our divinity and still be a human.

With my feet upon the ground I lose myself
between the sounds and open wide to suck it in.

I feel it move across my skin.

I'm reaching up and reaching out.

I'm reaching for the random or what ever will bewilder me.
And following our will and wind we may just go where no one's been.
We'll ride the spiral to the end and may just go where no one's been.

Spiral out. Keep going...”

– Tool, Lateralus

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