

Bits & Pieces 2

Thoughts on the Feminine, the Flow,
Presence, and Becoming the World



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Bits & Pieces Excerpts

FROM POLARIZATION TO PARADOX: ECLIPSING THE OLD DYNAMICS OF STRUGGLE

Under the surface of the world of current events, the energy is swirling, trying to change the shape of an old worldview, much as a swollen stream tries to dislodge a logjam. Perhaps now is the time for polarization and the negative use of duality to surface and grab our attention so we can examine our unhealthy habits of thinking and behaving. How self-defensive and reactionary are we? How prone to blaming others? Controlling others? Being controlled? Are you so irritated that your temper is hair-trigger sensitive? Or are you sinking into a depressive oblivion because it's all too much to comprehend, let alone do something about?

US-AGAINST-THEM, ME-AGAINST-YOU

War energies build around the planet, bipartisan politics becomes ever more hateful, accusatory, and unethical, and what we see — and are titillated by — are the extremes, not the many shades of grey. The media make us aware of the worst in human nature, and the news and entertainment industry must become increasingly loud, crass, and negative to hold our attention with adrenaline. Conflict and fear generate adrenaline, and this contributes to the rise of the Us-against-Them, Me-against-You mentality so championed by sports fans, warriors, and competitive businesspeople.

This attitude infects the idea of patriotism as well. By itself, patriotism is a kind of centering into a core national (collective) identity, and we all need to recenter into deeper truth and a core identity now — to remember what we have in common and to establish meaning that aligns us with Spirit. Unfortunately, patriotism is affected by the Us-against-Them filter, and ends up becoming a form of collective ego, something that separates us from others. Polarization like this creates suffering.

Our media add to the polarization mindset, encouraging individuals to feast Roman-style on reality television where pleasure is had by voyeuristically experiencing outright hostility thinly veiled as brutal rejection and ridicule. We learn that it's OK to rudely blast and flatten people when we don't like the way they look, the choices they make, or the beliefs they hold. People trying out to be the hottest person in the country are told, "I rate your face a 7 but your thighs are a 4!" It's chic to assert oneself as the next, of-course-I-deserve-it "idol" or "survivor." Trying to stand out as "better than" by making others "worse than" just sets us up for the reversal of roles that always comes with polarity thinking.

THE BUZZ AND YOUR BODY

As the collective subconscious mind empties around the world these days, the environment is full of fear, anxiety, and negative thinking. A disturbing buzz is in the air and the drama is very seductive. It's easy to unconsciously match the low vibration of these intangible thought-streams and currents of energy circulating in the subtle energy realms. And as we do, we activate all our own suppressed fears; we become susceptible to buildups and releases of electromagnetic force that seem to sweep us along against our will. We have to be more focused and determined about going deeper into ourselves to feel the fear-buzz and contrast it with our innate, harmonious "home frequency." It's important to develop the habit of asking yourself: What am I noticing? What is affecting my vibration now?

For example, I have experienced disturbed sleep patterns because my body matched an agitated electrical charge from the negativity in the people and the "air," or field, around me, that manifested as a jittery, jumpy momentum to my dreams. That shifted to a more emotional expression and became subliminal anxiety, which manifested as recycling worries about the future, and woke me up. When I realized I was tossing, turning, and obsessing about being a bag lady, I sat upright and told myself: "You don't have to think about this or do anything about this right now. Just breathe and get centered." I saw that the fear thoughts rode in on the buzzy vibration, which may well have been a current of collective fear I inadvertently encountered as my consciousness expanded in my undefended dream state. So the quality of your thoughts may be affected by the vibration of your body and vice versa — at night and during the day.

I've also experienced a spacy quality during the day — something I call being "bi-located" — where I feel like I'm hanging onto my body by a thin thread, up to my eyeballs in water and barely staying afloat. I'm working at my desk or doing laundry, but a large part of me is also elsewhere, paying attention to something at a higher level. In the past, this has often been connected to an imminent explosive world event — a big wave of energy coming into consciousness — and I'm picking up on it just before it materializes. Like animals sensing changes in barometric pressure or pending earthquakes, our bodies are highly sensitive to undercurrents. When this happens, some part of you is noticing something energetic — what is it?

Pay attention to your body! Once you can receive your body's subtle signals, you can choose to attune yourself to the anxiety or excitement energy to see what's it's all about, and re-establish your own clear, calm, core vibration or "home frequency" — the peacefulness of the Soul. One level down from the turbulence, your Soul is in harmony with all things. Go there as often as possible throughout the day.

THE THIRD WAY: SHIFTING OUT OF POLARITY

You don't have to take sides, choose between good and evil (and "figure out" which is which) — just BE YOURSELF. This is the third way, the path and position that eclipses and collapses the either-or, struggle mentality. From the experience of the deep self, which is in the present moment, in the body, and throughout space, you can know all human behaviors from the God's Eye View.

Does the Creator love the French any less than the Americans, or the Egyptians, or the Jews, or the Japanese? Do the opinions we hold really matter? At the deep place, we are all souls cocreating a world, playing cooperative energy games.

Peace is something we don't need to create; it already exists as the foundation of life. We must simply allow it to resurface into our conscious mind. And we must understand that peace is not a passive, static state where we all walk around wearing yellow smiley-face masks. Peace is a dynamism, a rocking and flowing back and forth among gazillions of polarities, the embracing of the paradox of both-and. If we can be equally humble and self-assertive, generous and receptive, serious and fun-loving, talkative and silent, analytical and artistic, and so on, discovering the myriad filters for our consciousness, we will be able to know our totality to a greater and greater degree.

Human evolution and the larger part of our purpose in life may simply be to experience everything and not cut ourselves off from well-roundedness by holding either-or opinions. So before you act in resistance to something, allow yourself to drop into your body, open your capability to accept everything that exists in the world, and grant every human being the same right to BE that you have. Feel the souls underneath the other person's outer form and actions. Dissolve the panic, dump the vitriol and venom, and affirm that at some deeper level that we cannot comprehend right now, a greater sanity is at work. Dedicate yourself to that sanity, which works unceasingly, methodically, and miraculously to evolve us to our eventual enlightened state.

THE POWER OF AND

As the author of a book about the dynamics of the present moment, I can appreciate Eckhart Tolle's (The Power of Now) insight that when we reject what's coming to us from the world, and say "No," we simply reinforce our contracted, ego-based idea of ourselves. But when we allow and accept what comes, and say "Yes," we naturally expand and begin to experience ourselves as spacious and much more unlimited. When we can include options and others and see how we're connected, that's the real beginning of love. Certainly, that loss of ego can be subliminally frightening at first, and it may be why we reject so much of the world. Self-preservation and survival of the old Me-against-You identity is going through its death throes now, and making quite a racket.

All I know is to say "yes" and "and," to allow, to fall into Soul, to find the deep dynamism, then re-emerge into the world of form and see what urges motivate you. Do you feel like signing an email petition, participating in a peace march, praying, sending money to your favorite cause, writing a book on healthy relationships, talking to a friend who's upset, fasting for a few days, having friends over for dinner, or organizing your sock drawer?

It doesn't matter what you do after you return from the Soul Place, as long as you bring that home frequency vibration back with you and act from ideas that come from your inner truth. This is being faithful to yourself — AND to others. Me and You; Us and Them. If you're avoiding or acting in resistance to something, start over! Otherwise you're just contributing to the conflict

consciousness in the world.

I look out my window and see a single freesia flower, blooming a bright school bus yellow in the cool pre-spring weather. It has somehow found its way to the middle of my dormant vegetable garden where it makes a bold but tiny statement that inspires me. It is a simple creature, like me, and it is being itself with panache, in spite of everything else going on in the world. It is not for or against anything. It is my teacher in these panic-laden times, reminding me to hold true to what I know in my heart, and shine out. It's possible — and necessary — for each of us to be like that first brave, authentic flower of spring, full of simple integrity, adding brightness to a still-sleepy world, and doing it for our own pleasure.

CHOOSE WHAT'S CHOOSING YOU

There is something I've been hearing myself say to clients: "Choose what's choosing you." What's choosing you may be a lucky break, or an opportunity to complete some karma, or a space of blankness and no action. Many people I talk to are embroiled in situations that contain their sneakiest blind spots, and they're flopping around a bit, resisting the experience that's trying to find them. I believe it's our destiny that's trying to find us, and it comes in both a direct revelatory way, shining a light down the path, and a machete-through-the-thicket way, clearing interferences to fluid movement.

Many of us are actually just a hair's turn from stepping into our destiny, and knowing an entirely different way of being and living in the world. But just before this shift occurs, it always seems incredibly dense, even hopeless. It's now that we must pay close attention to who we want to be, and how we want to feel, and do whatever it takes to maintain our highest consciousness and physical energy. Otherwise we run the risk of succumbing to the victim identity, which is pouring up out of the collective subconscious now as never before.

If your life is building in intensity, if you are facing the things that scare you most, please don't freeze in the worry-mind, or in the duality reality! This is the time to actively look for the oneness and the underlying sanity in all things. This is the time to believe in your own destiny, which is the materialization of who you really are. Choose what's choosing you! Enter the experience that's seeking you and trust its compassion. Live it out in an engaged way, and keep walking, keep inviting in your next higher level of Self, even if you can't imagine how amazing it's going to be. Don't worry about not being up to living your destiny. You contain it within you already; you ARE it. When it finds you and you flow into it, you'll be saying, "You mean I get to do THIS?"

How DO we achieve our destiny? On one hand, I might have a bumper sticker that says DESTINY HAPPENS (not unlike "S - - - Happens") because I believe that we eventually get where we're going simply by pursuing our natural interests, letting life flow as it wants, and being in harmony with that flow. On the other hand, I also believe that focusing on goals and enthusiastically working

toward them is an equally important way to do things. Of course there are times when my mind becomes inflated and I get ahead of myself, thinking I know the way a path of action is going to work out, and thinking it has to follow my prescribed itinerary. And then destiny stalls temporarily, yet waits patiently and tries another inroad. We can watch for that fine-line balance between faith and receptivity, and desire and dynamism.

Our destiny is programmed into our bodies and our bodies are inseparable from the unified field of energy and consciousness we live in here on earth. When you feel out from the center of yourself, including layer upon layer into your "reality ball," you experience your oneness with what used to be the "outside" world. You know the future and the answers are not on the other side of some imaginary boundary, but are actually part of your extended body, your extended self. The world, and all its people, objects, and events, is your greater mind, your greater identity. One loving motive flows through the whole — to help each part evolve and become the True Big Self. Our destinies are all mutually supportive.

I assume that when the True Big Self can integrate entirely into our body and mind, we immediately achieve our destiny, the reality we're built for, and need, and love sharing with others. In that state, we share from our giftedness, create much more than we previously thought possible, and feel utterly rewarded in all things. It is impossible to lose our destiny, because it's encoded in every molecule of the physical plane. So what you already are at your highest level of consciousness is seeking you — actively, constantly. The next just-right issue, action, and creation is choosing you. Choosing it means finding more of your truth and innate loving nature.

What's knocking on your doorway right now, seeking to connect with you and gift you with marvelous unknown things?

COMMENTARY ON THE COMING TIMES

This piece was written in 1980 while I was in a meditative state. At that time I was working with the only spiritual guide or teacher I've ever recognized, who I identified, as much as one can, as Hiram Abiff, the architect of Solomon's Temple. I had asked him to tell me about what might be coming for us, and in my mind I was writing for him. I no longer focus on this entity in particular when I access information, but hold his essence as something deeply familiar and akin to my soul and soulgroup vibration, and I simply merge with that frequency and pattern.

I'm not sure I was even officially aware of the concept of transformation back when I wrote this, therefore most of the content was news to me. I now see this is what I've been writing about in all my books over the ensuing years! This succinct message is still as pertinent today as it was then.

There is currently an immense vibrational shift in the earth and all life forms are feeling the pressure to evolve rapidly. Patterns of thought and behavior will be affected, those that are

positive as well as the negative ones. There will appear to be a marked increase in negativity as the old patterns are shaken loose, like dust being stirred by moving an object that has been immobile too long. As the clearing occurs, inner strength becomes visible. You will receive divine vibrations now as never before, and must pay attention to stabilize your energy continually, to be ready for the next shift, and the next, which will be coming in waves, ever more closely together.

Let go, absolutely LET GO of what does not work for you. Do you feel heavy? Find the burdens, drop them. Find the clogging foods, the negative thoughts, the dirtying habits, the character weaknesses in yourself, the people who drain you. Release it all, and let go of your need for beliefs and security. Tune to the very purest heart of the Mother Earth and quietly resonate your body to this. Please know there is no way to avoid transformation, nor anything to fear from it. Yet in these times, resistance to truth will cause instantaneous repercussions. Remain as conscious of the process of growth as possible and cooperate with the higher order, of which you are a part.

Things will evolve more intensely in certain parts of the planet first, for in these places of concentrated power, people will gather to reinforce each other's growth and be exposed to pure forms of energy. Then many will leave these places to teach and increase the vibration in outlying areas, through their own presence, yet many will continue to arrive for initiations. There will be much moving to and fro and it will be hard to keep up with the news. The progress in certain fields will be as astounding as the degeneration of old systems, beliefs, and organizations.

The key now is to simplify, to center within your body at all times and to allow yourself to be a transmitter of the highest energies of compassion, truth, and creativity. Receive more and more purity and trust the process of spontaneous self-expression from the heart. Practice unconditional love and do not forget to include yourself in the practice! In this way your sensitivity will increase and so will the capacity of your nerves, glands, and subtle bodies to conduct the increasing voltages, without being burned out by them.

No more shall there be the slow and gradual process of assimilation. Those who will change are being prompted from higher, inner levels to consciously ASK and pray for help and heightened abilities of integration. Your body, your cells, are being transformed into a new material before your very eyes. Allow the feelings of pressure, the mood swings for no reason, the uncontrolled releases of frustration. Meditate often, and center constantly in the Oneness and in the present moment. Open your heart, strengthen your physical body, give up your addictions, learn to truly rest, and BE OF A JOYFUL FRAME OF MIND! Receive sustenance AS you create, feeling the process of transmission — and remember, you are the actor, the action, and the audience. You will never want for energy, love, and opportunities to perceive and create more beauty and harmony.