

The Lightworker's Manifesto:

A Primer For Coming Times

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Many of you have been deeply absorbed into your life school curriculum, expanding your understandings, awareness and beliefs. This is well and good and in accordance with your purpose here. It is now time to complete your formal training and turn your focus to realities set in motion by the energies of the new times rapidly unfolding on the Earth plane.

You can no longer afford to waste your energies, tossing your efforts like seeds to a careless wind. This is a time of great awakening and great transformation. It is time to bring a laser focus to your purpose of assisting mass numbers of souls in their process of awakening.

There are many who are opening their eyes and looking around them, awakening to their spiritual purpose and divinity. It is important to help bring these souls "online." They will stand beside you in coming times of shifting energies.

In this time of shifting energies, you will be asked to come into a higher place of discernment, focusing your energy in assisting those who are truly ready to dedicate themselves to the good of all. In order to dedicate oneself to the highest good, it is necessary to be willing to release suffering and judgment and place trust in one's highest vision. As you assist in the awakening of those who are ready to dedicate themselves to this time of awakening, you take steps on behalf of the Earth and all its kingdoms – plant, mineral, animal and human - all that exists here. Those who are not yet ready to take this step will be left to their own processes, not in judgment, but in a spirit of trust in the higher order of things and honoring each person's right to choose the path of their own becoming.

During transition times, confusion and chaos will swirl around you. To help you navigate through the fog, we offer some guidelines - **12 Points of Light for Light Workers:**

- One) Practice Self-Responsibility in All Things
- Two) Expand Your Beliefs to Take in More of Who You Are
- Three) Transform the Energies you Encounter
- Four) Practice Kindness and Compassion
- Five) Trust in Your Highest Vision
- Six) Practice Honesty, Clear Seeing & Discernment
- Seven) Release Resistance and Come into a Place of Surrender
- Eight) Allow Your Spiritual Purpose to Become Your Guiding Star
- Nine) Set the Intention to Work from the Perspective of Your Higher Self
- Ten) Honor and Work with Your Own Energy
- Eleven) Learn to Travel in Consciousness
- Twelve) Ask for and Open to Receive Spiritual Guidance

One) Practice Self-Responsibility in All Things

The rapidly unfolding energies on the Earth plane are asking those who seek to heal and transform the world to step into a New Time. During this New Time, many on Earth will awaken and join your efforts to anchor heaven to Earth. Bringing your focus to this effort is important. You are being asked to come into a greater place of discernment in how you spend your time. You are being asked to become conscious creators. As creator of your reality, you step into a place of total self-responsibility.

➤ The First Point of Light is Self-Responsibility

The first point of light we will describe for you is a prerequisite for all the rest; that is, self-responsibility.

The foundation of all efforts to transform your world is self-responsibility. This is the most fundamental step in spiritual growth and awakening. While great steps have been taken in your present timeframe, limiting misunderstandings still linger among seekers. One main thread of limitation is the baggage of old ways and ideas. Encoded within these old ideas are limiting thoughtforms of lack, wishful thinking, and neediness. These thoughtforms run contrary to the idea of an unlimited, infinite self.

Even in the "New Age community", many still operate in a soup of codependence and misunderstanding about their role as creator of their own existence. There is still the lingering misconception that "others" call the shots. In these times to come there is no place for the illusion of victimhood. Each person must accept and own responsibility for their own reality - no exceptions.

Whatever change arrives in your world will be of your own doing. If you do not take the responsibility to create the changes you seek, they will not happen. Within the "new age movement" it is possible to believe that retreats, workshops, techniques, books and teachers will "fix," one's life. It is important to understand that none of these will be of any use without you. You are the one who takes the tools you receive and uses them on your own behalf. Techniques and workshops are resources you can utilize to transform your reality but left unused, they are little, if any, benefit. This is like leaning your shovel against the porch all the while longing for the holes to get dug in which to plant your spring flowers. The shovel cannot work by itself. You must be the one to use the shovel to dig the hole.

Intimate relationships are also affected by one's willingness to accept responsibility for their own reality. Many seek a "soulmate" in the hope that their life will become more peaceful and loving. The truth is that the arrival of a soulmate will bring exactly the same amount of love you have always had - with the exception that the soulmate will reflect to you (painfully in some cases) all the ways in which you love, and the ways in which you don't love. It is impossible for another to give you what you don't have within

yourself. Another can only reflect what you already have within your self.

As you head deeper into transition times, you will find some people calling upon you to save them from themselves. We will explain here why this is not possible and not in harmony with the higher good of all.

➤ The 'Outer Savior' Thoughtform

We will bring your attention to a thoughtform that permeates your world and serves as gatekeeper to higher consciousness. That is, the belief in an "outer savior". This thoughtform inserted into human consciousness effectively "dumbs down" humanity. While some may perceive this insert as a form of "conspiracy," this is ultimately not the case. It is intended as part of the scheme for Earth school curriculum that "veils" or "inserts" hold consciousness within a certain pattern until it chooses to step outside them.

You may look around you and see many variations of the outer savior thoughtform. It may seem at first glance that this thoughtform mostly applies to the category of religion. It is illusory to think that human existence can be compartmentalized. The religious belief in an outer savior translates itself into beliefs about relationships (others must save and rescue me from myself), beliefs about livelihood (something or someone must give me a break), health (doctors and others must heal me), stewardship of the Earth and all its creatures (someone must do something), spiritual connection (ministers and other "middleman" must define and facilitate my connection with spirit). The outer savior thoughtform, in fact, permeates every facet of a person's existence in much the same way that a virus infects a computer. When a person awakens and "sees through" the outer savior thoughtform, they by definition take the next step toward complete self-responsibility. That is, they understand, accept, embrace and practice the belief that they themselves (and no other), create every single aspect of their reality. Once a person comes into this place of total self-responsibility, they are empowered to begin creating what they truly desire.

➤ Discernment and Self-Responsibility

Understand, a person who has not yet come into complete self-responsibility will not be able to advance far beyond a basic level of consciousness. Self-responsibility is the key that turns the lock in the door that leads to high-vibrational consciousness.

If a person is demanding you "do it for them," or "fix" their reality, this is an indicator they have not come into a place of self-responsibility. As long as they choose to hold onto the outer savior belief, there is no person, organization, technique, method, or idea that can transform their life. Self-responsibility is the gatekeeper that bars those who hold the outer savior thoughtform from entering into higher consciousness. This gate was set up by design to assist human consciousness in its journey of becoming. You

as lightworkers are called upon to examine your own lives in terms of the outer savior thoughtform and gain awareness of how it works around you. You are asked to question if you are in any way still invested in the outer savior belief. Examine if there are ways in which you still hold blame toward others or hold others responsible for any aspect of your existence.

Once you have resolved this question within yourself, you are ready to make self-responsibility the foundation of all your teachings and sharing with others. When you build your life on the foundation of self-responsibility, you open the door for many to come into their true power as the masterful creator of their own reality.

Two) Expand Your Beliefs to Take in More of Who You Are

The second point of light we will describe for you is the next step to living as an infinite being: expanding your beliefs to take in more of who you are.

➤ Expanding Your Beliefs to Take in More of Who You Are

In this time of expanding light, it is natural that you will find your self expanding. This expansion includes your beliefs, your field of perception and your possibilities. Your beliefs outline the boundaries of your existence and create your future realities.

➤ Beyond Self-Responsibility

When you have accepted and come into harmony with the idea that you are the sole creator of your reality, you are now ready to examine the means by which you as creator and architect go about the business of manifesting your personal universe. This examination will take you on a journey within yourself. As you ask the question, "who is this aspect of me that goes about creating my world?", you will draw to you the answers. It is worth learning about your creator self and the beliefs and perceptions it uses to create your reality.

The sad truth is that many in your world never reach this step. They never bring their focus and attention to the "how" and the "who" of their creations, so they spend a great deal of time and effort dealing with the aftermath. The person who does not get to know their inner creator is little more than a hapless slave in their own world. It is a marvel that so many choose to be the props manager in the movie of their life rather than the star of the stage! It is by getting to know your inner creator and working with this self - yes, even nurturing, educating, and transforming this self, if necessary -- that you are able to take center stage in your own life.

Those who have experienced the awe-inspiring world of their dreams, particularly lucid dreams, have glimpsed those pure moments of insight when they know themselves in

several ways at once: 1) as the architect of the story they are moving through; 2) as the person experiencing the story they are moving through; and 3) as the person sensing, perceiving and anticipating the story they are about to move through. Even a brief second spent experiencing yourself as all of these at once can carry you light years ahead on your journey to understand the true nature of your being.

In your day-to-day life, you can choose to practice total self-responsibility as the sole creator of your reality. Beyond this, you can launch a journey of discovery to know all the aspects of your self that create this reality.

Understand your inner creator can only work with the tools it has at hand. If you hold limiting beliefs about who you are and what your field of possibilities are, these are the tools your creator will use. If you hold beliefs that you are an infinite being capable of tapping into the vast wealth, knowledge and resources of the universe, these are the tools your inner creator has to work with. Will you give your inner creator only a couple of tools or an entire warehouse of tools? Or, better yet, will you empower your inner creator to instantly manifest whatever is needed within the moment to create the highest and best that is possible?

If you choose to live a limitless, greatly expanded reality, you are only a few steps away from experiencing this reality. First, intend that this is your reality regardless of what was created in your past. Then begin to examine and observe everything you say and do for a period of time. This will help you discover what your beliefs are. Though you may think you know what your beliefs are, there may be old beliefs and pre-programmed scripts operating like wallpaper in the background of your life. By becoming a detective of your life, you are able to bring awareness to the tools with which you create your reality.

Once you have this awareness, then you can determine what beliefs you choose to release and what beliefs you choose to hold around your reality. When you reach this stage, it is helpful to hold in mind the reality you seek to create and who you wish to become. With this in mind, it is easier to see what beliefs you would need to hold to create that reality.

Be kind to yourself. It can take time to make sweeping changes in your beliefs. You will be amazed at how tiny changes at this molecular level of self will yield large results compared to the large amount of energy that must be spent trying to reconfigure your reality once it is already manifested.

You are a vast, limitless being. As you expand your beliefs to take in more of who you are, you will begin to create a reality that is beyond what you have dreamt of. As you come into the vast inheritance of abundance and understanding that is inherently who you are, you are able to bless others with the natural gifts of your being.

Three) Transform the Energies you Encounter

The third point of light we describe today will help you arrive in a place of greater spiritual freedom: transforming the energies you encounter.

➤ Transforming the Energies You Encounter

There will be times when you encounter what feels like low-vibrational energies. These generally center around negative emotions, though they may also take the form of actions that harm other living things, or behaviors purely derived from ego-based intentions.

Many of you have developed an instinctive avoidance when confronted with what you perceive as "toxic" and low-vibrational energies. There are times in your growth and development when avoidance is the best option you can choose. For instance, it may be better to steer in the other direction than allow your energy to be enveloped in needless confrontation.

There will, however, come a time when you will find it beneficial and necessary to be able to walk through the world, moving through a variety of energetic patterns without allowing your self to become pulled into patterns you do not choose. This is the path to spiritual freedom, to exist in the world without becoming enslaved by it. Spiritual freedom allows you to remain centered in love and peace no matter what is happening around you. Only those who are free in their hearts can shine a bright enough light on the path ahead to guide those in bondage to freedom. We will offer here some ways in which you are able to move through any situation and maintain a high-vibrational perspective.

➤ Becoming Transparent to Energy

Many lightworkers have chosen to withdraw from energies they feel are negative and detracting from their own energy. Sadly, this results in a life of isolation for those who find it difficult coping with the diverse energies they encounter in the world.

Just as you have come to accept and love the many aspects of your self, you can choose to come into a place of acceptance and appreciation of all the energies, thoughts and feelings swirling around you. This acceptance and appreciation will help you become transparent to these energies, which will allow you to stay calm and centered in your own energy while experiencing the energies of those around you. Becoming transparent may take time and practice for some, but it is well worth making the effort to learn transparency.

Remember, you have chosen to incarnate on the Earth with its many diverse energies. The ultimate goal of any incarnate being is to anchor heaven on earth, therefore becoming their higher self in all situations and encounters.

Becoming transparent requires that you refrain from judging the aspects of a person's behavior with which you don't resonate. In every moment, you can choose to find "harmonizing points" with a person's behavior and essence. Harmonizing points are those traits and behaviors you share in common.

If someone is angry or threatening you, you can see through their behavior to the small child self at the root of such actions. Refrain from jumping into the sand box with this child and acting out an angry exchange. You can choose to merge with your higher self and radiate peace and love, allowing any angry energies to flow right through you. In this way, you pass through life without bringing negative energy into your reality.

➤ Transforming Negative Energies

Once you have learned to become transparent to energies, you may choose to take a further step of transforming negative energies. It is easier to transform energies when you understand the inner workings of energetic patterns. When you encounter a pattern you recognize or experience as "negative," "angry," or "toxic," you can allow yourself to be pulled into it by judging it, fearing it, or aligning with it. Most people have some degree of anger, for example, even if it is forgotten anger from the past that is difficult to access in the present. When one encounters the energetic pattern of anger, any unresolved anger that is within them may be triggered and brought to the surface. They suddenly find themselves feeling angry without knowing why.

This is a gift because it offers an opportunity to bring this emotion into reach of conscious awareness. The key is to recognize that this is happening "within the moment," and bring your own anger into a place of love and acceptance. In loving the emotion, you love the situations from your past that created in you the emotion of anger, understanding these situations were created to help you grow. By holding your anger in a high-vibrational place of love and acceptance, you are able to see how every situation in your life has helped you to grow and evolve spiritually.

From this place of gratitude, you heal the energies within yourself that drew to you the original events where you experienced anger. These events are often difficult to access because they initially occur in childhood or other times in your life when you were vulnerable to the events and actions around you. You do not have to remember each circumstance where you experienced the emotion of anger in order to heal and release it. It is, however, necessary to be able to connect with the emotion in order to heal it.

Each time you encounter low-vibrational energetic patterns, you can choose to gain awareness of any resonant energies within your self and use this as a tool for healing. As

you heal these energies within your self, you create energetic pathways for others to also heal and release these energies. In this way, you are able to move through any situation, finding within it kernels of love and gratitude.

➤ Every Person is Creating the Experiences they Need

It is important to release judgment of those who are presently caught up in negative emotions or behaviors. Each person incarnated on the Earth is creating the experiences they need to learn and grow at this moment. Throughout your own arc of lifetimes, you have created experiences at every point along the spectrum of life experience so you could learn and grow.

Many older souls are now experiencing mastery lifetimes where they have moved through and completed a wide variety of Earth school experiences. The final phase of this learning is to stand in a high place and look out over all that you have been, all that you have experienced, and all that you have witnessed with non-judgment and understanding. As you weave together the vast tapestry of your own becoming, you help reinforce the bridge connecting heaven and earth. Others will travel over this bridge and in time it will become a superhighway of oneness and connection.

Four) Practice Kindness and Compassion

The fourth point of light we describe today will help you arrive in a place of clarity around assisting others: practicing kindness and compassion.

➤ Practicing Kindness and Compassion

On any given day, you can look around you and observe situations that are devoid of kindness and compassion. There are many in your world who have had little experience in the realm of kindness and compassion, and they are unable to give what they don't believe they have.

It is important to keep in mind that this "lack" of kindness and compassion exists at the conscious, personality level as a learned belief and does not exist at the soul level. Understanding that a person's soul contains the wealth and abundance of the universe is the key to your own practice of kindness and compassion on the Earth plane.

As a lightworker, you share your existence with others who understand kindness and compassion. This is according to the Law of Attraction; you draw to you others who share your energetic vibration. There may be others who "show up" in your life who don't share these understandings. In some cases, these individuals have little experience with kindness and compassion.

A person who is a stranger to kindness and compassion may exist in a state of negativity and resentment. They may feel the universe is "against them," or believe that there is something "wrong" with them that they should exist in such adverse circumstances. Others may simply be angry, resentful and distrustful because they have never experienced the gentle light of kindness.

You may find yourself asking why you would attract such negative energies into your life. Sometimes it will happen that the Law of Attraction brings to you someone who is able to access a needed vibration by coming into contact with you.

In this case, you have walked a path across your arc of lifetimes where you have also experienced a lack of kindness and compassion. In the course of your journey, you learned that kindness begins within - in the way you treat your self - and is then extended outward to all living things. Others who are seeking to gain this understanding will be drawn to you because you have walked a similar path and have come into the understanding they need to move forward on their path.

➤ The True Nature of Kindness and Compassion

As you assist others, it becomes important to know what is appropriate and what is not by way of assistance. You may at times find yourself wondering about the true nature of kindness and compassion. One of the underpinnings of true kindness is respect. When you see a person who has created circumstances for their higher learning, respect their creation. Too often there is a misunderstanding that one must always "alleviate" the suffering of another. You may temporarily alleviate another's situation, but you cannot give them the understanding they are seeking by creating the situation in the first place. They will simply have to create another situation of similar essence to try and gain the understanding they are seeking.

All scenarios created in a person's life are attempts to gain needed understandings. You might ask why a person would choose to create a serious illness or a circumstance of poverty. Understand this is not the person's conscious mind saying, "I think today I will create a devastating accident." It is all prearranged at the soul level to bring about understandings needed at the time. When the next step on the spiritual path, for example, is to understand every facet of poverty so one can learn to master abundance, a soul might create and develop a plan to experience poverty. In this way, when the understanding is gained and true abundance is experienced, the person on some level understands every facet of the journey of abundance, including poverty. A person who has completed the understanding of abundance does not judge those who are experiencing poverty. They recognize that these individuals are following a path set forth by their soul to gain needed understandings. It is from this higher perspective that a person sees what is appropriate in the way of assistance and what is not.

For instance, assistance might be offered by establishing opportunities in the way of scholarships whereby a person living in poverty has the opportunity to believe in themselves and take the next step on their spiritual path. Simply giving a person money may do more to hinder their spiritual progress than help because it reinforces the illusory perspective that the person is unable to transform their reality. So you see, the first type of assistance says, "I believe in your ability to transform yourself" while the second says, "I do not believe you can transform yourself."

True kindness is based in respect of a person's spiritual path and clear-seeing in terms of what they are attempting to create. It is always important to examine your own motives and to act from the perspective of assisting a person's higher good.

➤ "Rescuing" is Based in Guilt-Based Motives

Too often, lightworkers equate kindness with "saving" or "rescuing" another. This comes from unresolved emotional energy based in guilt and misunderstanding. We refer you to the first point of light: self responsibility. There have been times in your life when others have asked you to "save" them from themselves. You may have tried very hard to fulfill this request without creating the "rescue" that was requested. It is never possible to save another from themselves, but you did not understand this at the time, so you experienced "guilt" that you let the other person down.

Now, when someone asks to be "rescued," the guilt of all past "failed rescues" is triggered and you once again set out to "save" another. When you feel your self about to set out on a rescue mission, examine your feelings to see if you are operating from a place of guilt within your self. When you operate from a place of guilt, your efforts are always about you rather than the person you are attempting to "rescue."

When you have resolved your own feelings about assisting others, you are able to clearly see the person standing before you, the understandings they are trying to create, and what, if anything, you can say or do that will assist them in gaining the understanding their soul is seeking.

➤ Connecting with a Soul in Consciousness

Being a lightworker does not mean you are required to allow your self to be subjected to negativity and abuse. Oftentimes those who ask to be rescued are in a desperate condition due to a longstanding history of negativity and sabotaging beliefs. Such people may, at the personality level, be very angry and resentful. In your daily practice of kindness and compassion, you may observe such a person, "seeing" where they are without judgment. You may choose not to interact with their conscious personality. You may instead choose to interact with the person at the soul level, speaking in consciousness with their soul, which exists in an expanded place beyond any difficulties being created at the level of the conscious mind.

In order to connect with a soul in consciousness, you can enter into a light, trancelike state and travel into your subconscious mind. Once you are in the realm of the subconscious, you are able to connect with others at the soul level. There is no separation between subconscious minds. From this place, you can speak with a person's soul and higher self, asking why the conscious personality is choosing to experience suffering and emotional pain. A person's soul will show you the understandings that are being sought and what actions, if any, are appropriate on your part. Often, a person's highest good is best served by sending them love and compassion at the soul level. This loving kindness and support assists a person's soul in becoming a stronger guiding presence on the Earth plane.

➤ Compassion and Unconditional Love

It is always appropriate to experience compassion for others. Compassion is seeing clearly what a person is experiencing, trusting that this experience is helping them progress on their spiritual path, and loving them from a place of unconditional non-judgment and understanding.

While a person experiencing struggle has on some level chosen to undertake this challenge so they can progress on their spiritual path, you can feel compassion for their "self" that must experience this struggle. At the same time, you can rejoice for the "self" that will someday experience the great step forward that this understanding will bring.

It is in this way that true kindness and compassion honors a person's spiritual path, trusting that every creation is designed to carry them to the next phase of their own becoming. True kindness and compassion involves acting from this place of honoring and trust, and from clear-seeing, unconditional love and right action.

Five) Trust in Your Highest Vision

The fifth point of light we describe today calls for you to examine your beliefs and consciously choose those that are aligned with your spiritual purpose. The fifth point of light is trusting in your highest vision.

➤ Trusting in Your Highest Vision

There are many times in your life when pictures come into your mind of steps you can take that would bring you to a place of greater joy and fulfillment. When such visions appear, your heart beats quicker. You experience a great desire to follow this vision. You may follow this new picture for a time, until you feel a tug as if you have come to the end of an invisible leash. Beyond this point, you can move no further. The leash that keeps you from following your highest vision is your perceived limitations. In other

words, your beliefs about what is possible for you and what is not. Beliefs about your possibilities can cause you to doubt your highest visions. Since you do not believe you can scale the heights of these visions, you think they must be "wrong," "just fantasies," or "pipe dreams."

In fact, the opposite is true. Your highest visions are designed to lead you toward your deepest desires. These are the desires of your soul that help you fulfill your purpose for this lifetime. In order to truly progress past perceived limitations, you must address the beliefs that operate behind them.

➤ Discovering Your Core Beliefs

To discover your core beliefs, look at what is manifesting in your life. If you see similar threads occurring in your career, your health, and your relationships, you can begin to question what beliefs you hold that are creating these circumstances.

If, for example, you find yourself stuck year after year in a job you no longer enjoy, if you find you remain in relationships that do not honor you, if you find your health declining, if you have a way of neglecting your physical well-being, you likely hold core beliefs that you do not deserve better - that you do not deserve to have what you want or to move toward your highest vision. In short, you don't believe you are worthy.

These types of beliefs are usually created early in life when stressful or traumatic events occur and are misinterpreted by your younger self that doesn't yet have the ability to understand what is happening. It may be that adults in your life were caught up in their own abstractions and unable to be present with your child self. As a child, you may have interpreted this to mean you were not worthy of your parents' attention. This is just one of many common scenarios that can create the core belief, "I am not worthy". Another scenario involves instances where a child suffers a traumatic accident or illness, then begins to feel the accident/illness is a judgment against them, that God is punishing them for being "bad". In cases of divorce, the child may believe that they have somehow caused their parents to break apart. Since they are the cause of so much suffering and upset, they develop a belief that they are bad and therefore unworthy of love. We can tell you that your world is filled with adult "children" struggling with core beliefs that invalidate their basic worth. In order to end this struggle and move toward one's highest vision, it is necessary to gain awareness of such core beliefs and transform them.

➤ Transforming Core Beliefs

Once you recognize a core belief that is undermining your efforts to progress on your path, you can begin to gain awareness around this belief. Ask yourself what realities you would choose for your future and what beliefs you would need to hold to align with those realities. Open to receive visions of this future from your higher self. Accept that these visions are real and true for you, even if you don't know within the moment how

they will become your reality. As you trust in the visions you receive, the universe will bring you the information, guidance and resources you need to bring them into your reality.

Once you have the vision for your future, hold it side-by-side with the belief you wish to transform. If the old belief is "I am not worthy," you might wish to replace it with a new belief that goes something like this: "I am an infinite being worthy of all the universe has to offer". As you begin to act, think and feel from the perspective of this new belief, you will receive information and guidance that will make this belief more and more real in your physical world.

➤ Inner Vision vs. the Material World

Your highest visions will always come from within. You will never find them in the material world. What you see around you are the creations of the past. Your spirit is always moving toward new experiences and understandings. It never seeks stagnancy or remaining trapped in the past. Sometimes it happens in your world that a person looks at their surroundings -- basically, the creations of the past -- and adopts this as a vision for their future. It is a misunderstanding to believe that what you are experiencing now (creations of the past) are the blueprint for your future.

This misunderstanding is a common one that occurs when a person mistakenly believes that what they see in their surroundings is more real than their inner vision. This cuts a person off from new and exciting possibilities. It effectively enslaves them because they have only what they see in their physical world from which to draw in creating their future realities.

Your highest vision comes from your soul and your spiritual guidance. When you energize the realities your spirit brings you, you create your future from within, rather than the stagnant energy of what has been. By trusting in your highest vision, you are always energizing what is new and fresh and aligned with your spiritual purpose. This is in stark contrast to what happens when you limit your self by looking to physical reality to see what is possible in your future.

➤ A Note about Quantum Change

One reason many people resist moving toward their highest vision is that on some level they know this will bring about great change in their life. When you change a core belief of "I am not worthy" to "I am worthy," this has the effect of changing many secondary beliefs, thoughts, emotions, attitudes and ultimately, one's actions. In effect, this creates quantum change that results in an overall identity change. When you change your identity, you change your vibration. This de-magnetizes many situations and people in your life. You may not be drawn to the same places, people, and circumstances you once were.

New people and circumstances will turn up in your life based on your new vibration. Your life will rearrange itself to reflect the changes that have taken place. This prospect of quantum change may seem scary - like stepping off into the unknown - but this is what you are here for -- to experiment and learn. The greatest joy you can experience on Earth is the joy of taking the steps of trusting in your self and your highest vision.

Six) Practice Honesty, Clear Seeing & Discernment

The sixth point of light we describe today calls for you to undertake a journey of self-awareness that will help you cleanse your lens of perception and become a stronger light in the universe. It asks that you practice honesty, clear seeing and discernment in all things.

➤ Practice Honesty, Clear Seeing, and Discernment

It is important as you step into this path of helping others, that you examine anything that stands in the way of your highest efforts. If there are areas of unresolved energies in your life, it will get in the way of your ability to assist others. All that you "see" through the windows of your perception is filtered through your connection with spirit. Unhealed emotional wounds, negative thoughts, lingering resentments, areas of denial - all of these are like fly specks on your windows of perception. You are asked at this point of light to examine your windows and clear away the fly specks of old misunderstandings and unresolved energies. Polish your perceiving lens until it is shiny and clear. This will bring you to a place of clarity and clear-seeing that helps you see your self and everything around you with complete honesty and the higher discernment of spirit.

➤ The Journey of Self-Awareness

Coming into a place of clear-seeing requires you to undertake a journey of self-examination and awareness. There are many paths you can follow on this journey. We will offer some possibilities here to help you move along the path of self-discovery. Whichever course you follow, understand one way is no better than the other. If you set the intention to clear away whatever stands in the way of your becoming the clearest, brightest light possible, then any, all or a combination of the doorways listed here will help you on this journey. As you see your self clearer, you are able to see others more clearly without the overlays of projections or the shading of unresolved emotions. Beyond this, you will begin to "see through" everything that is not aligned with spirit. You will see through anything you say or do that is derived from illusion. You will see through what others say and do that is vested in illusion. This is not a place of judgment, but a place of discernment.

You are always free within the moment to "see through" or "look past" the illusion and address your thoughts, words and actions to the clear light of spirit. As you do so, that which is part of the illusion will become less and less visible to you. In time, it will disappear from your vision. By keeping your focus on what is real, you open a space for others to also see through the illusory world. As long as you continue to act "as if" illusion is more real than your spiritual knowing, you will continue to be tethered to the illusion and enslaved by the material world. By coming into a place of clarity, you will be able to easily discern the difference between the two in the moment, and keep your focus on the reality you choose.

➤ Some Doorways for Self-Discovery

Journaling is a technique that helps bring awareness to the texture and patterning of your mind. If you write freely and honestly, over time you will come to see your self clearly. You will become aware of the tools you use to create your reality. Journaling can also become a way of communing with spiritual guidance. By coming into a place of trust and receptivity, you can receive answers to every question you ask. This is also an excellent place to open to your deepest dreams. By writing them down and describing them in detail, you allow them to slowly unfold in the pages of your journal. Perceiving and energizing the realities you choose are important steps toward becoming a conscious creator of your world.

To begin journaling, write each day, allowing your thoughts and feelings to flow onto the page. Write down whatever comes to you. Don't censor or edit. This may take some practice, especially if you are in the habit of censoring your expression. As you allow your self to express freely onto the page, over time you will gain understanding of the diverse texture of your own consciousness. Note any areas that hold an emotional charge for you and objectively examine these areas in a place of non-judgment.

Channeling is a technique that sometimes springboards from numerous sessions of journaling, free writing, or automatic writing. During these sessions, you may begin to feel strongly connected to your spirit guides. You can begin question and answer sessions in your journal, fast writing the answers that come to you. Once you feel comfortable with automatic writing, you may want to begin verbally channeling the spiritual guidance you receive. One method is to set up a tape recorder, set your intention to "open channel" the messages, then enter into a light, meditative trance. From this space, you can allow the messages to download into your consciousness as you begin to translate them verbally.

Writing your autobiography is another tool that is similar to journaling, though somewhat more intensive. This is an exceptional tool for freeing your self from places where your emotions and consciousness are deeply embedded in past trauma. You can begin with a sketch listing the main events of various timeframes, then fill in more detail over time. As you write down what comes to you, you may notice areas of unresolved

emotion. These areas most often reside in past times where events occurred and your awareness and intuition were not as fully engaged as they are today. Often you will find as you bring the light of a clearer, wiser perception to an old event, you are suddenly able to see the higher purpose of that event and how it was helping you to progress on your path. This releases any energy that is still being held around the event and allows you to retrieve that part of your soul being held there as an "energetic bookmark." These bookmarks serve the purpose of signaling you back to a location on the map of your consciousness that needs healing and release.

Dreamwork is another method for learning about aspects of your self you do not yet consciously know. A dream is in some respects like a letter from your subconscious mind relaying details of your existence that your conscious mind or "focus self" may not be aware of. Dreams are also a vehicle for interdimensional travels in consciousness, lucid dreams and many other explorations capable of transforming your awareness.

To work with your dreams, write down every day what you remember when you awaken. Interpreting the symbols from your dreams can offer important insights into the state of your consciousness. Old, unresolved energies and issues will cycle through your dreams just as they cycle through your waking consciousness. As you bring the light of awareness to these old energies, you are able to heal and release them.

Observe and interpret your waking reality "as if" it were a dream. At the end of the day, recall the main events of your experiences. Interpret these symbols from your "waking dream" using your understanding of dream symbols and their meaning. This is another way you can gain awareness of old patterns and energies that are seeking release.

Observe your self as a detached observer. It is good to stand back and observe your self on a regular basis. To get into the habit of doing this and to gain insights into the habits, patterns and beliefs that may operate under the surface of your conscious existence, observe your self more intensively for a period of time. Pay close attention to what you say and what you do. Your observations can bring awareness to any areas where you need to bring healing and clarity.

Seek the perspectives of those who are closest to you. Approach trusted friends or family members and ask for their insights on any areas around which you may have "blind spots." Receive their insights, keeping in mind that everyone filters through their own beliefs -- fly specks and all. Accept their observations with gratitude for whatever insights they may offer and discard what is of no use.

If you have difficulty finding someone who can offer trusted insights, you may choose to find an intuitive who can assist you in connecting to your higher self. It is especially helpful if you find someone capable of offering their consciousness as a bridge to your higher self and your counsel of spiritual advisors. The best intuitives teach you how to make this connection your self rather than keeping you dependent on them.

Seven) Release Resistance and Come into a Place of Surrender

The seventh point of light we describe today asks you to step free of the scarcity/survival mechanism called resistance. By releasing resistance and coming into a place of surrender to your highest potential, you acknowledge your own magnificence and allow the blessings of the universe to transform your world.

➤ Release Resistance and Come into a Place of Surrender

One of the mechanisms you learned early on was to dig in your heels and "resist" what didn't feel right to you. Children often feel disempowered in the big wide world. They feel helpless in the face of sweeping mandates from parents and other authority figures. When a child is told to do something that feels contrary to their inner knowing, they often respond by "resisting".

Many are born into your world with a clear sense of their purpose. Still filled with the joy of the higher realms, these beings soon encounter mandates concerning their existence. It is natural for a spirit-filled being to resist forced indoctrination into a world of perceived limitations and restrictions. Yet this, at least for the time being, is part of incarnating onto the Earth.

It is easy to see how resistance becomes a device for coping that may serve a valuable purpose in some instances. For example, if a stranger were trying to coerce a child into getting into his car, the child wisely resists. There are other instances, however, where resistance gets in the way of growth and that is what we're concerned with here.

Having found the coping device of resistance to work well on several occasions, the child self adopts it as a regular coping mechanism, a rabbit readily drawn from the imaginary hat when dealing with a sometimes confusing and scary world. As a child matures, there are diminishing returns to the habitual use of coping mechanisms. In other words, the mechanism becomes so rigid and fixed that the individual begins to use it to avoid uncomfortable situations. When resistance operates on autopilot, there is little room for fluidity and exploration. Learning is limited. There develops a "getting through it" mentality that is based more in survival than growth. Paradoxically, survival is undermined by lack of growth more than anything else. When a being ceases to grow and learn, the oversoul begins to amp down the flow of life force energy into the physical being. Disease and death follow as that installment of the earthly experiment is abandoned.

➤ The Metaphysics of Resistance

When growth is slowed or hampered by the habitual use of coping mechanisms, a child doesn't fully mature into an adult. True maturity comes with allowing oneself to pass through rites of passage that require a being to examine and test themselves in many different ways. There are millions of "adult children" on the Earth today who have not yet allowed themselves the opportunity to fully experience who they are. These adult children are largely dependent upon the viewpoints of others for their self-worth. For this reason, they tend to exist in scarcity consciousness, victim mentality and codependent situations. They are at the mercy of those around them, virtual slaves of the world. Ironically, due to fear, lack of experience and other factors, the adult child still trapped in old coping mechanisms will continue to resist the one thing that has the ability to set them free – their spiritual connection.

At any given time, a being is able to awaken and align with their spirit. This is the point of conscious surrender. This is where the being begins moving through life's passages and learning to navigate the world by the light of their spirit. They close their eyes to the world and learn to listen within. As they learn to trust the voice of their inner guidance, they open to receive the assistance, resources and wealth of the universe. This is when a being truly comes into their own power and is emancipated from the material world – when they stop resisting the greatness of their being.

We offer here some steps to releasing resistance:

- 1) Acknowledge your self as sole creator of all your experiences
- 2) Accept that as creator, you are able to energize the timelines and realities you prefer
- 3) Change your beliefs to accept you are a vast being holographic to all-that-is
- 4) Accept that as a vast, infinite being, you are able to access the unlimited abundance, wealth and knowledge of the universe
- 5) Release all blame, resentment, negativity and all other fear-based emotions. All of these at the root cling to a core belief that you are a slave of the world
- 6) Release perceived limitations and accept you are capable of living whatever visions your imagination brings you
- 7) Open your self and allow health, abundance and happiness to flow in
- 8) State the intention to use the gifts of your being to bring about the highest and best for all
- 9) Embrace life's challenges with open arms; welcome all growth opportunities
- 10) Make it a priority to get to know your self; it is only by knowing your self that you discover your life purpose
- 11) Make fulfilling your life purpose your top priority
- 12) Energize daily the bigger picture of your existence and your connection to others

Eight) Allow Your Spiritual Purpose to Become Your Guiding Star

The eighth point of light we describe today asks you to discover, align with and allow your spiritual purpose to become the guiding light for your life. From this place of aligning with your spiritual purpose, everything you seek to create arrives in physical reality easily and effortlessly, and your light becomes a great beacon for others who are making their way along the path.

➤ Allow Your Spiritual Purpose to Be Your Guiding Star

When it is time to make decisions, each person looks at certain touchstones. These touchstones might go like this: in what way will the choices at hand help me to become wealthier, healthier and more loved? Will the choices make me happier? Will they make the people around me happy?

How often does your decision-making process take into account your spiritual purpose? For many, only the seemingly more pressing issues of physical existence enter into decision-making. As long as fulfilling your spiritual purpose is not the primary criteria in making decisions for your life, you will perpetually find yourself in a survival mode that derives from underlying issues of scarcity and lack. We will explain why this is and how you can transform the energy in your life from scarcity and need to the abundance of spirit that is able to harness the resources and wealth of the universe to carry out your purpose here.

➤ Discovering the Subtext Behind Your Life Choices

The first part of this transformation is learning to listen to your self so you become aware of those moments when you are engaging with life from a purely physical perspective. This not only involves listening to what you say but listening to your thoughts and the motivations and intentions behind them.

For instance, when you say the important decisions in your life must be based on purely material issues, you are saying several things. First, you are saying you don't trust the universe to bring what you need to create what you truly desire. Your spiritual purpose is intricately linked with your deepest desires. Second, you are saying you don't deserve for the universe to assist you in fulfilling your spiritual purpose. (If you believed you deserve it, you would be asking for it).

Third, you are saying that the most you can ever hope to do on this planet is merely exist in physical reality and survive. A life spent merely surviving without hope of realizing one's dreams is a life spent in both spiritual and material poverty. Fourth, you are denying the greatness and magnificence of your being, which we discussed last week in our discussion on resistance. When you resist who you truly are, stagnation sets in.

Beneath everything you say, everything you think, everything you do, lie statements about how you perceive your self and your reality. These underlying statements are a continuous subtext playing in the background of your life. These undercurrents play a major role in determining the realities you experience.

As you learn to listen to this subtext operating behind everything you say and do, you become aware of the real choices before you. If you find your self choosing between seemingly lower paying opportunities more aligned with your heartfelt desires and opportunities that are less aligned with your heartfelt desires, consult the heavens to find your brightest star. If following a lower paying course is more aligned with your spiritual purpose, this means in order to accept it, you must be willing to step into a place of complete trust that the universe will provide you with all you need in order to fulfill your spiritual purpose.

➤ Your Life Purpose Determines Your True Needs

Many of you have issues of trust that date back to childhood. Delve deeply into your soul. What is it you truly desire? What is you truly need? If you choose the path of your heart, you may or may not own a closet with 300 pairs of shoes. As you fill your life with your purpose, you may decide you no longer need 300 pairs of shoes. If you choose to pursue a course not aligned with your purpose, you may find you have 300 pairs of shoes but an empty feeling still begging for more to fill the void that is your life.

If you have not yet discovered your life purpose, make this a priority now. Get in touch with your spiritual purpose and make this the burning passion in your life. Then whenever you find your self in a place of making decisions, weigh each option in terms of how it will help you to further your life purpose.

➤ Discovering your Spiritual Purpose

There are many different ways of discovering your life purpose. The best way is to ask your spiritual guidance to bring you images that reveal the essence of your purpose. This will in essence be something you immediately recognize and remember, though it may have previously seemed beyond the reach of your conscious mind.

As a child, you arrived on Earth fresh from life-planning sessions with angels and guides. Early on, you were attuned to your purpose for this lifetime. In the course of learning to navigate physical existence, you likely forgot your purpose from a conscious perspective, but a part of your self never forgot.

During the course of spiritual awakening, most people become aware of the many aspects of themselves that exist and begin to harmonize and unite with them. As they reunite with these unknown and seemingly "lost" aspects of themselves, they reunite with the part of themselves that remembers the purpose for their life.

There are numerous ways to discover your spiritual purpose. We will list some of these here. They include: 1) opening to and meditating upon the images that come into your mind during moments of stillness and silence; 2) becoming an anthropologist of your own past within this lifetime to gain insight into your purpose; and 3) seeking visions from your guides and journeying into the Akashic Records to view the planning session for your current life. (A more in-depth look at each of these can be found in the discussion titled "Entering the Portal of Spiritual Purpose.")

It is well worth the effort to discover the spiritual purpose for your life. Once you know your purpose, you will see there are many options and possibilities that can be applied to the essence of your purpose. In other words, you are not locked into one certain thing. Rather, you are free to choose from an infinite number of possibilities that exist along an energetic spectrum that holds the greatest resonance to the desires of your heart. When you connect with this essence, it will not be a matter of disciplining yourself to it; it will only be a matter of allowing yourself to align with your greatest passion. It is following your passion that brings you the greatest joy and bliss you will ever experience. As your spiritual purpose becomes your guiding star, you automatically "see" how each choice that comes before you is or isn't aligned with this purpose. Your heart will jump for joy when you come into proximity with this brightest of all stars – your spiritual purpose.

Nine) Set the Intention to Work from the Perspective of Your Higher Self

The ninth point of light we describe today asks you to get to know the highest aspect of your being you are able to access, and to begin to live from this perspective. When you set the intention to work from the perspective of your higher self, you allow this aspect of your being to transform your life by bringing you into daily communion with the infinite nature of your being.

➤ Set the Intention to Work from the Perspective of Your Higher Self

There will be times when you find yourself at a crossroads, when you must make decisions that determine the course of your life. Some of these decisions have to do with how you will live in the world, while others are more about who you will be in the world. Sometimes seemingly small choices reveal the character and essence of a soul more than all other actions in a lifetime.

Sometimes others will offer you the lens of their own perception through which to view your decisions. Sometimes you may ask yourself, 'What would Jesus do in this case?' Or you might ask, 'What would Buddha do?'

We offer yet another lens through which to view your actions and decisions. Ask your self, "What would my higher self do?". If you do not know how your higher self would respond to a situation in your life, it is time to get to know this part of your self.

➤ Getting to Know Your Higher Self

You may ask how one goes about getting to know their higher self. It is like anything else - by setting the intention to do so, then bringing your attention and focus to it. If you were completing a course of study as a teacher, your final curriculum would be to observe an experienced teacher. In much the same way, you can choose to spend an entire day with the singular focus of harmonizing with your higher self. You would then go through that day responding to every person and situation you encounter as your higher self.

Actors preparing for a part will often "get into character" by spending weeks and in some cases, months, experiencing life through the perspective of their character. In this way, they intuitively know how their character will respond to many different situations. You can also undertake this course of study, directly experiencing your life from the perspective of your higher self.

At the beginning of the day, ask your guides and higher self to assist you in this effort. As soon as you awaken, enter a meditative state and merge your consciousness with your higher self. Immerse your self in this high-vibrational viewpoint. It may seem challenging at first, but as you practice aligning with your higher self, you will become adept at stepping into this aspect of your self.

Initially, choose a day when you will be able to remain in a calm, meditative state through much of the day. It is good if you have some "low stress" activities planned to take you out into the world. As you become more attuned to your higher self, you can choose to continue your course of study on a busier, faster-paced day. Practice aligning with your higher self in a number of different situations and atmospheres. It is relatively easy to connect with your higher self while sitting in your meditation room at home, but more challenging when you are dealing with high-pressure situations and difficult people.

If, for example, you find yourself in traffic that is moving slowly, and you feel irritated, you may lose the thread of this connection. Anger or negative emotions will pull you out of it, but you can calm yourself and realign. This is a good practice. If you are uncertain how your higher self would respond, ask for pictures to come into your mind or for the direct "knowing" to flow into your mind. If you find it helpful, have a mantra you can repeat during stressful times. This will help ground and center you in a higher perspective.

You will likely need several "higher self observation days" to be able to merge your consciousness with your higher self at will. Follow-up on this practice as you go through

each day. Whenever you encounter a difficult or stressful situation, detach, step back and ask your self how your higher self would respond.

As you make a daily practice of this observation and questioning, you will be able to "know" in the moment what your higher self would do. This is the point where you become telepathic to your higher self and are able to effortlessly work from this perspective with every person and situation you encounter.

➤ **Be Willing to Act from Your Higher Perspective**

When you align with your higher self and set the intention to live your life from this perspective, you will find your awareness changing. There will be moments when you feel called to act in ways that challenge your present comfort zone. For instance, you may feel called to speak the truth of what you see from your higher perspective. You may feel called to walk away from jobs and relationships and make other sweeping changes in your life. If these changes trigger fear or negative emotions, allow your self to work through them. Create a space in your life to embrace and heal anything that stands in the way of living your life from the perspective of your higher self.

When you set the intention to move through your life from the perspective of your higher self, your life will be transformed in amazing ways. The price of admission to this new and amazing life is the willingness to heal old fears and step past limiting perspectives. The "return" on this investment is the joy of aligning with your highest perspective and living life in telepathic communion with the infinite nature of your own being.

Ten) Honor and Work with Your Own Energy

The tenth point of light we describe today asks you to release linear thinking, which keeps you enslaved to physical reality. By doing so, you are able to listen to your body and your inner wisdom. It is through the doorway of this new awareness that you learn to honor and work with your own energy.

➤ **Learn to Honor and Work with Your Own Energy**

One of the greatest challenges lightworkers face is learning to work with their own energy. In order to shape and transform energy effectively, you must be attuned to the ebb and flow of your own life force energies. Once you are aware of your own energies, it is important that you honor them. It is detrimental and even destructive to go against your natural flow. Failure to honor your own flow is a subtle form of self-sabotage that is often rooted in misunderstanding.

To help you learn to work with your own energy, we will examine the workings of your energetic system. The energy you use comes from one of two places: the flow of cosmic life force energy entering your energetic system, or life force reserves held within your physical body. This works in much the same way as a radio that runs on batteries but also has an AC adapter. In your home, you save battery power by plugging your radio into an electrical outlet. If, at some point, your home experiences a power outage, your radio will continue to play, only now it is drawing on its batteries. Unless you switch on a light or attempt to use another appliance, you might not notice the change. If you continue to run your radio on battery power, sooner or later the batteries will be depleted. This is what happens when you do energy work at times when you don't have a strong connection with cosmic energy.

➤ Channeling Cosmic Life Force Energy

You as lightworkers have learned to call upon the vast resources of the universe to assist you in the work you do. However, you are not always aware of the times when your connection to the flow of cosmic energy is hampered or "amped down". There are a number of explanations as to why this happens. There are times when astrological influences may create a disturbance to this flow. At other times, you may experience negative emotions that amp down or stifle the flow of life force energy into your physical system. At such times, if you continue the work you are doing, you begin to drain the resources of your storage "batteries" within your physical body. Depleting your self is never advisable and completely unnecessary.

There are ways you can come into a finer point of awareness in terms of the flow of energy into your physical system. You can learn to work with this flow so the times when you are doing energy work are times when you are fully connected to cosmic life force energy.

Self-denial, or failing to honor your own flow of energy, often occurs when you are caught up in physical reality, working from a more physical perspective. One signpost of a purely physical perspective is linear thinking. Linear thinking is limited in scope, tending to view circumstances as "either/or". In other words, either you stay in a job that limits your growth or you starve. Linear thinking keeps you in a box where you are a slave of the world. From this enslaved perspective, you do not believe you can afford to stay attuned to your own energy. You don't believe you have other options, so you continue to deplete your self.

To begin turning this around, learn to love your self and care for your body. Gain awareness of old voices from your past that say you are not worthy of love, even your own. When you love and honor your self, you are in a much better position to take the next step of releasing linear thinking.

➤ Learn to Release Linear Thinking

Linear thinking says that things happen along a given continuum. In reality, many things happen at all points along the reality spectrum within all moments. You happen at all points along the energetic spectrum within all moments. Your focus self may only perceive one line of occurrence, or timeline, within any given moment, but other possible realities exist nevertheless. Sometimes the answer to a situation is to step into your multidimensional self and access a possibility that exists outside the linear spectrum. Being able to do this requires that you be willing to allow solutions to happen easily and effortlessly.

Sometimes working with your own energy means releasing beliefs that everything worth doing is created after much struggle and hardship. Many lightworkers still struggle with this lesson. The illusion of getting somewhere, accomplishing something, is tied more to doing than being. Much energy is wasted in the attempt to create only by “doing”. You must first be what you seek to create. Part of being is learning to work with your own energy.

➤ The Art of Listening

As you release linear thinking, you are better able to listen to your body and your inner voice of wisdom. As you pay attention to the ebb and flow of your own energy, you become aware of those times when you are depleting your energy. Depleting your energy is not sustainable in the long term. It is important to take care of your self. If you are not properly caring for your self, you cannot truly care for others. One is holographic to the other.

If you find you are depleting your energy, begin to examine how you may be unknowingly allowing your spiritual connection to be “amped down” at times. When you shine the light of your awareness on those times when you are stifling the flow of life force into your physical system, you can learn how to forge a stronger connection with your higher self and all-that-is.

Another aspect of this awareness is learning to listen to the voice of your inner wisdom. If you are moving in and out of your ability to receive large amounts of life force energy, there are reasons for this. This is an indication there are issues within your self coming up to be healed and cleared. There are times when it is important for you to release old emotional energies trapped in the past. We will offer some methods for this clearing and release in our upcoming discussion, Learn to Travel in Consciousness.

➤ Spiritual Freedom and Honoring Your Self

When you learn to free your self from linear, physical-base ways of thinking, you are no longer a slave of the world. When you are able to honor your own needs within the

moment, you see through enslaving thought forms. Only a being who is spiritually free can fully honor and work with their own energy. In this way, you know when it is time to heal, cleanse and renew your body, mind, emotions and spirit, and are willing and able to undertake the journeys you need to undertake. As you learn to honor and work with your own energy, you are able to teach others to honor and work with their own energy. This creates the foundations for a more holistic and sustainable world.

Eleven) Learn to Travel in Consciousness

The eleventh point of light we describe today asks you to examine your beliefs about your imagination and its role in your life. If you have minimized this valuable tool, begin now to transform your beliefs and bring your imagination to its rightful place at center stage in your life. Once this is done, you can reclaim an important ability that will help transform your life: traveling in consciousness.

➤ Learn to Travel in Consciousness

In the course of their life journey, most people follow a progression in the development of their consciousness. At first, their mind explores many realms. Daydreaming and fantasies are a natural part of this exploration. Exploring one's creative talents is another. All these help in developing the imagination.

Those who are, through life circumstances, cut off or hampered in stretching the wings of their imagination are doomed to go through their life in an earthbound fashion, unable to leap over life's obstacles or fly over illusory bluffs and crevices.

The imagination is the doorway of transcendence. Those in your world who belittle the workings of the imagination are limiting themselves to a purely physical-based life. They will also attempt to limit others to this type of existence by disparaging the imagination's creativity as "made up" or "less than" that which exists in the physical world. This is quite absurd, since by all definitions, every creation that exists in physical reality arrived through the doorway of someone's imagination. Paradoxically, it is the illusion that physical existence is "all there is" that is "made up" or "less than" the world of creative, imaginative thinking.

Here is a small test you can use to test the illusory quotient (I.Q.) of a statement: if it is in any way limiting, it is based in illusion. If a statement is expansive, unlimited and infinite in nature, it is pointing to a reality that exists beyond illusion.

If you have ever allowed anyone to convince you there was anything "less than" or faulty about your imagination, you will need to begin a process of identifying the associated limiting beliefs and transforming them.

➤ Transforming Beliefs About the Imagination

Your imagination is the doorway to your future. It is your greatest tool for dreaming the future that will become the focus of a present moment you have yet to experience. As you expand your consciousness to embrace all the moments in which you exist "past, present and future," you are able to heal the past and create the future of your deepest desires. Understand all these moments are occurring simultaneously. To order experience, your conscious mind places moments inside categories of past, present and future. You can choose to step outside this linear box and into the multidimensional realities that exist beyond it.

Those who have shut this door or allowed others to block their access to it are doomed to live in the past. This is a stale, musty place where you constantly re-process the dead energy of past creations. There are many ways to reopen this doorway. One way is to simply set the intention to reconnect with it and begin energizing it with your focus and attention. Begin visualizing the doorway of your imagination. See your self stepping through this door each day and spending time exploring the world of your imagination.

If it helps to do so, go and find a door that appeals to you and photograph it or cut a photo out of a magazine. Decorate this door, build an altar around it, light candles, whatever helps you re-magnetize this doorway into your life. Allow your imagination to guide your explorations beyond this door.

Let whatever happens during these explorations be OK. If you at first encounter images that seem troubling or dark, trust that these images are shedding light on areas you need to bring into awareness at this time. Trust that whatever you encounter here is helping you gain awareness of your own existence and helping you transform your life. Accept with gratitude the experiences of these journeys. Embracing and examining the information and using it to create growth and understanding is gratitude in action. As you clear out energies trapped in consciousness, you are able to begin using your imagination to create a new vision for your life.

➤ Travels in Consciousness

Once you become comfortable traveling through the doorway of your imagination and exploring what is beyond this door, you are ready to begin traveling in consciousness. Allow your imagination take you on journeys. These journeys may be to your past or future or to moments that exist parallel to your present moment.

You may choose to enter a meditative state and follow the images in your mind or you may choose to allow this to journey to unfold in the pages of your journal. You may even choose to speak what you "see" into a tape recorder. Use whatever method works best for you. Allow whatever happens on these journeys to be perfect for you within the moment. There is no right or wrong experience.

➤ Directing Your Travels in Consciousness

Over time, your spiritual guidance will bring you images of moments from your past that need healing. Once you have identified a point in time where you need to bring about healing and release, you can choose to travel back to this place.

There are other times when you need to journey into your future to learn the steps to create something that is important to your life purpose. Linear thinking says both the past and the future are inaccessible to your present moment. This is illusory, physical-based thinking. Sometimes such journeys are crucial to the next step on your path. It is important to be willing to pull back from physical reality and undertake inner journeys needed within the moment.

Accept that you are, within the present moment, all steps you have experienced and all moments you will experience. In this way, you are able to access any and all of these inside your present moment.

➤ Traveling in Consciousness to Release a Past Bookmark

When traumatic or difficult moments happen in your life, you hold energetic bookmarks in place so you can later return to them and release them. When these bookmarks are released, it completes an understanding you were seeking to gain by creating the situation in the first place. Most people have dozens of these energetic bookmarks and in some cases, hundreds, and even thousands. When enough energy is being held in the past in the form of these energetic bookmarks, it becomes difficult to hold one's attention in the present moment. The attention is "scattered," constantly being drawn into these areas that need resolution. Ask your guides to bring your attention to some situations where energetic bookmarks reside. It is not necessary to journey back to each bookmark because it often happens that a number of bookmarks are based on the need to gain a single understanding. Once an understanding is complete, all the bookmarks having to do with this lesson are released. These bookmarks may have been created in very different time periods of your life but all have to do with a common lesson.

➤ Traveling in Consciousness to Install a Future Bookmark

You can also choose to create your future by traveling in consciousness to install future bookmarks. Setting the intention to bring something into a future moment of your reality effectively sets down a future bookmark. This bookmark serves as a beacon of consciousness guiding you through the steps of your desired creation. It is important to view future bookmarks from the perspective of their ability to transform their creator. The intent to create something new breathes life into a new field of energetic possibility fed by the wellspring of your life force energy. Fueled by your consciousness and life force energy, this future marker takes on a life of its own, gaining strength and energy from the field of intention that created it until it ultimately makes its debut in physical

reality.

You as the creator and originator of this field of intention are changed and altered by the earliest steps of your effort. You are immediately transformed by the act of having set an intention. The energetic field of this intention begins to influence and guide your thoughts. You begin to see yourself differently. Each day, as you take steps to further your creation, you are transformed energetically. It can be said that the steps you take toward creating something are simply attuning your consciousness to the resonance of that which you seek to create. In a sense, you become an energetic match for your creation. It is this point of energetic resonance that births a creation into physical reality.

You will find as you begin traveling in consciousness, that your imagination is your most powerful ally and tool in transforming your life. By learning to travel through the doorway of your imagination, you are able to step outside linear reality to heal and create your life within the light of your highest vision.

Twelve) Ask for and Open to Receive Spiritual Guidance

The twelfth and final point of light we describe today asks you to practice detaching from physical reality. This practice allows you to stand back from your life, view the circumstances you are creating and "ask" for assistance and guidance with the next step. When you learn to ask for and open to receive guidance, your life becomes a blessing to your self and to the universe.

➤ Ask For and Open to Receive Spiritual Guidance

The greatest "obstacle" many lightworkers face in following the path of their heart is an over-investment in physical reality. This translates into a belief that all spiritual progress must be measurable in some physical way.

It is true that as you come into alignment with the radiance of your spirit, your physical existence will be transformed. However, this transformation happens as a natural extension of your spiritual transformation. If you look only at what is happening at the physical level, you shift your focus from your inner communion with your spirit. This is living in reverse. Have you noticed how live spelled backwards is evil? This "synchronicity" symbolizes what happens when you live your life in reverse -- your shadow side comes more into focus.

The real goal is unity with your spirit. From this place of alignment and clear-seeing, you are able to love, embrace and heal all aspects of your self, including what you think of as your shadow. Embracing and healing your shadow is quite different from allowing your

shadow to rule your life and enslave your consciousness.

➤ Spiritual Guidance in a Free Will Zone

As we have said in past discussions, the easiest way to align with your spirit is by allowing your spiritual purpose to become the star you steer by. (For more on this, see Lightworkers Manifesto, Part 8). You may have found your self wondering how it is that you can begin to discover your spiritual purpose within the illusion. Many arrive on the Earth plane heavily veiled and must "burn through" numerous levels of illusion before they arrive at a place of clear-seeing and discernment.

The way to navigate through the fog is to surrender to your spirit and "ask" for assistance and guidance. It is a powerful transformation to come into a place of perceiving there is much more to your existence than physical reality. This perception leads you to ask the next question – how do I get to know these parts of my self that exist beyond the physical? The answer is by opening to receive spiritual guidance. You may think of spiritual guidance as a "hub" portal through which you access all others that exist beyond physical reality. Understanding of your spiritual purpose and the steps to fulfill it comes through this doorway. Joy and bliss, health, spiritual relationships, abundance, resources, and much more are accessed through this portal.

Understand, you have free will on the Earth plane. Your guides are here to serve you, but they cannot interfere with your natural progress or take away your lessons by lifting you free of the consequences of your choices. When you choose to ask for their assistance, they are able to bring you the information, guidance and assistance you are seeking. Likewise, if you choose to go through your life without asking for or receiving spiritual guidance, you will be able to lead a purely physical-based existence without interference from your guides. It is always a choice. Like all choices, it is best to choose from a place of clear perception in terms of the realities and probabilities each option would bring into your life.

The subtext of your request for spiritual guidance is "My conscious mind doesn't know how to proceed. To move forward, I need help from my guides and angels". Implied within this point of surrender is the recognition that an important part of your existence is beyond the physical. The "subtext" of this surrender is that you recognize and honor the infinite nature of your own being. You have reached a point in your personal growth where you need to align with this infinite part of your self.

➤ Detachment/Surrender Equals Spiritual Freedom

When you are able to step back from what is happening in your physical existence and observe with detachment, this represents the ability to detach from physical reality. It is a sign you are awakening, seeing through the illusion and freeing your self from enslavement to physical reality. Many of you find yourselves at this place of learning to

step back "within the moment" and ask for spiritual guidance. This willingness to step back and acknowledge the power of your infinite being helps you live a different way that is beyond the shackles of a purely linear reality. When you make choices informed by the light of your spirit, you are free to view and observe your life from many points of consciousness at once and choose from an infinite array of possibilities rather than a small, limited field of possibility.

➤ Entering a State of Alert Listening

Once you ask for spiritual guidance, be flexible and open to how it arrives. Be willing to allow spirit to bring you the information you are seeking in whatever way is highest and best within the moment.

This requires you to be open and in a state of "alert listening." Be aware of signs and symbolic occurrences around you. The guidance you are seeking may arrive in the form of a book that falls off a shelf at your feet, in snatches of overheard conversation on a busy city street, in a channeled message you receive on the Internet, or the wise counsel of a trusted friend. It may come in your dreams, it may begin to flow spontaneously from your pen as you write in your journal. You may be on a walk in nature or taking a shower when the answer is "downloaded" into your consciousness. The answer may arrive in the guise of a bird or an animal spirit. Allow whatever way it arrives to be perfect.

➤ Receiving the Message within the Message

Spirit uses many doorways to speak to you. Sometimes a single doorway is used to deliver a "message within a message." For example, it sometimes happens that a person who disrespects or abuses animals will only be able to receive guidance through an animal spirit. Consequently, until they learn to honor and care for all life, they will not be able to hear the whispers of their spiritual guidance.

This is why it is important to examine any areas around which you may be holding prejudice or judgment of any kind. Often your spiritual guidance will arrive through a doorway that requires you to release prejudice or judgment before you can receive the message. If you feel your guidance has been blocked in any way, this may be the case. This is one way in which you release what you perceive as "karma."

As you surrender to the reality of your infinite being and learn to detach from physical reality, you are able to align with your spiritual guidance. By aligning with your spiritual guidance, you are able to ask for and receive information and insights that assist you in navigating through the fog of a veiled existence to a place of clear-seeing. As you ask for and open to receive spiritual guidance in whatever way it is able to come to you, you find your consciousness and your reality transformed through this amazing dance with spirit.

The entire Lightworker's Manifesto Series is available in PDF format at www.celestialvision.org

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