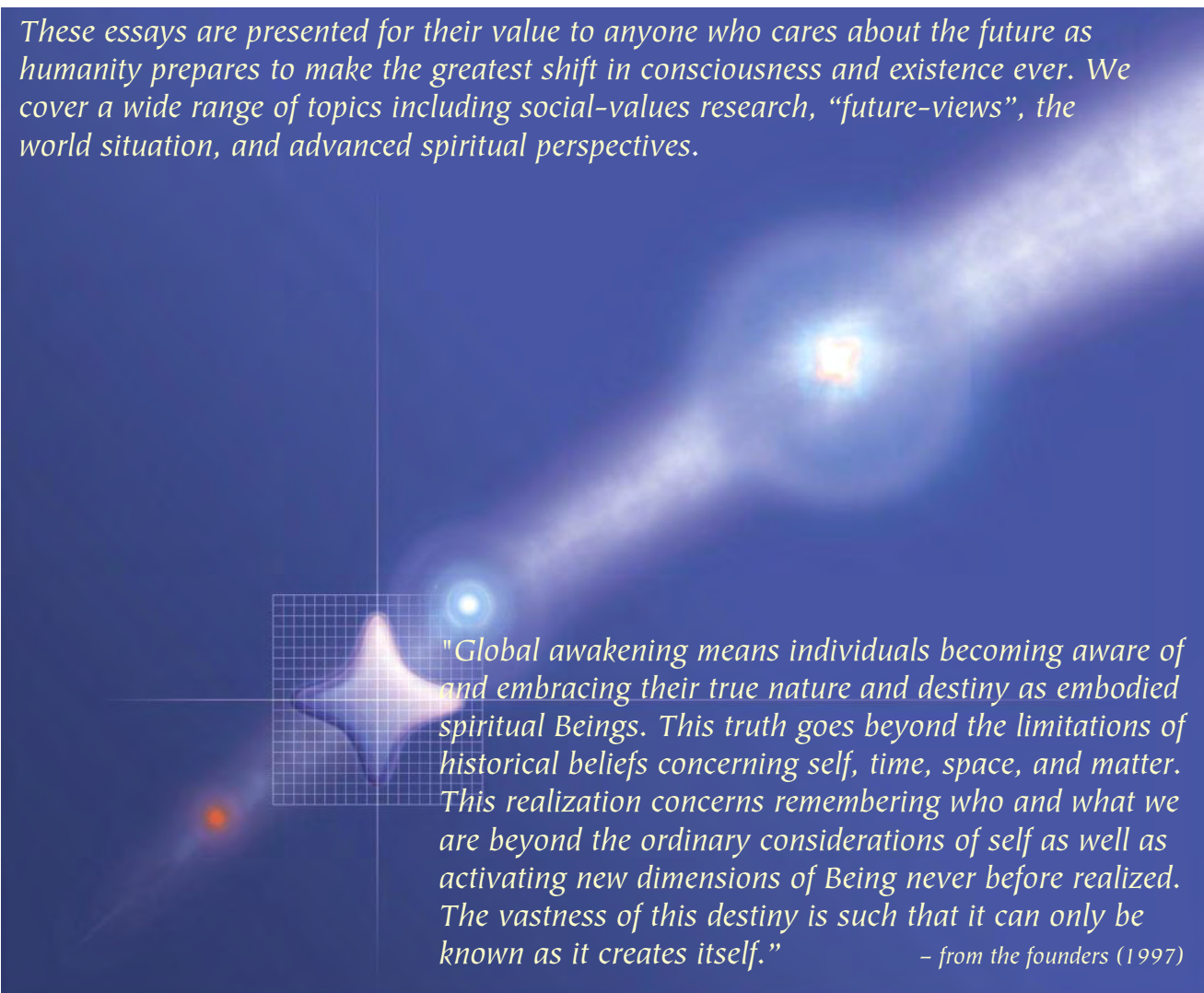


December 2009 – The Concluding Issue
Global Awakening News
– Edition Finé –

Commentary and Guidance for Enlightened Change
During Rapidly Changing Times

These essays are presented for their value to anyone who cares about the future as humanity prepares to make the greatest shift in consciousness and existence ever. We cover a wide range of topics including social-values research, “future-views”, the world situation, and advanced spiritual perspectives.



"Global awakening means individuals becoming aware of and embracing their true nature and destiny as embodied spiritual Beings. This truth goes beyond the limitations of historical beliefs concerning self, time, space, and matter. This realization concerns remembering who and what we are beyond the ordinary considerations of self as well as activating new dimensions of Being never before realized. The vastness of this destiny is such that it can only be known as it creates itself."

– from the founders (1997)

Whither A Spiritual Golden Age?

By Alex Kochkin

Humanity was never intended to struggle and suffer as it has under dark rule. Humanity was never intended to focus its energy on the concentration of wealth and materiality, even at primitive levels.

Some people believe that struggle and suffering and pain were all “part of the plan”. Their rationale was that a true spiritual golden age emerges as result of “enlightened people” choosing between polarities, etc.

I cannot and do not subscribe to this. When the high level dark forces sought to replace true Source with themselves as the center of creation, as false gods of creation, ruling under layers of falsehoods, the path of humanity was hijacked as well. Instead of learning to maintain connection to Source while exploring the potential of individuation, humanity was steered upon a false path that would mirror the hubris and self-serving nature of the dark. This became a twisted version of the “as above and so below” principle. Humanity was left with a very restricted version of personal will and petty choices, while denied the benefit a highly evolved free-will connected to the Source of All.

Already there are many who are showing up in the next vibrational levels up. There are many who are helping to remove much of the damaging burdens from humanity so that more can find connection at the higher levels. The question before all now is to bring along all those who can be through the ascension and transformation process in the time available.

Indeed, it is possible to experience and potentially master physical life and all it is about, without the terrible risks and burdens of existence under layer upon layer of falsehoods and mirror worlds of delusional illusions and parasitic entities. But it cannot be accomplished under the present conditions.

“Humanity on Earth” was intended as an expression of Source that could bring forth new creator beings who could participate in exploring the infinite possibilities of all of creation and even what may lie beyond the awareness of Source Creator Itself, beyond the realm of what is.

This is our destiny if we evolve as spiritual beings. The process of learning intimately the intricate beauty of the expressions of form never required such an antagonistic struggle with opposing forces of the dark.

A “golden age” of spiritually evolved humans has nothing to do with any teachers or schools or thought, but rather is derived entirely from the reconnection of humans to Source and higher self. Thus a true free-will can be restored and humanity enters on a new path of existence.

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Notes on Creation Process...

The Great Unwinding

By Alex Kochkin

“Ascension” needs to be considered as part of a larger transformational process that is underway at all levels of this creation system (“creation-1”). Focusing down to the human-earth situation, there is much that is changing of the structures of reality –energetic as well as the social constructs that bind humans to a limited consciousness.

As we wrote in previous issues concerning a new creation (creation-2) that is being formed, there are also corrections being made to creation-1 (what humans and earth are part of) that would dissolve the dark forces and set things right. This has also led to a new understanding and to find new reasons for our existence beyond simply “being”. There were also insights from a distillation of all that has occurred within this creation, especially that of the rise of the dark forces and all that has entailed to present day. This distillation of what is learned is being used to correct, clear, and “inoculate” this creation (creation-1) from an anti-creation force ever occurring again.

One of the effects of the larger correction and clearing process would be the unwinding of what humans would call “the past”. In effect “deleting” it. The result would be as if certain events would never have happened. In considering the larger effects of powerful space radiations, changes to the earth geo-magnetic fields, etc. it would be expected that humans would find memory and linear time to become increasingly erratic to access and to navigate.

Initially people who notice it may attribute it to “stress” and to the “speed of daily life” and the rapid flow of information. However, this barely touches what is deep below the surface. It is best to maintain ones center relative to higher self and to be as “present” as possible.

There is an element to this that can be described a little here, that being the loss of certain memories. The essence of lessons is retained, but the memories of details that are familiar history to human self-referencing will fade into oblivion as the larger transformational process takes hold. If, through the change in the flow of time and other creation-level process, the dark forces ceased to exist, then certain consequences of their influence would diminish to the point of vanishing. With this comes the dissolution of karmic entanglements of the ages.

Hence, “the great unwinding”.

The eventual and intended outcome of this process would be as if the dark had never existed. By the “time” that the clearing process is reified, the dark will have mostly ceased to function and along with them most of the memories of the very worst that has occurred. The essential lessons will remain immediately available while the details placed in a cosmic “archive” with a “warning label”, in the event another such situation would ever arise.

As above, so below. It is thus that many humans will be finding their memories fading or changing as the transformational process unwinds much that has been and makes new that

which is coming into being. To say that you will be very different one year or two from now would be an understatement.

Just as the human powers-that-be are finding their own plans will be unwinding out of their control, the higher realm dark forces' existence is being unwound and deleted. What this leads to within this creation is impossible to predict. The possibility for this reality becoming "deleted" is always there, but only as a last resort.

It is possible that, over the coming decade, what of humanity that survives this present embodiment many will emerge much changed by very high level spiritual energies. This would be an "as below" outcome of the "high absolution" discussed in the following article.

The question remains whether humanity has been too badly damaged to successfully clear and heal most of those residing on the planet. The departure of enormous numbers of humans over the coming few years is to be anticipated. This may make it more possible for humanity and this earth to be restored to its original purpose. Some of those preparing to leave in the near future will become advisors and observers as a "new crew" takes over the problem of humanity's birthing process.

Earth was one of a rare number of physical worlds that was set up with the potential to develop new creator beings. Because of its envelopment in the fallen sector, it contains both the templates for creation as well as the infection of the dark. Whether all of this creation is remade is not in question here, as that is already in process, what is in question is the solution to the present situation on Earth. The situation of humans on Earth has now embedded within it elements of the whole problem of creation that led to the emergence of a separate dark force that sought to replace Source with itself. Without clearing and correcting this situation, the dark forces could re-emerge like a hidden computer virus.

A Grand Makeover?

Here is a little story to consider: Let us say that in a period equivalent to an early "childhood", the human aspects of Spirit had not been fully prepared and introduced to individuation, the sense of "self". At that stage the early "self" had simple enough impulses and enjoyed a constant flow of connection with Source. Had evolution not been interfered with, the next stage of individuation in the larger context of connection to Source would have developed.

The intention was to give birth to many potential creator beings who could develop to become companions to Creator. A family of Creators. Together they could explore what lies within and beyond the entirety of all of Creation.

Imagine that the development of the "children" was interrupted, interfered with, and hijacked. Millennia pass and the "children" seem to grow limited bodies, they create and destroy civilizations, a few even get to contemplate the "great Mysteries" of existence. But because their development was interrupted, they are as if retarded, lost without a direct connection to Source, and islanded into a separate "self-ness".

In this "lost self-ness" various interlopers take advantage of the situation for all it is worth and then some. This is the basis for human catastrophe.

It is not that the concept of individuation was flawed, but rather the severing of connection to Source, the hijacking of the creation process by something that emerged from a flaw in the creation process.

It may well be that, in addition to Creation-2 being birthed from this Creation-1, a major “makeover” of Creation-1 is in process. Not just clearing and healing, but a new operating system and “inoculation” against the dark virus. And all shall be made new.

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Notes:

See Sept 2007 article *“A New Creation, from The One and The All”*

[http://www.pfcn.net/Bulletins/GA % 20Aug-Sept % 202007 % 20edition % 20-% 20New % 20Creation.pdf](http://www.pfcn.net/Bulletins/GA%20Aug-Sept%202007%20edition%20-%20New%20Creation.pdf)

A Singular Resolution

Awakening and Ascension

By Alex Kochkin

“The alchemy and heart connection with “making things” ... will only manifest from the “light-body mind”... The hologram of the physical body that still contains a brain with two hemispheres is incapable of creating this way. Those that are allowing the complete relinquishment of the old holographic projection will be capable of this and much, much more.” –Kyrita

Preface

This material builds off of previous articles on ascension and transformation, most recently “*Ascension and Transformation*” (April 2009) and “*Intervention from Our Own Higher Being*” (August 2009). With the removal or dissolution of what has been regarded as “karmic law”, all beings will have a greater range of choice.

A section in this article, titled “*Making Things*” – *Ways of New Creation*”, describes a new dynamic of spiritual existence, especially as it relates to projecting a portion of our greater selves into lower densities and to developing new creator beings.

That which calls itself humanity is now in the early stages of “dying to death itself” and “dying to the old while still embodied”. This will be very challenging for some, while for others it will fulfill something they have longed to experience. Most will barely be aware of this until they are caught up in the process. The ascension process is moving into a new “ramp-up” stage.

This Earth and its 3rd dimensional reality was originally intended to be a protected laboratory that would serve as a counterpart in physicality (“as below”) to higher level creation processes (“as above”). Creation (Source) consciousness projected itself through souls into the lower density realms with the intent to explore how potential *new creator beings* could grow and evolve. Numerous times, cataclysms have served to reset the process. But each time in the most recent millennia, fundamental problems at the higher levels were not solved and humans were not able to evolve as spiritual beings, with rare exceptions.

In looking ahead, the post-2013 for humanity is very ambiguous, fluid, and not clearly defined. More awakened individuals are now getting impressions of their own path, but not for that of the entirety of humanity. On the one hand there is the singular resolution at a spiritual level that is now in the process of moving more into human level awareness. On the other hand there is the possibility of a small percentage growing and moving on in their spiritual development, however most will not until it is time to transition from their bodies.

Various spiritual practices have attempted to open the pathways between the human personality level and the higher levels. Many have been too focused on 3d level of existence,

and failed to facilitate a conscious omni-present connection between human and higher levels. Other practices have done little to address the problems of the dichotomy of the ego-personality-self and the higher self: Some try to deny the human self while others try to circumvent it. None of these work and only set up internal conflicts that can lead to psycho-spiritual pathology.

Through focused intention, cooperation from higher self, (and occasionally a little “outside” help) an energetic flow can be established from higher levels that can activate the entire subtle body system and reveal the nature of the ego-personality-self. It doesn’t seem to matter whether the personality self successfully reaches “upwards” through its veiling or the higher levels reach “downwards”. What is important is that a personally undeniable and ongoing connection be established that can uplift or engage the personality self in a most incredible adventure. This is one facet of the “near death experience” that connects the human personality self with the higher realms in such ways as to effect physical, mental, emotional, and psychical transformation –what I liken to a partially ascended awareness. What is occurring in the larger transformation process is a little uplifting of our human self as well as descent of our own higher levels as much as possible.

In our ubiquitous consumer society, there are those who are offering a quick ascension or salvation “fix” of questionable origins. It usually involves energy transference like a virus, and usually for a monetary fee. We can only hope and anticipate that all these dark side tricks will be neutralized or removed, along with the rest of the control system’s meme-programming. Meanwhile, *caveat emptor!*

(For background, see Dec 2007 GA:News, “*Discernment, The Dark, and Falsehoods*” link: <http://www.pfcn.net/Bulletins/Discernemt,%20The%20Dark,%20and%20Falsehoods%20-%20Dec%202007.pdf>) and NES posting concerning 2012 and related: <http://newearthsummit.org/forum/index.php?topic=753.msg4417#msg4417> .

The future for this version of human life in the coming several years is uncertain. Many today wonder and worry what this world will be like then. Will they even be alive and embodied here? What portion of the present human population will experience spiritual awakening? These are all understandable concerns. A natural bias exists among those who are embodied to overlook what happens to those who pass on from their bodies. This leads to erroneous concerns over what percent of humans will “make it”, etc. and the religious fundamentalists have added to the distortions with their notions on rapture and “left behind”.

While there is a *small percent* of energy healers who *potentially* can help others with their process, ascension is very *directly* between human “you” and the higher soul self “you” and God/Creator of All. *No one can do it for you or to you, and you cannot make it happen to or for anyone else.*

In an article following this, we introduce a few practices and provided references to resources that may be of some assistance to those who wish to have a more active role in their process. These practices are mostly compatible with one another. Whether one engages with any of these practices or not, it is your highest intentions that are most important. This is not like “express shipping” whereby you pay a little more to get it quicker. Some human personalities will find this their ultimate horizon, others will find it too disturbing to the programmed centrality of the personality self. In some ways this is like the warning given before taking the “red pill” (in reference to the movie, “*The Matrix*”).

A bifurcation is forming among those who are most spiritually oriented: There are those for whom ascension means they are complete with their human life, and there are those for whom the desire to remain embodied through the changes is strong.

Intuitive estimates point to a few to several percent of embodied humans choosing to consciously experience the ascension process, however this may transpire. This of course is subject to change. One of the factors is increased stress, like being squeezed out of the womb. Another factor is the increased attraction to the higher levels of existence, much like a near-death experience (NDE) switching on the “longing for home” signal. By the same token, the conscious ascension process can also result in a portion finding new ways to maintain “dual citizenship” between dimensions and thus be of additional help to those humans who needing help to “exit the theater”. (A NDE precipitates spiritual transformation with many and of those, many have physical or subtle energy transformations as well. I mention this here as a “real world” reference to something that humans in 3d can relate to.) Of those who are spiritually disinterested, many will encounter a point of extreme crisis in which they surrender to higher self or God. In this way, large numbers of people could quickly become more conscious participants. Beyond these considerations, there is the personally appealing notion of “God-wave” energies affecting very large numbers of people. We shall see.

This 2009 has gone by so very quickly as we are transcending “old time” and are farther along in preparation for our respective transitions. Looking ahead, future months can feel like tomorrow or even as already past. Over the coming few years, some are anticipating a transformed embodiment, for most it will be to leave the body and move to a new level of existence. Re-incarnation by another projection from the soul into lower density is not a “requirement”. There are those who are “hanging around” as long as possible to see how they can push the boundaries and literally walk out of this existence. Preparing for our own respective changes, we are clearing karmic entanglements, sifting and shifting and sorting out memories from this life on earth, and reconciling the confusions of the ego-self with the true self.

Meanwhile, there is also the bulk of humanity who will maintain what they know of life, in a state of unconscious patience.

All will be looked after and taken care of.

Notes: “*Ascension and Transformation*” from April 2009:

<http://www.pfcn.net/Bulletins/Ascension%20and%20Transformation%20-%20In-depth%20-%20April%202009.pdf>

“*Intervention from Our Own Higher Being*” from August 2009:

http://www.pfcn.net/Bulletins/Intervention_GA_News_Aug09.pdf

Individuation, New Earth, and New Creation

A long time ago there were problems in the process of higher vibrational levels working through lower vibrational levels of existence. At the very highest levels of existence, there are tendencies *both* toward individuation *and* connection into a *singular oneness*. Among the vast cosmic Oneness, there are differences but not antithetical conflict. There are no “dark forces” either. It is possible for evolved humans to function this way. It is also possible for our

ascended selves to embody a microcosm of this dynamic that permeates The All. As we described in the August 2009 article, “*Intervention from Our Own Higher Being*”, there are seemingly infinite levels to this true “oneness with tendencies toward individuation”.

“Individuation” in its broadest sense refers to a locus of energy that directs itself to a certain vibrational or spatial range. Within such a locus, there may be further individuations, much like there are individuated energy centers within our larger energy body. For convenience we may refer to our soul body as a locus of energy that has cohesion and is itself a “tendency toward individuation”. Our ego-personality-self could be regarded as a cloak or “projection of a projection” of our soul self/higher self into the 3d realm.

Individuation in this context is *not* the same as “separation” from Source. “Separation” develops where consciousness, at a specific locus of individuation, lacks a corresponding “open connection” to its Source.

Under present conditions, the *dynamics* of the human ego-personality-self results in an inability to establish, on its own, real-time “online” connection to higher self or Source. At best, there may be some quiet assistance rendered from higher level beings or aspects of ones soul. Overall, the higher levels have little ability to influence events in the 3d plane except through participation of human agents.

We are born with connection to our greater being and so adult parents usually are the first step in the control and imprisonment process. At a very early age, prerequisite to entering the social orders of humanity, the projection of the greater soul being is trained into developing an identity designed to reinforce the separation from Source consciousness. Given the low level of spiritual awareness of most parents, it is peer-culture, mass media, and schools that fulfill the dominant role in molding young people to fit the requirements of “the system”. Psychological “experts” study and adjust the personality behaviors and proclivities at the individual and group level.

The human personality identity accumulates memories that form a “reality” that is quite apart from its connection from Source. With rare exception, the entire human environment is shaped to reinforce this separation. The memories of the ego-personality-self are mostly based upon false suppositions and thus can be regarded as illusions and falsehoods. These memories are central to the illusion of human existence. The ego-personality-self identity is actually based upon memories. General life parameters are established prior to human birth by some souls, not all.

Operating within a fallen existence under the dark’s influence, the personality-self has only its own memories and imbedded social memes to rely upon in forming and making decisions. Under sufficient stress, this can lead to serious mental, emotional, and physical problems. In rare instances individuals can make spiritual self-realization breakthroughs. This can occur in various ways. Profound personal crisis can lead to surrender to “higher power” (or sometimes to the dark) depending on true intent. The exceedingly rare encounter with a teacher of true Light can help make such a breakthrough. A near death experience can also result in

“...those who can move on in their spiritual growth and evolution must do so. If you choose this, there is nothing and no one to wait for... The ripple effect of the forward movement will be of great service as it will free many more who will “take flight” and enter new states of spiritual awareness that can also inform ones day-to-day existence. It is what could be called approaching “escape velocity”. This is the awakening.”

*- from: “A Spiritual Response”, Oct. 2008
Interim Issue of Global Awakening News*

reconnection to the soul and higher Source. This is made possible through the core thread of energy that connects each human to its God-given soul.

There are various practices to help re-establish such connection whereby the personality-self continues with the benefit of connection to its true self/source. We summarize a few of these practices in this issue.

(For additional background, see “*Intervention from Our Own Higher Being*”

http://www.pfcn.net/Bulletins/Intervention_GA_News_Aug09.pdf GA News and (“*The Flaw in Creation*” [http://www.pfcn.net/Bulletins/Flaw % 20in % 20Creation % 20- % 20July % 202007.pdf](http://www.pfcn.net/Bulletins/Flaw%20in%20Creation%20-%20July%202007.pdf) “*Ascension and Transformation*” from April 2009:

[http://www.pfcn.net/Bulletins/Ascension % 20and % 20Transformation % 20- % 20In-depth % 20- % 20April % 202009.pdf](http://www.pfcn.net/Bulletins/Ascension%20and%20Transformation%20-%20In-depth%20-%20April%202009.pdf)

and “*The Fall from Grace & The Return of Light*”

[http://www.pfcn.net/Bulletins/Fall % 20from % 20Grace % 20- % 20Return % 20of % 20Light % 20- % 20Aug % 202009.pdf](http://www.pfcn.net/Bulletins/Fall%20from%20Grace%20-%20Return%20of%20Light%20-%20Aug%202009.pdf).)

Singular Resolution through Higher Self

We are entering a *singular reality* where the alternate timelines and alternate realities have been collapsed or compiled to facilitate a thorough healing and refurbishing of this creation. Within this singular reality, there remain various vibrational levels, but these are not the same as alternate realities.

I believe that when presented with spiritual Truth and Beauty, most humans have an innate ability to recognize or at least appreciate it for what it is. However, they usually need a powerful *inner experience* in order to shake off the spell of the illusions of implanted control patterns and accumulated false memory. Something dramatic, resembling waves of a “collective near death experience” may well provide impetus for more conscious involvement in creating a new way of being at the “end of the 11th hour”.

On its own, humanity at its present level of development is not capable of this degree of vibrational movement. Therefore it is our own soul being, our own higher self, that must be directly involved. Not all human souls are actively engaged in this process at present, but that is another matter.

In the article “*Intervention of Our Own Higher Self*” (August 2009 GA News), it was noted that during the roughly two-month period from late July through September of this year, the parameters and agenda explaining the coming changes were presented to our souls, our higher selves. The gist of this was very direct: “How do you wish to handle this process” and “How do you wish to experience this process”?

From my own insights, it seemed to me that perhaps 15% to 30% of souls agreed to active involvement and the rest preferred to opt out of the process or to maintain their previous “observer” position. From other high level feedback, it seemed that only a few to several percent at the human level would be involved in a conscious ascension

Most humans are too preoccupied with daily affairs to be consciously connected with this process. This is not a judgment, only a descriptive statement.

So for those who wish to be more connected to this process, it is best to find ways to be very mindful or conscious that ones daily activities as a human on earth are not your true self and to set a clear and steady intention to be connected with your higher self and to Creator of All/God/etc.

process over an allotted time. However, let us consider that a very small percentage of 6.5 billion represents an enormous spiritual energy compared to a similar proportion of a much smaller global population not so long ago. It is easier to appreciate the potential benefit to this process from the size of earth's present population.

Humans who remain unaware of a higher level of existence beyond their human 3d personality, still possess an innate attraction to reconnect to their higher being. Perhaps it will be in a moment of personal crisis that these humans will open up to their higher self and this in turn compels their soul self to reciprocate. It is mainly from higher self that decisions will be made on behalf of the human personality self. Without connection to true self, there can be no “free-will”, only illusions or delusions from the use of the limited personality will.

All will be cared for and looked after, embodied or not.

There are various sources that forecast humans continuing for generations past 2013, but those forecasts reflect a process of present-day humans of limited awareness projecting themselves unconsciously into a highly fluid future. In our own social science research we found the overwhelming tendency is for humans to project themselves and adapting in to the future, no matter what. So what can rapidly change this state of affairs?

One example of a process that leads to dramatic shifts in spiritual awareness is the “near death experience” (NDE). This is when the mind/self separates from the body due to physical or other forms of trauma. A small, but significant portion of those who have such experiences return with the imprinting and memories of communion at very high levels of existence. The consciousness of most “returnees” from NDE's is forever changed, especially those who retained their memories of the Light. In many cases they are also physically and energetically changed or “upgraded”.

Comparing the ascension process to “dying to death” or “dying to the old” while still alive and embodied, perhaps a new expression would be more appropriate, such as “waking ascension experiences”. Some may feel as if they are dying, some would go a little crazy from the new energies, there are the unusual physical body symptoms, time distortions, and more. This is already happening, especially with those who are most connected to this process. Short episodes, then longer ones metered and monitored to some extent by one's own higher self and helpers. This can bring the personality level of awareness into more conscious contact with one's higher levels. Even the quality of memory changes, emphasizing what is real or meaningful, and diminishing that which is not. It becomes easier to sort out what is truly most important through a “clearing and refining” process that affects the whole being.

During this process, there is the opportunity for the human personality level to participate *consciously*. For some who become engaged in this process, the personality self can become thrilled at the possibilities, however not everyone wants to know the truth of who or what they are and in general, the whole process may be very disturbing to some.

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This realization concerns remembering who and what we are beyond the ordinary considerations of self as well as activating new dimensions of Being never before realized.

The vastness of this destiny is such that it can only be known as it creates itself.

-from the original FFGA Vision Statement

There is the matter for most of the likely loss of memories upon which the personality is based, memories ones greater being would likely not want to have hanging around, especially if imprinted with dark force patterning.

As someone who has publicly identified with ‘global awakening’ since 1996, it is only in recent years that I have come to understand enough about the depth and severity of the problems of the human-Earth experience. I always imagined the possibilities for a large-scale spiritual awakening among humans on 3d Earth. Perhaps in the proverbial “twinkling of an eye”. As of now, it would seem that it is not likely for there to be a mass awakening of 6.5 billion in the near future, not while consciously embodied.

At a soul level there remain some questions (and requests) as to the possibilities for the development of a more spiritually evolved human from the present humanity. This would pertain to the post-2013 period when the dark powers-that-be on earth and their higher levels counterparts no longer plague humanity as they do at present. Children who are energetically closer to a new human type will be of the most important concern. Learning from them, allowing them to develop their own spiritual abilities will be of great importance for those humans who choose to pioneer a new way of being on this earth. However, young and old adults will still be operating “under the influence” of dark programming, even if that influence is no longer extant. Some of this may be seen in the obvious examples of memes to support private appropriation and concentration of wealth, various twisted social and legal codes, falsification of history, etc. Of course these can be addressed by higher spiritual and ethical knowledge.

Of greater concern would be those programmed memes that support the falsehoods of the “necessity” of dark and light, placing blame upon humans for all the larger problems, the primacy of the personality self and its collective projection as “humanity”, and the inability to be in a state of true oneness while maintaining the diversity of the self without generating conflicts. At an even deeper level, there are actual energetic “life” patterns of various dark entities that are intertwined with the human subtle fields.

It is not clear yet how many of the present earth population will be around to participate in some last effort at evolving the human dimension based upon this version of human. While I do not like to dwell on this question, there is the consideration that remote spiritual communities of people that are isolated from large concentrations of people would be at less risk if there were relatively fewer people on the planet and with less long distance mobility.

There is the possibility that in the decades post-2013 there could be members of this version of humanity residing on this earth who will be free of the powers-that-be on earth and free of the dark forces from higher up. They might receive various forms of help from beneficent higher dimensional beings. They would likely be focused on developing new social-spiritual relationships with one another in, how to nurture and learn from the children who retain spiritual connection and abilities, and how to deal with a severely altered planet with the toxic remains from this human civilization throughout. Perhaps from this a more evolved human could emerge. Such a transitional period may be shorter or longer, depending on more considerations than I could possibly speculate on. A spiritual focus would be a pre-requisite to such a process, and not one focused on survival or replicating the old patterns. This entire process would be reviewed from their own higher levels of being. If this were to occur, I suspect a timeline would be established to prevent problems due a degradation of the process.

Awakening and Changes

What is described here is not intended as definitive in any way. It is merely one version of one facet of a much larger process.

I imagine that if people saw what this earthly human reality looks like, they would be shocked at the entire set-up. Some would laugh with great relief, others might go a little crazy with fright.

Certain levels of awareness disclose more about the energetic makeup of "solid matter". There is the seeing into the sub-atomic levels and the seeing of the larger patterns. For some, it is possible to bring enough of one's internal energy into coherency and then what was solid to you before is no longer solid – to your perception as well as physicality. The thought patterns that organize the appearances of reality will break down since they cannot possibly serve our evolution as spiritual beings. It is not easy to safely drive a car or use a power tool in such a state of true awareness.

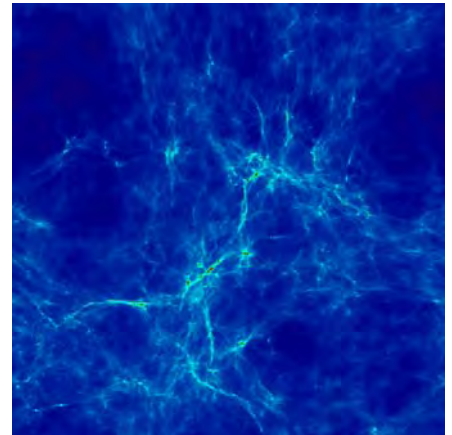
For some a conversation may occur for them with their higher self. Are they ready? Are they listening? What attachments are present that could interfere with this? Something unfinished? Can it be acknowledged and set aside without being acted upon? As it is examined, it may be that the desires or regrets will disappear as their God-Self realization connection grows.

It is from a process such as this that greater realization into the nature of *divine compassion* occurs that is far beyond the lower vibrational levels of human forgiveness and reconciliation. At once all the problems of humanity –without exception –are instantly accepted and acknowledged for what they are and have been. From this, a level of sorting out and healing is possible. Some memories retained, some discarded. What lessons are to be uploaded into higher self? What lessons from all of this are consolidated and uploaded to Creation? In this is also the knowledge and realization of the nature and role of what would be called the "dark forces". Yes, even they will receive healing and correction as they acknowledge and express remorse over their impulses without reservation.

As the awakening and ascension process takes hold, there can be a growing clarity and detachment with regard to the ordinary world. Ordinary concerns begin to recede in favor of a higher level of awareness that takes in the entirety of the collective human experience. The sense of the flow of time becomes altered as one begins to step out of the flow of "linear time" that regulates the flow of ordinary activity.

There are those who are ready to move on in their spiritual evolution who are first onboard. First a few, then more and more. As this capacity builds and the process advances, it seems to increase its rate of acceleration to instantaneity. This is what "now-ness" feels like, all is "now" in one rushing movement. Where? To a new state of existence that cannot be known in advance, but that can only be known as it comes upon Itself in the process of its coming into being.

Those who have been hanging out at edge of the transformational



changes have been experiencing all manner of challenges including lapses in spatial coordination, memory lapses, and seeing glimpses of what was previously invisible. This has also provided further connection to higher vibrational awareness. For some, there has been a tangible, somatic awareness of a new body much like their present one, at a higher vibrational level. Like in a dream, some of have been practicing levitation, flying, and all manner of creative things. So far, very little of this has been translated down to their present 3d level. Beyond this there are those levels where there is not much by way of physical body form, more that of “light body”. These levels of awareness are becoming more connected up and down the levels, so that even from 3d human awareness, there is a more real time connection. What this means and how it plays out is partly up to our higher level choices and missions, and partly up to the larger transformational process and higher level guidance.

These would be examples of a type of partial ascension. Each can become spiritually informed with Truth. However, the more the human level looks for solutions from its own higher self, the more attainable this will all be. The more the human self relies upon information derived from the distorted human realm, the more distracted one will be from attending to the these remarkable changes.

There is a feeling of “*this is it*”, that is often connected to physio-energetic changes that many are becoming acutely aware of. It has a quality of “unavoidable destiny”. Like falling before learning to fly. Surrender and fascination are examples of ways to approach it. As we wrote previously, during the approximate two month period ending late September, our own higher selves were given a specific set of parameters within which to come up with a plan that they/we could abide by and support. One of these was a sense of urgency felt at our own higher levels, as it is felt in 3d Earth time. One of the reasons it feels so “definite” is because it is, the agenda has been “defined” and only the details of its effects remain to be seen.

The origins of the term “assumption” are closely connected to ascension and the end to mortal death and all that may imply. In religious parlance, “death is swallowed up in victory” points to this directly.

The physio-energetic changes are such that it is easy to confound the common “death and dying” from the body with a new type of “death and dying” while embodied. These seem to go along with variants to the modes we have described of the ascension process. Some will be leaving their body sooner than later and some will be “staying around” for a while to be of assistance and keep an eye on things “on the ground”. Some will be helping to set the stage for those who will form a transitional population. There may well be some who will stay around with some physical presence for an extended period. And then there is the rest of the bulk of human population. (See April 2009 GA News for additional discussion of ascension - [http://www.pfcn.net/Bulletins/Ascension % 20and % 20Transformation % 20- % 20In-depth % 20- % 20April % 202009.pdf](http://www.pfcn.net/Bulletins/Ascension%20and%20Transformation%20-%20In-depth%20-%20April%202009.pdf))

The ascension of 3d humanity and all that it includes is closely connected with removing dark programming –at all levels so that it cannot re-form or “re-boot” itself. This is closely connected with the re-making and upgrading of this creation in ways that also remove any future basis for the dark. There are those who hold to the human notion that conflict between dark and light is an essential requisite to the dynamics of creation. Such notions are the product of dark force programming and I wish to say again that at the higher levels of The All of Creation, such conflictual dynamics simply have no place. So how is it they became so “essential” in this neighborhood of creation?

The questions for those who are looking beyond the veil and miasms of human existence concern the most profound intent and purpose to existence. This goes far beyond the human level realizations of gratitude and joy for “being”. *We will naturally be finding new reasons for existence as part of our spiritual evolution.*

Memory Issues

One of the effects of the transformation and ascension process is the dissolution of what we regard as “ordinary reality”. One of its first effects is upon our memory. It would seem not desirable (or not possible) to return all levels of existence within this creation to the Light and yet retain complete memory of all that went awry and caused so much damage at so many levels. This would be an enormous impediment and terrible burden that would interfere with the process of spiritual evolution. Another way of looking at this would be that as all structures/beings in this creation are being cleared of the dark influences, a major “system reset” is effected, and a new “operating system” installed. It will be “as if” much of what has taken place never happened. I can imagine that there will be some “secure” cosmic record maintained, perhaps.

The ego-personality-self is based upon structured memories. These memories are almost totally based upon experiences and “information” acquired in this human lifetime. Those memories that could be considered “true” and valuable to spiritual growth are usually based upon rare higher insights and inspirations into the nature of existence or feelings of unconditional love and joy. The overwhelming bulk of memories are based upon emotional reactions from interactions with others, social programming, and other falsehoods that define society and personal relations. Most people cannot recall the details of their lives from birth on. Those who can, usually find their recall not in agreement with others who were present when they believe the memories were formed.

A simple example to consider: For generations, and more so nowadays, people have defined themselves, their personal identity, from their past, employment situation, or educational standing. This is true whether the person is a rock miner or has a cubicle job. Some define themselves by their future ambitions for self. *Is this truly who the person is?* Hardly.

The human ego-self has also been conditioned through dark programming to function in terms of judgments and decisions, even when in ignorance of the larger reality of events and feelings (as is mostly the case). This conditioning is unavoidably part of life under the dark and it is difficult to overcome while living under its influence. This problem extends from the personal to the collective of society. For example, why would you want to retain a memory of the events of September 11, 2001? What would such a memory consist of? Television images, various social control programming, recollection of a decade of wars, vastly conflicting opinions as to exactly what took place, how and who was responsible? Or retain memories of personal traumas? And what does it matter to the spiritual evolution of a soul that some projection of itself had a certain personality identify on earth with xyz job, in xyz country, and lived in xyz dwelling with xyz others or victim of xyz? If there was any spiritually good reason, then this might qualify to become integrated into the greater being.

Considering the fundamental falseness of human life, including the basic premises of personal existence, *what is “real”?* What is most deeply meaningful in terms of one’s spiritual evolution? What remains could be regarded as a combination of “implanted memories”? What is the nature of the personality self relative to the higher soul self?

The vast majority of humans do not come to any genuine spiritual realization until faced with their own death or upon leaving their body.

End of Karmic Entanglements

Karma was originally adopted at the higher levels to limit the spread of the dark and to facilitate the emergence of more evolved souls.

As part of taking a more active role in the ascension process, one can set an intention for the release of all negative karma at all levels for all energy bodies of your human and soul being and to call in all “positive karma” accumulated from your existences at all levels.

Karmic entanglements have been reinforced by belief systems and memories, as well as energetic dynamics and various levels, not only at the human 3d. It is an important dynamic that was been co-opted by the dark to maintain a source of energy for themselves. Karma has been somewhat like a complex ball of twine with various projected and presumed relationships, many of which were never “real” enough, but accumulated due to false assumptions. A bit like the “fine print” of financial debt that compounds compound interest. You keep coming back to keep “paying on an account” that you never agreed to establish in the first place.

The ascension and transformation process also involves the end of karmic entanglements, as if a grand unwinding or dissolution occurs. These will be addressed through Grace and the High Absolution as well as the remaking and upgrading of our soul being and all that may imply and entail.

Humanity is *not* at the root cause of the existence and spread of the dark. Humanity is *not* the primary culprit. The levels at which souls operate in 3d that would be called “humanity” has been for too long under the influence of the dark.

In our next evolution, we can look forward to a new way of individual and mutual responsibility that is already a part of the functional dynamics of The All. This is one way that differences and tendencies of individuation can exist together within a large Oneness. There is no need nor is there any place for the dark at those levels. This is one of the future paths for our larger soul being.

High Compassion and High Absolution

The return of Light means the clearing and upgrading of all of our being, and all of creation. This means that our souls will be changed as well as those projections from our greater selves that inhabit this human realm. This means that all beings will have their highest intentions restored along with their primary relationship to Creator and the greater Oneness of The All.

Various well known spiritual “leaders” continue to put forth the perspective that “*We (Spirit as humans) have created this entire situation (separation, pain, suffering, the dark, etc.) so as to learn...etc.*” While we have discussed this at length in *Global Awakening News*, I will say here that this is closely allied to the perspective promoted through “*The Secret*” and other such materials, that “you create your own reality”. Such perspectives emanate from a more encompassing one that would have us believe there are no “dark forces” with their own agenda; that all the human and humanly perceived problems are the consequence of a

seriously errant or even “defective” humanity; and yet while living within a fallen sector of creation, we can pretend we are all “godlings”. These are all false memes that only reinforce the fundamental problems in this sector of creation: a profound disconnect from original Creator and a complex hierarchy of self-centeredness. To further confuse the situation, “souls” get equated with the human personality self, with the misleading inference that humans have been acting out of free-will, when in fact they have not.

The problems of humans on earth over so many millennia have a *fundamental cause* at the higher levels of creation, beyond that of most soul beings present here now. For those who are most aligned with ascension and spiritual evolution, there is no place for blame or shame anymore for who did what to whom, whenever. It is a higher wisdom that results, along with being “made new”. Those souls that have maintained distortions to influence human expression will be obliged to cease and desist. This will have the effect of “pulling the plug” on many of the higher level powers-that-be and their high level operatives on Earth. This will not remove the effects of the social programming on masses of people, nor will it remove all the minion classes. But it will remove the closest level of human influences that have corrupted so much of humanity.

“As the transformational and ascension process unfolds, a quality of Absolution occurs, granted by our greater selves in conjunction with Creator. All that has come before, the pains and hurts to the self and all humanity and all souls will become as if it has all been worth it. And in that instant of realization, all will be as if new and the memory of pain and the suffering will vanish.”

While individuals have responsibility for their *intentions* and *actions*, there is a self-assessment that occurs for those souls maintaining the individuation of their lower aspects. There is as well the higher intention and action from the person’s higher levels or soul being. Dictates of reincarnation are no longer the case and those souls choosing to evolve further must find new ways of expression and learning than what has come to pass on Earth. Those who choose to experience or express certain types of behaviors with comparable dynamics to that of this Earth, would need to find such avenues elsewhere.

As the transformational and ascension process unfolds, a quality of *Absolution* occurs, granted by our greater selves in conjunction with Creator. *All that has come before, the pains and hurts to the self and all humanity and all souls will become as if it has all been worth it.* And in that instant of realization, all will be as if new and the memory of pain and the suffering will vanish. This is possible because it is fully understood that we as humans were not operating under free-will nor were we operating with the benefit of spiritual knowledge.

The human level is merely a projection from a larger soul being. At the higher soul level there may well have been high intentions, but circumstance caused the projection in the human realm to become subsumed by its environment for myriad reasons. Even humans who have or are doing harmful things can be redeemed –as they will and must be.

But until this qualitative change occurs upon passing through what could be called an “event horizon” or transformational zone, the human selves will tend to keep on as patterned. The closer we all get to this zone of profound change, the less hold the old ways will have on us. The more we are aware of this, the less we can hold on to the old. The more we can encourage this as our internal process, the more we can participate in our process.

Some really believe they are doing good in the world, imperfectly as their efforts may be. Some really do not care since they became so lost. At a soul level this too can be redeemed.

Those who find themselves in the forefront of the ascension process, may find themselves voluntarily taking on “cargo and passengers” of all that has come before, all the joys and sorrows of humanity, distilled to their essence. This is a process of lifting the suffering and pain and is *not* at all like that which is mistaken as spiritual service that ultimately perpetuates pain and suffering.

Imagine the possibility that there are those beings who, in their ascension process, agree to take on this “heavy lifting” –that of the pain and suffering and that is terrible within humanity. These beings in effect take on these immense burdens to help remove them from the human plane of existence. Imagine that such a “heavy lifting” becomes light as if nothing and that more and more of this is taken on by these beings as they enter through the ascension and transformation process. The greater the burden and load, the lighter and easier it becomes through Divine action.

All Souls Made New

Consider the possibility that the entirety of ones soul being could be remade, upgraded, and improved upon in so many ways. While it is too early to be specific on the details, it fits closely with the ascension process that we have been anticipating. The main point is the healing of the soul as it reconnects fully with its Source and is cleared of all dark force patterning and damage from the ingressions of the dark. For many, their evolutionary trajectory will be fundamentally changed.

This would be part of the larger process of the upgrading and remaking of this creation that is now underway. One of the consequences will be the removal of all traces of the dark and formation of a new creation environment in which there is no place for the dark. This is about the healing, upgrading, and remaking of creation. The “return of the Light” applies to all levels within this creation.

Over the recent few months especially, many humans have been actively making a transition. For some it has been for their ordinary personality awareness to show up in the next vibrational range above “3-d”. As we wrote earlier this year, there has been “bedlam upstairs” with so many people were making a shift to the next level up. While I cannot be completely certain, it was my impression that a majority were still embodied in 3-d. Many who are making this transition have not yet arrived at the capacity or decision as to whether to maintain their physicality in 3-d human form or not. Of these individuals, they are finding themselves curiously and happily disengaging from the old ways of existing. While they care very deeply about the situation of world they will be leaving behind, they also know they cannot do anything “to make it happen” for others, only to encourage, advise, and help point the general way.

“Making Things” – Ways of the New Creation

In the traditions of certain early societies, there was an acknowledgment of the essential “spirit of matter” and thus these peoples would ask permission of the land, of a tree, of an animal, etc. before changing it to suit their needs, including killing or eating it, etc. This reflected a limited “proto-knowledge” of the oneness that permeates creation.

Serious problems developed in the process of extending a portion (individuation) of soul consciousness through the levels of increasing density. At some point individuation became

“out-of-synch” with the continuous flow of Soul and Source consciousness and developed in isolation from the greater Oneness. “Self” versus “oneness” became a dichotomy of conflict. Under these circumstances, *true free-will* was not possible and was replaced by the falsehood of individual choice that was readily manipulated by dominant social forces.

There remained the life-giving tether connecting the body-personality to soul body, but the body-personality was without its own conscious connection to higher levels and was essentially “on its own” to navigate 3d. This situation was heavily exploited by dark forces that sought to dominate the light of creation. (See previous issues of GA:News for additional background.) Many soul beings looked forward to learning from this experience without knowing its dangers. Karmic dynamics compelled many to perpetuate this process. One is born with a connection to greater self and Oneness, then degenerated social forces work to suppress this connection and emphasize the human personality self as primary over everything. This dark control meme supercedes nearly all cultural variations on this planet, religious or otherwise.

The human form occupies an interesting potential, intermediate as it is between consciousness of matter (form) and the consciousness of formlessness.

There are a number of well-known and widely followed “spiritual teachers” who advocate that this (the situation of humanity) is “how things are” and some even say it is “how things are meant to be”. They claim that it was all “well-understood” prior to birth that the aspect of soul that lies under the cloak of the personality-ego-self would fall into a deep forgetfulness of its true nature. (Advocacy of such “fine print” clauses with their “caveat emptor” attitude is a corruption of truth and exists to reinforce dark control memes among the spiritually-minded.) Some would cynically argue that the “human earth experience” is the school of “hard knocks” designed to select for only those who can make their way back to a true state of unity consciousness with Soul Self and The All. If this were really true, then there would not have been such enormous sacrifices made by so many beings to enter into this fallen sector to help correct such a deplorable and spiritually detrimental situation.

Overall, this has led to repeated catastrophic situations in every way possible regarding all facets of bodily and personal existence. The profound alienation from all aspects of being has led to catastrophic conflict at *all levels* of human existence and beyond.

One of the experiments of the ascension and transformation process that is underway is to facilitate learning to function both in oneness and individuation and maintaining human form. Early tests of this indicated there would be great difficulty for humanity in accepting these changes. At the core of this problem is the ego-personality-self whose identity-existence is primarily composed of false memories and false premises. One of the effects of the main transformational process is the loss of those personality memories. There are also soul-level beings who would have difficulty with this. Be what it may, those who are closest to this process will be testing the next stages beginning the end of December 2009 and into Spring of 2010. So we shall see how this next stage proceeds.

There are those beings (some with a human presence) who have been focused on applying the lessons learned from entering lower densities here on Earth and other systems where there have been similar problems. One important concern has to do with approaching, entering, and working through lower densities using a gradual process in which there is no loss of spiritual memory, higher level connections, or abilities –and yet can maintain the desired qualities of individuation. In turn, this permits the flow of genuine free-will.

As a microcosm, this process eventually approaches those qualities of tendency toward individuation within a great oneness that exist at the higher levels of creation and at the level of The All.

At this time, this new work seems to have little bearing on the *present* situation of humanity, as its focus is with the New Earth and New Creation and the development of new “creator beings”. As mentioned previously, this could have applicability to some who maintain a presence here on this Earth through the major changes.

To understand this better, let us consider a simple example of “making things”. “Making things” has dominated the human personal-social-economy and has been as an *unconscious metaphor for learning to create* at the 3d density level. Looking at the human-Earth relationship from the past to present day, it is obvious what the result has been of a mixture of beings “*making things*” in the absence of higher spiritual connection. It is the unfortunate hubris of humans today to maintain a spiritually alienated existence through computers and directed energy machines. But this is only a more concentrated form of the same violence of the rock drill, the crusher, the smelter, the machine tool, etc. Before the object is even completed, it begins to decay through organic or inorganic processes that seek to return the substance back to its origins and thus presents another source of struggle. Eventually they look back and tell themselves stories about the “greatness” of their civilization based on its material ability to alter the face of the Earth and organize humans under the domination of the elite few.

There are other ways to “make things” than by the violence of human technology –modern or primitive. Furthermore, it was never intended at the highest levels that physical existence in the 3d level would be a struggle of survival and one of material suffering.

A symbiosis is possible whereby matter-oriented consciousness finds expression in maintaining or learning new forms in cooperation with light-body consciousness. In one of my future forwards, there was an entire city that had a distinctly bio-organic feel to its structures, as if they had been grown or were growing. I can only speculate now whether those enormous structures were self-maintaining and coordinated their structuring with the requests of those who seemed to inhabit the spaces these structures helped to define.

Matter and Spirit are different expressions or emanations of Creator. It is in the human body that there is a living interface between matter and spirit.

People think that the “science” and practice of stone or metal work is advanced today, but it is crude and very violent in comparison with spiritual consciousness that communicates with the energy and consciousness that governs and constitutes “matter”. The act of mining, crushing, smelting, forming, cutting, etc. is a violent wrenching of matter to conform to the unconscious mind-set based upon a fallen existence. This lack of spiritual consciousness is involved in the endless struggle of humans against the natural world.

In contrast, there are spiritual approaches to “making stuff” that establishes a cooperative relationship with “matter consciousness” of minerals, biology, energy, etc.

Those who contemplate the “ethics” of human technology have often been impeded by mistaken notions of “how something is used”. Thus arguments were made that a simple hammer is inherently neutral until used. This is beside the central point of the inherent

violence of its manufacture. Of course, most people would not consider using a hammer to commit violence, unless it is the violence of pounding a nail.

The point here has to do with our fundamental relationship with the consciousness of matter, not the utility of an object or its application.

This has the most profound implications for spiritual evolution. Humans cannot be seeking spiritual evolution and continue to support their material existence through ongoing “conflictual ignorance” of the consciousness of matter and their own higher nature. The same goes for the consciousness of the cells of the body, etc.

At the higher vibrational levels, energy can be more readily worked with, and energetic templates created, and gradually brought down in density. As this process proceeds, there is no loss of connection to the spiritual essence of the matter or of those engaged in the process of creating.

All along the way of descending into greater density, full consciousness is maintained and individuation is developed within the spiritual context of a greater oneness. In place of karmic “laws” there is mutual responsibility. A new existence opens up in which there can be individual expression and exploration within a larger spiritual existence.

This has been an attempt to describe certain outcomes from the greater transformational and ascension process. In dramatic contrast are the endless variations of unconscious struggling with 3d matter to support 3d level existence: the story of humans over millennia.

We are not the first nor are we the last of the “human experiment”.

New Creation’s Influence Upon Us –Postscript

In discussing the recent developments with John Crawford, I would like to share some of his observations in conclusion:

...An interesting aside to the changing of the energies of this “fallen sector” that directly relates to the influence of the “Creation-2” (or “Baby”). Because of the influence of “Baby” on this sector it has altered the soul growth of all of the beings within the area that “Baby” directly affected.

It appears that the energetic development of that being affected the development of all of the souls that had contact with it. They are now different from the normal development of the soul self and are moving in a different direction than any soul in or within “The Creator/God”. These souls now have potentials that most souls do not and it is directed towards establishing new structures and creations within “The All”. This new development is being looked at closely from all levels of creation and new plans are being formulated to best utilize the potentials that have developed in all of these beings.

We are looking at a *new process* of soul development and it may be that all of the souls that have been affected by this change will be finding themselves in positions of responsibility far beyond the normal process of development. If those affected souled beings can “get with the program” sufficiently, it will be an awesome development and the greatest potential for growth on their part and on the part of “The Creator” itself. ...

Humanity and Creation

Imagine that all that has gone before, all suffering, pain, and misery of prolonged isolation from Source and enthrallment under the Dark ...it is all gone. In a moment or nearly so, those experiencing conscious ascension –embodied or not –come into profound Realization.

Along with awe of the vastness of creation and the nature of multi-dimensional existence, comes an incredible humility.

In this extended moment of profound Realization, a point is reached that is a “judgment”, an internal review, preliminary to the next stage of existence. The ego-personality-self sees its true nature and its evolutionary potential.

It is in this profound realization that Absolute Truth and the reconciliation of all karma occurs.

Will one’s being move to a more unified field or experience an upshifting of all aspects? Will portions of one’s being dissolve back into the greater self?

Consider that human existence has been influenced by the Dark and all that may imply.

Consider that with higher realization comes a level of resolution not possible in human terms.

Try to imagine what may at first seem unimaginable.

Imagine the unwinding of what be called “the past”. The result would be as if certain events would never have happened.

Imagine, from an ascended awareness, that all what has gone before has been “worth it”.

All will be made new.

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The Eclipse

*within this moment
heaven reveals a most wondrous secret
breathing with backward momentum
to bring the golden flower full bloom*

*water flows into fire
moon flows into sun
speaking to the very essence of our beings*

*our hearts KNOW
the moon afire IS the sun
bleeding golden red moonlight upon the water*

*Spirit once again is reawakened
all empties into The One*

-Kyrita

~ ~ ~

Ascension Practices

By Alex Kochkin

There are those who would argue there is only way to ascension and only one expected outcome. In contrast, it is our sense that, as of this writing, many important changes have taken place over recent years in the higher dimensional levels of creation as well as with the earth/human 3-d energy levels. This has both opened the possibility for various modalities of ascension and dramatically the probability of ascension and transformation for a great many people. (For an overview of modalities of ascension, see April 2009 GA:News <http://www.pfcn.net/Bulletins/Ascension%20and%20Transformation%20-%20In-depth%20-%20April%202009.pdf> .)

The exercises in this section are among the most accessible and significant. This is not a comprehensive survey and no doubt readers are familiar with other methods. As it is with the **Hui Ming Ching (Golden Flower)**, most of the ancient exercises have been obscured by the amnesiac effects of time as well as deliberate efforts at protecting the methods from those who might otherwise abuse them. It is my opinion that the Hui-Ming Ching exercises are unnecessarily complicated and were better suited to an earlier period on Earth. As a further note of caution, these Golden Flower exercises can *prematurely* shift the primary energy centers in preparation for dying from the body.

The Short Path and **The Crystal Body** approaches are more direct and simple to practice.

The work of Cleeson Harvey (“**The Short Path**”) addresses the opening of the higher centers directly in ways that directly link the higher knowing centers with the core energy so that all can come into coherency. Perhaps this works readily for 5% to 10% of practitioners. (That is only an intuitive guess on my part.) Harvey provides guidelines and confirmatory information based upon his personal experience as well as that of others. Once the initial stages are reached, the practitioner has their own internal feedback system with which to develop this further and the body can be brought in a happy situation with the higher energies.

In attempting these simple exercises, there is a quality of stilling the mind that occurs fairly quickly. Deeper states also bring about an almost automatic brain wave coherency across the two hemi-spheres. These get directly to the object of many schools of esoteric practices and Cleeson Harvey covers the material in a clear, conversational manner

<http://www.pyramidtexts.com/short.htm>

The Crystal Body exercises are unique in that they help you identify various levels of your energy bodies and facilitate their unification, clearing and interconnection. The crystal body exercises are good as preparatory ascension practices and as a way to develop a more conscious approach to one’s ascension and connection to greater self. They help establish a spatial and energetic relationship with 2 energy bodies below our 3-d body/energy envelope and with 4 more above us thus extending our ordinary awareness into a more connected conscious relationship with our greater self. (See the May 2009 issue of GA:News at link: <http://www.pfcn.net/Bulletins/The%20Crystal%20Body%20Exercises-%20May%202009.pdf>) and <http://crystallightbody.com/> (John Crawford’s website).

Comments on the Body

In some of my earlier exploration of the body's energy and bio-chemical processes, I found that there is a higher function associated with the adrenals that produces various light-body hormone-like molecules that help support a transitional state of physicality. It is "blood and guts", yet transitional to the higher vibrational templates that lie dormant in many people.

The human body cannot handle frequent use of most psycho-active substances. Over-excitation with external substances (including stimulant foods) stresses the metabolic processes and can weaken the adrenals and glandular functions in the brain. The term "burn out" is especially meaningful. Therefore use of these substances can inhibit higher energy states as well as inadvertently open access for undesirable dark energies.

There are also qualities of the crystalline structures within the long bones that connect to trans-dimensional states. Experiments with high coherent states that bring the body into a singular vibratory state can have by-products such as the movement through apparently solid objects. If nothing else, this has informed me that organs, bones, and blood have the capacity to transcend the "apparentness" of 3d physicality. But the poor organs have the hardest time of it since this work asks them to maintain the ordinary body *and* to begin feeding the higher transitional body. This is made difficult these days where there are strong disruptive energy fields from human technologies –EMF pollution is a serious problem.



*"Universal Mind Lattice" by
Alex Grey, 1981*

The Golden Flower and The Rainbow Body

Several sources are offered and all should be consulted. These exercises aim to develop a new energy body for ascension. As it is with many ancient esoteric schools, the content is not presented with straightforward clarity and the various authors and translators are not in 100% agreement with one another.

Nevertheless, many important insights and useful practices are described. While I no longer use these exercises, I have found them to be “educational” in an interdimensional sort of way. Some of the teachers were interested in totally transforming the physical body leaving little if any physical residue from the body. Some taught that the transformation of the body was not the key, but emphasized the process of building ones energetic ascension vehicle. In addition there were practices of building a new energy body that would receive the human vessel’s consciousness.

We caution that the practices are described slightly differently in each of the referenced books and that in general they have the potential to lead to the alteration of ones energy centers in ways that are preparatory to dying from the body as well as for ascension.

A short excerpt from the writing of James Barrett are included on the “The Rainbow Body” by way of further introduction to ascension practices from ancient times.

“Stories of luminosity or saintly radiance are common among Christian saints, Sufis, Taoist sages, Hindu yogis, Buddhist mystics and indigenous shamans. Many are historically documented, not metaphor. I am talking about actually radiating light, about radiance emanating from the physical body like light from a light bulb, to extreme cases of becoming a translucent bubble of light. The ultimate Great Completion culmination is the Rainbow or Body of Light attainment. This is widely recognized as a sign of extreme sanctity in Tibetan Buddhism and among the Bönpo. Reports of this level of transmutation are rare, but still they occur and have been chronicled far into antiquity. Interestingly the Bön lays historical claim to a lineage of Dzogchen that pre-dates the entry of Buddhism into Tibet. Rainbow or Body of Light attainment is not limited to Buddhism, as I started out by saying stories of luminosity abound in all the great religions of the planet, but to understand the process we turn to the rationalist Buddhist of Tibet and the well documented and delineated practice of Dzogpa Chenpo or simply Dzogchen. ... In the Himalayan regions, the early indigenous religion was that of the Bön. Bön pre-existed the creation of both the sovereign territories, later to become the country of Tibet as well as of Buddhism. ...”

A very complete website can be found at

http://web.me.com/jamesbarrett999/Site/Rainbow_Body.html

Texts on the Hui-Ming Ching or Golden Flower:

“The Secret of the Golden Flower” by Richard Wilhem

“Secret of the Golden Flower” by Thomas Cleary

“Cultivating the Energy of Life” by Eva Wong and Liu Hua-Yang

“Secret of the Golden Flower” by NuVision Publications www.nuvisionpublications.com

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