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Divine Expression: The Field of Spirit

In the previous chapter, we talked about how you got you to where you are. Now let's look a little more closely.

Everything is organized energy, and Spirit is no exception. The Source is aware, organized energy on a scale that can't be imagined. In its continual playing of the game of knowing itself, it partitions itself. These partitions are analogous to vast thoughts, or plans for realities, that interact with themselves. They have no names or forms that you would recognize, yet they are aware of themselves as part of the Source, and also aware of themselves as themselves. GOD

Imagine lots of buckets of water suspended in water, and that the water is conscious. The water in the buckets knows that it is constantly exchanging with water outside the buckets, yet by virtue of being contained, it's aware of itself in contrast to the water outside the buckets. Of course, the buckets are imaginary, but they are analogous to the fields that support energy and the water is analogous to the energy that fills them. Some fields are huge — like the planetary or solar fields — and others are tiny in comparison — like the field of an atom — but all of them contain and nurture the energy of the Source. GOD

In addition to interacting with the fields, this conscious energy is also partitioned by another distinction: frequency. Think about a piano keyboard. All the individual notes are of the same

PART TWO

Ascension: How To Do It



Part One covered what you might need to know as preparation for ascension. We've seen how the human species made its monumental decision to draw the veils of amnesia at birth, so that you begin each incarnation not knowing who you really are. Since mankind made that decision, the race has expended enormous amounts of energy in trying to solve the riddle, while still in physical bodies and behind the veils. Mankind has postulated Spirit as external to itself and called it God, or, sensing the vastness of Spirit, postulated a whole pantheon of gods to be worshipped. Man has killed man because of disagreements over concepts which they both invented. But in this glorious experiment, the Source — you in the widest sense — learns more about itself. ←

But now the experiment is over. It's time to pack up the tents and move on: that's ascension! The most pressing task now is for all the ego-self projections to consciously choose to embody Spirit. That means aligning the three lower energy-bodies with the energy of Spirit, and allowing Spirit to flow freely through them, consciously. You, as Spirit, have always worked through you as ego, but ego has been too preoccupied to notice.

We are talking here about a deep knowing that you are primarily Spirit in nature, rather than a body with feelings; that you create your reality through your thoughts; that everything you see around you is a simply energy captured in suspense, giving you the perception of solidity.

We are talking about the level of conscious awareness of

basic stuff — vibrations on wires — but any note implies and contains all its harmonics and subharmonics (the notes in the same relative positions in higher and lower octaves). In ways impossible to describe, the Source partitions itself into energy gestalts that know their unity, yet are aware of the other gestalts that make up the whole. Each gestalt creates subharmonics of itself, each of which is in turn aware of the subharmonics of the other gestalts. So Spirit of all frequencies knows itself to be the pure, joyful, creative energy of the Source.

By virtue of being, Spirit expresses the nature of the Source through the fields it generates and the energy that it radiates into them. Take, for example, Ariel. Some of you know this energy as an archangel. Ariel is the function responsible for projecting the field required for the physical plane — the field conducive to energy which is necessary to support the energy as it bursts through into the material plane. At certain points in the field, conductivity is enhanced and the process is more efficient, resulting in physical matter as energy units congregate and coagulate. In less conductive parts of the field, they simply don't. And it's all by conscious agreement. So space is really a collective thoughtform that you all hold, but holding this thoughtform of space is just one of your many functions. And at any point in time, the energy performing this function is different from a moment ago. It has already changed while you've been reading this paragraph.

If you are called Mary Jones, the energy performing the Mary Jones function — or any function for that matter — changes constantly. Now Mary's function may be to explore an aspect of motherhood, the use of power in relation to a child or sick parent, or any of a million things that Spirit wants to explore. Also, whatever the function is, the same theme may be repeated across many incarnations from a slightly different perspective in each one. So the Mary Jones function furtheres the cause of the Source learning more about itself. Mary's personality and spirit-self collectively determine how close she comes to consciously realizing her true nature as a part of the Source and therefore experiencing her undividedness with everything and everyone around her.

So we look at the world of Spirit in two ways. Firstly, Spirit

is pure organized energy aware of itself and of its oneness. In this capacity, it doesn't do anything; it just is. Secondly, we see Spirit performing certain functions such as the Mary function, the John function, the St. Germain function, and of course, the Serapis function. The energy performing these functions changes all the time. The portion of Spirit performing the Serapis function, for example, is changing constantly, yet it understands the nature of the task and retains the appearance of consistency and continuity.

Functions vary in scope. The Serapis function is relatively well defined and makes up a larger function charged with supporting the intellectual clarity needed for fully conscious ascension on a planet-wide scale. Different levels of Spirit perform different levels of this function in a well-orchestrated operation. For example, the channel "Tony" is the level of my function that gets these thoughtforms down on paper, and, at another level, I am putting this information out on the planetary group-mind grid for all to tap into.

There is no one conductor in this orchestration, by the way. The units of consciousness serving Spirit just know what's going on and blend in at the appropriate level to literally "lend their energy."

Why this happens brings us to the title of this chapter. Spirit has an inexorable impulse to create, maintain, destroy, and create again, and seeks any and every opportunity to do so. Some levels of Spirit have a propensity for, say, intellectual creativity, while others prefer to clear away old belief systems to create the way for the new. Destruction is every bit as creative as creativity — it's just a matter of viewpoint.

Spirit seeks to express The Source knows itself through its creativity. Your inner spirit-self seeks to express through your outer ego-self. You created the three lower energy fields of your body and personality to provide arenas for and a means of expression. You packed, and are constantly packing, energy into these arenas. You have put your ego-self into carefully designed situations with parents, school, and friends — situations that imprinted the ego with beliefs at an early age. You carefully selected the blend of energy that runs in your fields, and to some extent, you leave your ego-self to deal with them. But this does not mean that ego and spirit are in any way separate. You are

as they enjoy their right to be. All beings are of the Source and have a divine right to experience and express their divinity, and all beings have a right to enjoy the expressions of others, because all beings are really one, cleverly disguised to look separate.

Allowing this joy and delight in the expression of yourself and others is a wonderful experience, and is what I call "love." However, you cannot do joy or delight. You can only allow it to sweep through you, like any other emotion. And this emotion is not conditional on what any other beings are actually doing; it's based on knowing and experiencing the divinity in them. If someone you know is in a foul mood, for example, they're still expressing their divinity, even though that expression doesn't turn you on.

So, love is not something you do. It's a response in you to a particular frequency of energy flowing in, through, and around you constantly. Many things can deaden you to the relatively subtle energy of love. Fear, of course, will prevent you from sensing it, and will distort what little you do sense. Fear is not the opposite of love. It is the defensive gatekeeper, and simply will not allow you to sense the high frequencies in your fields. And the fear is locked in your belief system, or your opinions about reality, and has nothing to do with reality itself.

Love is allowing yourself to sense this energy as it relates to you, to others, and to the universe in general. It begins with acceptance of your right to be, and the right of others to be. This acceptance builds to an appreciation of yourself and others: of your qualities, gifts, and basic goodness. And it continues to build to a delight and fascination in self and others.

So, how do you allow this to happen? You begin by dropping the fears you have of being separate from Spirit, of being unable to cope with life, of being worse (or better) than other people. Once you see yourself and others as vast, multi-dimensional beings squeezed into tiny little bodies, these fears drop away. This isn't easy — you swim around in a thick soup of fear called the consensus reality all the time. But, as we'll see later, this is just people's opinion about what's real, and bears no resemblance to truth. Now (of course), you carefully built consensus reality over the millennia, and it has served the game of separation very well.

Because of the deep-seated fears that most folks carry around with them in their fields, they can't tell love from fear. So what you call love is actually a manipulative exchange of attention and affection. People who won't or can't love themselves (that is, they can't see or allow their own divinity), desperately search for someone else to make them feel secure, and when this security is threatened, they may fall back on emotional blackmail and control by withholding affection, all in the name of love.

Many times, when you hear one person say to another, "I love you," they really mean, "I am afraid and need you as my security blanket." Or one person in a relationship will have sex with a third person and the other person will say something like, "How could you? I thought you loved me!" What, I ask you, has seeing the divinity in someone got to do with exclusive rights to someone's body? What's really happening is that the angry mate feels insecure. If he or she could see the divinity in themselves and their partner, the probable response would be, "Was it good?" But please see all this as perfect. Taking separation this far has required your utmost ingenuity, and it's been a stunning success.

Love is relaxing into your true nature. You can't really get hurt by opening up to this energy. Sure, other folks operating from fear may give you a hard time, but try to see their behavior as fear-based responses, not aimed at you, personally, but at what you represent to them. Thus they are acting from their own fears, and their behavior has nothing to do with you (this point of view is an essential component of becoming "transpersonal," but that's a whole other subject).

So, please see yourself as infinitely loved from the higher dimensions, especially by your spirit-self. Let go of the fear of being alone. You are not alone, nor ever could be. Come to accept yourself, appreciate yourself, and delight in who you are. Then you can begin to sense the love of Spirit as it flows through you. And remember, love need not be directed at anyone in particular; it's just the Source loving itself.

Once you allow yourself to sense this energy flowing through you, you'll find that the flow will increase, and it will inevitably flow from your fields to everyone around you, changing how you

something called "The Truth." This particular myth has been the cause of more wars and conflict than all the other myths put together. The notion that you could express multi-dimensional concepts in English, German, or any other current language is outrageous (although Hebrew comes a lot closer than any other).

No, my friends. On the physical plane, all you'll hear are opinions, often based in turn on the hand-me-down opinions of other people picked up somewhere along the way. So, treat everything you hear, see, and read as opinion, including the ideas in this book. There is only one person who can judge what is real and true for you: you!

If you believe that the world is a hostile place, ruled by an angry, vengeful god, then so it is — for you, that is. Or if you believe that the universe is benevolent and that Spirit is guiding you at each step, then that's what you'll experience.

→ Reality is infinitely complex and malleable because it's designed to be that way. The universe is not a static mechanism within which you have to find your way. It's created specifically to support all beings in an infinite variety of expressions of the Source. This creativity is how the Source knows itself and grows. And this includes supporting you in your expression of what you believe to be true. The folks at Earth Mission in Sedona, Arizona sum it up delightfully with "The Universe rearranges itself according to your pictures of reality." The universe is indeed a reality creation playground — and what you create — knowingly or unknowingly, depends on what you believe to be real (i.e. your pictures of reality).

Now, you store your opinions about reality in your fields. These are the "pictures" you hold about you, and you in relation to everything else: Spirit, other people, your job, your mate, and the universe in general. The events in your daily life are actually fabricated in a higher-dimensional, holographic-like framework — a kind of "reality factory." You, in collaboration with everyone you work with, play with, or just know casually, meet in this non-physical reality factory to create the circumstances and events of your respective physical plane lives. (you may catch yourself doing this while dreaming, for example).

Two main factors determine the kind of experiences that

you'll bring into the physical plane. Obviously Spirit has an agenda. This is always positive and beneficial to your growth, even though it may not seem so, moment by moment (look hard enough and you'll see why you had that car wreck or had your purse stolen). As we approach ascension, you'll find that experiences intensify, and the pace of life speeds up because you're trying to crack open old pictures of reality and replace them with new ones at an ever-increasing rate.

The second major influence on the events you experience are your pictures of reality. Limiting, fear-based pictures make it difficult for Spirit to bring through healing, loving encounters with yourself and others. Someone living in fear is just not giving permission for Spirit to put through love-based experiences. This means, of course, that even love may be interpreted through the eyes of fear, and thus distorted.

If there is no one "galactic truth", this means that you can pick any set of truths you like to make up your pictures of reality. So it makes sense to pick those that bring you joy and allow you to be happy. But please don't think that you'd be living in a fool's paradise. You'd actually be living in a very sane person's paradise. But, even then, there's an alternative.

You could work very hard at trying to figure out what to believe is true (mankind has been hard at this since the days of separation, so you'd be in good company). But once you pick something to believe in, you automatically stop searching and exclude everything else that could be true. For example, limiting the Source to the Christian definition of God excludes the qualities of Allah, Yahweh, the Great Spirit, and the countless other deities described throughout time. Why not take the easy way out and ask yourself, as Spirit, what's true? Here you have all the answers you'll need, at least for the rest of your time on the physical plane.

Contacting yourself as Spirit has never been easier. Some folks dash from one channel to the next, desperately seeking "The Truth." And there's no shortage of people willing to be an outside authority. But you have all the answers within you, so stop, relax, listen, and trust. You may have a little trouble initially distinguishing between Spirit and an overactive mental body that wants to control the experience. Just thank it, and tell

it to get out of the way so that it can learn some neat stuff. That usually works.

So, there is no one "Reality" and no one "Truth." There are your pictures of reality that you inherited from your parents, teachers, and peers. And there is the viewpoint of Spirit, as it flows through your fields (often distorted, however, by limiting pictures of reality). Because of such distortion, an encounter with Spirit is often attributed to contact with aliens, the devil, a god projected outside the self, or "just your imagination."

As never before, you-as-Spirit are trying to batter through the pictures of reality that you-as-personality are holding. Ascension is such a vast concept that these little pictures have to go if you are to grasp even a fraction of what it means. So let go of any opinions of who you think you are, who you think other people are, and what you think Spirit is. Keep your belief systems wide open and your discrimination alive and well.

If belief is certain death to understanding, what do you have left? Belief stems from wishing something to be true. It's built on preconceptions and prejudices, and opens its mind only to whatever fits its models. Faith, on the other hand, is a plunge into the unknown with an open mind, in the certain knowledge that it's all right to let go. Faith knows that it won't necessarily be safe or comfortable, but that it will be all right. Belief hangs on; faith lets go. You cannot find truth through belief, but only through the simplicity of faith.

Faith is the point of departure, but many searchers abandon faith along the way in favor of clutching at some belief or another. You cannot discover the mystery via beliefs, because you can only believe what you already know. But truth is beyond imagination. Nothing you can imagine could capture the enormity and glory of what's about to happen. So the only course is faith, an open mind, and an open heart.

The Myth of Power

When you look at the world today, you see examples of groups and nations using force to invade and attack other groups and nations. It may be to take natural resources like land or oil, to destroy a culture or belief system, or simply because

DNA has given one group a different physical appearance. At the heart of the great myth of power is a deep-seated sense of separation and a resulting confusion about "power with" and "power over."

Power Over

When the world talks of a powerful man or a powerful woman, what exactly is the power?

If you define the world using only the five physical senses, then power is defined by what you can see, touch, feel, and hear. So, you see power as dominance, or "power over" others, power over the environment, and even power over self. And because of the way societies define power, and focus it in a few individuals, societies must set up organizations to prevent its misuse. So you have watchdogs who scrutinize the power holders.

When a society or group defines power in terms of the ability to direct the use of resources (such as money, human lives, armies, weapons, food, and raw materials), the greatest fear is the loss of that power to someone else or some other group. And power over others reinforces and deepens separation because you can't exercise power over others without making them "other," be it based on religion, ideology, skin color, or gender.

When personality looks outside of itself for power, it turns to material things and other personalities. This leads to pecking orders of "more powerful than me" and "less powerful than me." There is an alternative to this false kind of power, however. As we'll see, turning to Spirit reveals a power based on creativity, loving cooperation, reverence, harmony, and heroic collaboration.

Power With

This alternative power is based on power *with* — with Spirit and with your fellow humans — and ironically the first step to "power with" is surrender. But surrender to Spirit sounds like acquiescing to something that has power over you, and isn't that

cident, getting laid off from work, the leaky roof, the row with your mate, or the lack of a mate? You create every minute event from one level or another of your being, and the contents of your mental and emotional bodies plays a very large part, whether you know it or not. There are no random elements in the universe. At some level, be it Spirit or personality, you create every second of your life. If the universe didn't work like that, it would mean either that people could put their stuff in your fields without your permission, or that things were happening to you that weren't in resonance with your field. Let me assure you that the universe doesn't work like that.

Now I'm not saying that you consciously want everything that's in your life, but just that you brought it in and put it there, so some part of you wanted it at some time. Maybe you took on imprinting that said that life's a hard taskmaster. If so, you would have a series of demanding jobs in order to prove yourself right, and that may have been appropriate at some point in your life. You create your own reality because the universe faithfully rearranges itself in order to manifest your blueprints. Your life is a perfect mirror of the blueprints you created from your beliefs. The reality you experience today reflects your reality picture. If you stop and think about it, it has to be that way — otherwise the universe would be random.

The people around you are part of your hologram, and also reflect your pictures of reality back at you. If you didn't resonate with another person in some way, there would be no basis for a relationship, be it attraction or repulsion. This is how it works. Each time something significant happens in your life, you store the memory of it and the emotions you felt in high-frequency geometrical shapes (tetrahedrons, actually) in your mental, emotional, and physical fields. This energy can reinforce energy you are already holding there. So if your picture of reality is that you're a worthless little human being and someone is unkind to you, you let that opinion in and it reinforces the picture, mentally and emotionally. Worse still is that fear energy tends not to move, but stays stuck in your fields. On the other hand, if your self-image is positive, you know that the other person is reacting not to you but to something you represent to them. Something you did or said, or something about how you look, may remind them of something else entirely, which has nothing to do with

you. So the negative energy of the encounter sits in your field as just a memory, with no emotional charge on it.

If two people meet and they both hold similar pictures of reality, their geometric shapes can interact and mesh (like attracts like). Thus, if a man and woman both believe that men are powerful and women are powerless, their geometries will click, mesh, and stick together. These people are now locked in a "sticky" relationship. On the other hand, if two people who believe in their own mastery meet, their geometries will also mesh. They won't get stuck, however, because their belief systems are open, the geometries are spinning much faster, and energy is constantly flowing in and out of their fields.

So, what do you like and dislike about your body, your emotions, thoughts, life circumstances, and friends? Is there anything you would change? Whatever you don't like tells you something about energy in your field. Otherwise, you wouldn't have noticed it. The energy would have just passed through unnoticed. Instead it hit some stuck energy, reinforced it, and you noticed it. You put it there for a reason, but do you still need it? If not, declare that you're a master in your own house and banish it like this, saying:

"I am a master of divine expression. I acknowledge that I feel ___ and that it no longer serves my path to Light. By the force of Grace, I release the energy of ___ back to the universe for the greatest good, to be transmuted into the highest form of Light."

Systematically dump all the old baggage you've collected over the years. You don't need it where you're going, and it will slow you down. We've already dealt with shame, but another particularly heavy set of baggage is blame. It's old energy and you can clear it as follows:

One at a time, visualize everyone with whom you've ever had significant dealings in your life: parents, mate, children, boss, landlord and so on (calling up a vision of them puts you in touch with their spirit-selves). Tell them (internally or out loud, if you like) that you forgive them for any harm that you ever felt that they did to you

15. The Great Invocation

*From the point of Light within the mind of God
Let light stream forth into the minds of men.
Let light descend on Earth.*

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.*

*From the center where the Will of God is known
Let the purpose guide the little wills of men —
The purpose which the Masters know and serve.*

*From the center which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.*

Let Light and Love and Power restore the Plan on Earth.

16. Commentary on The Great Invocation

The Great Invocation is a multi-layered tool which aligns the individual soul with the I AM Presence. Its three levels operate in the realms of Light, Love, and Will (cf: the Three-fold Flame of Truth, Love and Power). The following are a series of coded invocations.

*From the point of Light within the mind of God
Let light stream forth into the minds of men.
Let light descend on Earth.*

The Light of Truth opens the mind to its own God-self. The search for man's true nature usually begins with mental questioning, and this verse invokes Divine Truth to flood the mind, allowing us to realize that we are part of the Source, i.e., enlightenment. The "descent of Truth" results in each person's alignment with his or her Oversoul.

*From the point of Love within the heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.*

This verse invokes the opening of the heart for compassion and understanding. The stream of Love into your heart results in alignment with the Christ Oversoul. "May Christ return to Earth" invokes the opening of each of us to the Unity Band, or Christ Consciousness.

*From the center where the Will of God is known
Let the purpose guide the little wills of men—
The purpose which the Masters know and serve.*

This verse opens you to being a Divine Servant. When your will is aligned with Divine Will, you become a Divine Instrument. Becoming a Divine Instrument is the "purpose which the Masters know and serve." "Masters" is not limited to Ascended Masters, but applies to each person as they come into their mastery. Coming into your mastery aligns you with your I AM Presence.

*From the center which we call the race of men
Let the Plan of Love and Light work out
And may it seal the door where evil dwells.*

"The Plan of Love and Light" refers to Ascension. "Sealing the door where evil dwells" refers to the dissolution of the veil of separation. Only with a sense of separation can the illusion of evil be experienced. When each one of us has dissolved our veil of separation, the illusion will be banished and the Plan will work out.

Let Light and Love and Power restore the Plan on Earth.

A final invocation to Truth, Love, and Power in the Ascension process.