

Beloved

The fundamental tone of our experience here on Earth is that we are consciousness, spirit, hanging out in a human body. We are having the human experience. Deep in density, in our human bodies, it is important to remember and accept that just as our higher consciousness is held within our energy fields and our body's cells, our human nature is also present and contained within us. Nobody, not anybody, is exempt from their human nature. Human life is not black and white. At the extremes it is very dark and very light – and there's a grey area in the middle. Our paths are not set in stone. We are incarnated on the planet of choice, of free will. We are initiates in one of the greatest mystery schools in our cosmos. Yet we are but one cell in its celestial body.

Most of our physical body is composed of water. And every one of the fifty trillion cells in our own human body is bounded by a liquid crystal semi-conductor cell wall. (Dr Bruce Lipton, *The Biology of Belief*). The ability of water to hold and reflect consciousness, and the ability of our crystal body to amplify and transmute consciousness, means that each one of us is an enormously powerful transmitter of consciousness. The choices we make to be loving and joyful, to engage in practices which enable us to experience and transmit bliss, or to be blocked and holders of density, are beaming through the universe on every reality.

Every wave form moving through your chakras holds and transmits your consciousness. Your chakras are huge doorways into the energetic realities where your multi-dimensional aspects hang their stuff out. They also hold all your unprocessed stuff from this lifetime and other incarnations. There's an aspect of consciousness hanging out within each physical cell in your body, and it holds memory. Your cellular memory alone holds your incarnations as an open book. Your consciousness through all dimensions expresses itself energetically through the information locked into your electromagnetic frequencies. When they are unlocked it is like watching a film, or working with archetypal consciousness, vision filled with symbols and scenes from different realities, accessing what has been before and after you. Your consciousness is present and connected in every reality.

So what is your consciousness? It's information. Every electromagnetic frequency flowing through your system and transmitted by your cells and energetic anatomy is filled with consciousness as information. It's information about your knowledge, wisdom, holistic health, and your experiences as consciousness in each of your simultaneous dimensional realities. That is past, present, and future, in a wide band of light densities. You are a multi-dimensional being. That is your true nature, and journeys through your chakras, into your psyche, discover this. They also discover that you are surrounded by different densities of light. They each support the evolution of consciousness to a certain frequency and within a specific wave band. And, as you engage with the energetic realities you have uncovered, you discover that all of the energies in each density deserve our respect and compassion. You're talking science fiction sometimes when exploring the cosmic chakras. It is as if we, in our human body, stand in the middle ground, with the potential to transmit huge quantities of love and light into the unified field.

Your source has this incredible transmitting equipment available to your consciousness, your knowledge, your wisdom, your experiences, your information. It's up to you to get the equipment working as it needs to. And mostly it ain't working as it needs to because of energy blocks. Simply put each energy block is composed of a mass of single frequencies which has moved towards an existing resonant frequency. Kinda like the dust and dirt on an air conditioning system. Every electromagnetic frequency you emit and transmit contains information about your consciousness. Thus an energy block is full of information. Energy blocks are reached through, and stored in, your chakras. Every choice you make about how you respond to your experience of the reality, is a result of your mental and emotional bodies' integration, balance, clarity, and transmission through your energy field. The reality is determined and created by collective and individual thoughts and feelings. Using the information choices magnetised and transmitting through your electromagnetic energy frequencies and wave forms, your reality is plucked through and from unlimited, unmanifest, potential.

Every single soul has the opportunity to learn, to change, and to evolve or fall in consciousness. Every single consciousness inhabiting a human body, has these opportunities, these choices. For many of us our greatest initiations, our greatest opportunities for growth, occur when we inhabit the darker spectrum of our human potential. As I used to hear one teacher say, "The greater the sinner, the greater the saint". But it can go the other way as well. The saint makes a choice which propels them into heavy density, creating Karma. Everything is possible.

When we make a decision or intention that we are going to carry a certain consciousness, live a certain way, we then embark on a moment by moment journey of choices. It's not that we make the intention and everything is sorted. It's like we make the intention and that profound shift switches on everything that is now ready and available to get sorted. Each moment and each decision contain the possibility of choosing to abandon our high intentions, our firm resolve, dissolve our inspiration, and to do what we think is easy or necessary, as dictated by our unresolved fears and neediness. And each moment contains the opposite of that – the possibility of impeccability, integrity, honour, and love. It happens at every level of humanity. And the contradictions are never higher or more intense than in those who seem to reach the pinnacles of example, but who have failed to acknowledge and integrate some part of their shadow. These people use illusion energy. They delude both themselves and other people. Every moment of every day we are making choices about the level of consciousness and integrity, impeccability, we manifest and flood into our world. We are working with our eternal soul. It's not what we say that counts, it's what we do. We learn to forgive and love, to cherish the great souls who are all about us, as we learn to cherish, forgive, and love ourselves. It's part of being human and having the human experience. It's based on density and we are here to lighten and raise the frequency, to help with the ascension of our planet Earth and all life.

We are far greater than we begin to appreciate. We have incarnated through the realities with the same groups of souls. This is not just the time of the Shift of The Ages. It is the time for settling and sorting and clearing ancient grudges from the times of Lemuria and Atlantis, from the stars and the wars in heaven that helped to get us here. It forms part of what we are here to heal. It is a time to aim high. It is also a time when some who have sat at the top of the tree are found sinking to their knees in mud. When the energy burps or trips or jumps, slips, slides, shifts, drops, momentarily stops flowing, jumps out and grabs you, or even just dawdles momentarily and gives you a wee poke, listen to it. Learn from it. This is a time for sensing and feeling the information in the energy and the actions. The energy tells the truth. There is a message there for you. Your higher consciousness just announced it. I have found that when I have allowed my mind to override the information from the energy I have later been able to identify the moment when the energy spoke to me. If I had listened and allowed myself to be guided by what the energy revealed, I could have saved myself a lot of energy and processing. I call them moments of deep unconsciousness. We all get them. But the consequences are considerable. We get a big helping of information which enables us to discern something important but our minds and egos don't want to know. Their agenda becomes more important and we choose to ignore something we really need to listen to.

Whatever we resist will persist. It's a big rule. If you have sent out the intention that your life will serve Spirit, whenever you cannot surrender to divine will and order, sooner or later, in order to get you working again, the universe is going to pick you up and slam you down like a potter bashing the air out of clay. And the more you have, consciously or unconsciously, ignored the issue that powers your shadow, the harder the slams and smacks needed to disintegrate the bits and pieces, the air bubbles, the gritty bits you avoided working with, that will weaken and compromise the integrity of the clay as it is processed in the transformational high temperatures and fire of the kiln. As we penetrate further and further into the great upheaving transformational process known as The Shift of The Ages, or ascension, the energies continue to manifest some real heavy dense stuff. It all has to be cleared.

In this great ocean of energy we sometimes bob about, like corks scooped and thrillingly swept up to the heavens, before plunging down into the great troughs of the high storm waves, then bobbing up again. Remember to float and flow with the currents and waves of energy, discern their consciousness, the information they bring, as they flood our realities. We are here to transmute this spectrum of density, to flow into and through it in our diamond light bodies. With clear, open chakras, we are here to run the endless light of universal love, transforming, integrating, and transmitting a steady frequency of unconditional love for all life. It's your choice.