

The Lightworker Series

Messages from Jeshua

channeled by

Pamela Rose Kribbe

The New Earth - I

In this day and age, a transition is taking place on earth. A new consciousness is dawning which will take material shape sooner or later. How exactly this transition will come about, what form it will take, is not fixed. The future is always indeterminate. The only thing that is really given is this moment: the Now. From the well of the Now, countless possible roads are springing, an infinite web of possible futures.

On the basis of the past, we can predict that one particular future is more probable than another, *but the choice is always yours*. It is you who decide whether you let the past determine your future! Predictions are always based on probabilities. Probabilities are related to the past. It is in your power as a human to break with the past, to set out a different course. You are endowed with free will. You have the power to change, to *recreate* yourself. In this power rests your divinity. It is the power *to create from nothing* (to create *ex nihilo*). This divine power belongs to the very essence of who you are.

In speaking of this day and age as an age of transition, never forget that you are the master of your own reality. There is no such thing as a predestined Plan or a Cosmic Power, which overrules your individual soul's path, or your individual power to create your own reality. It doesn't work that way. Every soul on earth will experience this transition in a way that fits his or her inner propensities. There are many realities. The reality you choose will answer your inner needs and desires.

What makes this time (1950 – 2070 approximately) special is that there are two different cycles of consciousness coming to an end: a personal cycle (or: a set of personal cycles) and a *planetary cycle*. The completion of these cycles coincides, so that one reinforces the other.

For a part of humanity, the completion of their personal cycle of earth lives is near. Most of the souls involved in this completion are Lightworkers. We will speak in much more detail about this group of lightworker souls.

Here, we would like to explain the nature of this personal cycle: what it means to go through it and what is the purpose of living all these – quite complicated - lives on Earth.

The personal karmic cycle

The earth lives you experience are part of a greater cycle of your soul. This cycle was designed to enable you to fully experience duality. You have – within this cycle - experienced what it is like to be male, to be female, to be healthy and ill, to be rich or poor, to be 'good' and 'bad'. In some lives, you were intensely involved with the material world, being a farmer, worker or craftsman. There have been more spiritually oriented lives, in which you carried within you a strong awareness of your spiritual origins. In those lives, you were often drawn to religious callings. Also, there have been lives in which you explored the worldly domain of power, politics etcetera. There may have been lives devoted to an artistic expression of yourself.

Often, souls tend to specialize somewhat in the course of all these lives. This can clearly be recognized in people who possess a natural gift in a certain area. It seems they have a potential there, even as a child, which only needs to be touched at the right time and which is then easily developed.

Lightworker souls are often drawn to religious lives, and have lived numerous lives as monks, nuns, priests, shamans, witches, psychics etcetera. They were drawn to be intermediaries between the material, physical world and the spiritual realms. And so they developed an 'expertise' in this field. When you feel this calling, this strong urge to be involved with spirituality, even if it does not fit in with your normal daily life, you may very well be part of this family of Lightworkers.

Living on Earth provides you with an opportunity to fully experience *what it is like to be a human*. Now, you may ask: what's so special about being human? Why would I want to experience that? The human experience is both diverse and intense. When you live a human life, you are temporarily immersed within an overwhelming field of physical sensations, thoughts and feelings. Because of the duality inherent in this field, there is great contrast and intensity in your experiences. Much greater than when you are in the astral planes, as you call it. (These are the planes you enter after you die and where you stay in between lives). It may be hard to imagine for you, but many entities on our side would love to be in your shoes. They would love to be human, to gain human experience. The human experience has a kind of *realness* to it, which is invaluable to them. Although they can create countless realities by the power of their imagination, it gives them less satisfaction than the creation of one 'real' reality on earth.

On earth, the creation process is often a struggle. You typically meet a lot of resistance in making your dreams come true. The mental type of

creation in the astral world is much easier. There is no time lag between the thought of something and the actual creation of it. Moreover, you can create any reality you want or can think of. There are no limits. The moment you picture a lovely garden, it is there for you to enter. To give birth to an idea on earth, to make it a reality in the material world, is a great endeavour. It demands a strong intention, perseverance, clarity of mind and a trusting heart. On earth, you have to deal with the slowness and stubbornness of the material world. You have to deal with contradictory impulses in yourself, with doubt, despair, lack of knowledge, loss of faith, etcetera. The creation process may be obstructed or even fail because of any of these elements. Yet these potential problems, even the failures, are the very reasons that make the experience of earthly life so valuable. In this process, the challenges you meet are your greatest teachers. They give earth experience a profundity that is so much deeper and broader than the effortless creation process on the astral planes. This effortlessness breeds meaninglessness. (We will come back to this point below). The astral entities which have not yet experienced lives on Earth know and understand this.

You often get discouraged and even desperate by the non-compliant nature of your reality. So often, reality does not answer your wishes and hopes. So often, your creative intentions seem to end up in pain and disillusion. However, you *will* find that key to peace and happiness at some point. You will find that key *within your own heart*. And when you do, the joy that will befall you will not be matched by anything created in the astral planes. It will be the birth of your mastership, your divinity. The ecstasy you will experience when your divinity awakens will provide you with the power to heal yourself. This divine love will help you recover from the deep hurts you have suffered throughout your lives on earth.

After that, you will be able to help cure others who have been through the same trials and sorrows. You will recognize their pain. You will see it in their eyes. And you will be able to guide them on their path to divinity.

The purpose of going through duality

Please do not underestimate the meaning of your lives on earth. You belong to the most creative, advanced and courageous part of God (All-That-Is). You are explorers of the unknown and creators of the new. Your explorations through the realm of duality have served a purpose beyond your imagination. It is hard to explain to you the deepest meaning of your travels, but we can say that you have created a new type of consciousness, one that did not exist previously.

This consciousness was first displayed by Christ, when he walked the earth. This consciousness, which we call the Christ consciousness, results from a *spiritual alchemy*.

Physical alchemy is the art of transforming lead into gold. Spiritual alchemy is the art of transforming dark energy into "the third energy", the spiritual gold present in the Christ energy.

Please note that we do not say that the purpose is to transform dark into light, or evil into good. Dark and light, evil and good are natural opposites; they exist by the grace of one another.

True spiritual alchemy introduces a 'third energy', a type of consciousness which embraces both polarities through the energies of love and understanding. The true purpose of your journey is not to have Light conquer Dark, but to go beyond these opposites and to create a new type of consciousness, which can maintain unity in the presence of both light and dark.

We will explain this rather difficult point by means of a metaphor.

Imagine you are deep-sea divers in search of a pearl. Time and again you dive into the ocean to find this particular pearl, which everyone talks about but nobody has actually seen. Rumours go that even God, the Chief Diver, has never touched the pearl.

Diving into the ocean is full of perils, since you can get lost or go too deep to catch your breath in time. Still, you persist and dive into this ocean time and again, for you are determined and inspired. Are you insane?

No, you are explorers of the new.

The secret is: *in the process of finding the pearl, you are creating it*. The pearl is the spiritual gold of the Christ consciousness. *The pearl is you, transformed by the experience of duality*.

What we have here, is a true paradox: in exploring the New, you are creating it. *You have become the pearl of God's creation*.

God had no other way of doing it, for what you were to find, did not exist yet: it had to be created by you. Why was God so interested in creating something new? Let us state this in as simple a way possible. First, God was entirely GOOD. There was goodness everywhere and all around. In fact, because there was nothing else, things were kind of static. His creation lacked aliveness; it lacked the possibility of growth and expansion. You might say it got stuck.

To create change, to create an opportunity for movement and expansion, God had to introduce an Element in his creation that was different from the Goodness that pervaded everything. This was very hard for God, for how can you create something that is not-you? How can Goodness create Badness? It can't. So, God had to come up with a trick, so to speak. This trick is called IGNORANCE.

Ignorance is the element that opposes Goodness. It creates the illusion

of being outside Goodness, of being separated from God. "Not knowing who you are" is the incentive behind change, growth and expansion in your universe. Ignorance breeds fear, fear breeds the need to control; the need to control breeds the struggle for power: and there you have all the conditions for "Evil" to flourish. The stage has been set for the battle between Good and Bad.

God needed the dynamics of opposites to 'un-stuck' his creation. It may be very hard for you to comprehend, in view of all the suffering caused by ignorance and fear, but God put great value on these energies, since they provided him with a way *to go beyond Him/Herself*.

God asked you, the ones that belong to the most creative, advanced and courageous part of Herself, to take the veil of Ignorance. In order to experience the dynamics of opposites as thoroughly as possible, you were temporarily soaked in forgetfulness about your true nature. You consented to take this plunge into ignorance, but this fact was overlain by the veil of forgetfulness as well. So now you often curse God for being in the situation you're in: the hardships, the ignorance – and we understand. In essence though, *you are God, God is you*.

Despite of all the troubles and sorrow, deep down within you there is still a sense of wonder and excitement about living in duality, about experiencing and creating the New. This is God's original excitement, the reason he started with his journey through You in the first place.

Despite of all the troubles and sorrow, deep down within you there is still a sense of wonder and excitement about living in duality, about experiencing and creating the New. This is God's original excitement, the reason he started with his journey through You in the first place.

When you started out your journey, you faced Evil (fear, ignorance) with only a vague memory of the Good (Home) in your mind. You started to battle fear and ignorance, while longing for Home. However, you will not return Home in the sense of returning to a state in your past. For creation has changed because of your journey. The end of your journey will be that you have become larger than good and evil, light and dark. You will have created a third energy, the christ energy, which embraces and transcends both. You will have expanded God's creation. You will be the New Creation of God. God will have gone beyond Him/Herself when the Christ consciousness is fully born on earth.

The Christ consciousness did not exist before the "human experience". The Christ consciousness is the consciousness of one who has gone through the multilayered experience of duality, has come to terms with it, and emerges 'on the other side'. He will be the inhabitant of the New Earth. This one will have let go of duality. He will have recognized and embraced his own divinity. He will have become one with his divine

Self. But his divine Self will be different than before. It will be deeper and richer than the consciousness from which it was born. Or one could say: God will have enriched Him/Herself by having gone through the experience of duality.

This story is simplified and distorted, as anything we say is distorted by the illusions of time and separation. These illusions have served a valuable purpose. But the time has come to go beyond them. Please try to feel the energy behind our words, stories and metaphors.

This energy is in a sense *your own*. It is the energy of your future *christed* selves that is speaking through me, Jeshua. We are waiting for you to join us.

How to overcome duality (the completion of the karmic cycle)

Your earthly cycle of lives ends when the game of duality does not longer have a hold on you. It is essential to the dualistic Game that you identify yourself with a particular position in the playfield of polarities. You identify yourself with being poor or rich, famous or humble, man or wife, hero or villain. It really doesn't matter that much which part you are playing. As long as you feel one with the actor on the stage, duality still has a firm grip on you.

This is not wrong of course. In a sense it was meant to be that way. You were meant to forget about your true self. To experience all the aspects of duality, you were meant to narrow your consciousness down to a particular role in the Drama of earth live.

And you played well. You got so caught up with your roles that you totally forgot about the aim and purpose of going through this cycle of lives to begin with. You were so forgetful about yourself, that you took the games and dramas of duality to be the only reality there is. In the end, this made you very lonely and full of fear. Unsurprisingly, since the very game of duality, as noted in the previous section, is based on the elements of ignorance and fear.

To understand the workings of duality in your everyday life, we would like to mention a few typical hallmarks of the duality game.

Characteristics of the Duality Game

1) Your emotional life is essentially unstable. There is no emotional anchor present, since you are always at the "up" or "down" side of a particular mood. You are angry or forgiving, narrow-minded or generous, depressed or enthusiastic, happy or sad. Your emotions perpetually fluctuate between extremes. You seem to have only limited control over these fluctuations.

2) You are intensely involved with the outer world.

It is very important to you how other people judge you. Your self-esteem depends on what the outer world (society or your loved ones) mirrors back to you about who you are. You are trying to live up to their standards of right and wrong. You are doing your very best.

3) You have strong opinions about what's good and what's bad.

Being judgmental gives you a sense of security. Life is so well-organized when one divides actions, thoughts or people into right and wrong.

Common to all these characteristics is that in all that you do or feel, you *are not really there*. Your consciousness resides in the outer layers of your being, where it is driven by fear-oriented patterns of thought and behaviour.

Let us give an example again. If you're used to being nice and agreeable all the time, you are displaying a pattern of behaviour that does not spring from your inner being. You are in fact suppressing signals from the inner part of you. You are trying to live up to someone else's expectations, in order not to lose their love, admiration or care. You are reacting from fear. You are limiting yourself in your expression. The part of you that is not expressed will however live a hidden life of its own, creating dissatisfaction and tiredness in your being. There may be anger and irritation present in joy, which no one is aware of, not even you!

The way out of this state of self-denial is to make contact with the suppressed and hidden parts within you.

Making contact with the suppressed and hidden parts within you is not difficult, in the sense that it requires particular skills or knowledge to do so. Don't make 'going within' a difficult process that others have to teach you or do for you. You can do it yourself and you will find your own ways of doing it. Motive and intent are far more important than "skills" and "methods". If you really intend to know yourself, if you are determined to go deep within and change the fearful thoughts and emotions that block your way to a happy and fulfilled life, *you will do it*, through any method that comes along.

Having said that, we'd like to offer one simple symbolic visualisation which may help you get in touch with your emotions.

Take a moment to relax the muscles in your shoulders and neck, sit straight up and put your feet flat on the floor. Take a deep breath. Picture yourself walking on a country road under a wide open blue sky. You take in the sounds of nature and you feel the wind through your

hair. You are free and happy. Further down the road, you suddenly see some children running toward you. They are getting closer to you. How does your heart respond to this sight?

Then the children are in front of you. How many are they? How do they look? Are they boys, girls, or both?

You say hello to all of them. Tell them how happy you are to see them. Then you make contact with one child in particular. This one is looking you in the eye. She or he has a message for you. It is written in the child's eyes. Can you read it? What does it want to tell you? It is bringing you an energy that you need right now. Name the energy that this inner child has come to bring you, and don't judge it. Simply thank her or him, and then release the image.

Feel the earth firmly under your feet again and breathe deeply for a while. You just contacted a hidden part of yourself.

You can go back to this scene anytime you want, and perhaps talk to the other children there as well.

By going within, and making contact with the hidden, suppressed parts of yourself, you are becoming *more present*. Your consciousness is rising above the fear-motivated patterns of thought and behaviour, that you have taken for granted for such a long time. It is taking responsibility for itself. It takes care of the sorrow, anger and hurt inside, like a parent takes care of its children. We will describe this process in much more detail elsewhere. (See Lightworker III, yet to be translated).

Characteristics of releasing duality

- 1) You listen to the language of your soul, which speaks to you through your emotions
- 2) You act upon this language and create the changes your soul wishes you to make
- 3) You value quiet time alone, for only in silence can you hear the whispers of your soul
- 4) You question the authority of thought patterns or rules of behaviour which block the free expression of your true inspiration and aspirations.

The turning point in letting go of duality

Your earthly cycle of lives draws to a close when your consciousness is able to hold all the experiences of duality in its hand, while remaining centered and fully present. As long as you identify with one aspect of duality rather than other (with light as opposed to dark, with rich as opposed to poor etc. etc.), your consciousness is on a swing. Karma is

nothing but the natural harmonizer for the swings that your consciousness engages in. You release your ties to the karmic cycle when your consciousness finds its anchor point in the motionless centre of the seesaw.

This centre is the exit point for the karmic cycle. The predominant feeling tones in this centre are stillness, compassion and quite joy. Greek philosopher had premonitions of this state which they called *ataraxia*: imperturbability.

Judgement and fear are the energies that most take you off-center. As you release these energies more and more, you become more quiet and open inside. You truly enter another world, another plane of consciousness.

This will be manifested in your outer world. It will often be a time of change and saying goodbye to aspects in your life that do not reflect YOU anymore. Great upheavals may occur in the area of relationships and work. More often than not, your whole lifestyle turns topsy-turvy. This is only natural, from our perspective, since inner changes are always the forerunner of changes in your outer world. Your consciousness creates the material reality you dwell in. It is always that way.

Releasing the grip of duality takes time. Unravelling all the layers of darkness (un-consciousness) is a gradual process. Yet, once you embark upon this road, the road to the inner Self, you are slowly distancing yourself from the game of duality. When you have tasted the true meaning of 'ataraxia', the turning point is taken. When you have felt the silent yet all-pervading joy of simply *being with yourself*, you will know that that is what you've been looking for all along. You will go inward time and again, to experience this peace inside.

You will not shy away from worldly enjoyment. But you will have found an anchor of divinity within yourself, and experience the world and all its beauty from that state of bliss.

Bliss never resided in material things to begin with. It resides in the way you experience them. When there is peace and joy in your heart, the things and people you meet will give you peace and joy.

In this day and age, a certain group of souls is preparing itself to step off the karmic cycle. We will speak in depth about this group in chapters to come. However, it is not just a group of human souls that now reaches the end of a transformative personal cycle. The very earth on which you live is undergoing a deep and thoroughgoing transformation. A planetary cycle is coming to an end as well.

This era is so special because of these two cycles coinciding.

We will now speak about the planetary cycle.

New Earth II

The planetary cycle

Everything that evolves in cycles, planets as well as humans.

It is not exceptional for (groups of) individual souls to step off the karmic cycle at some point of time. What makes this era special, however, is that the earth herself is completing a major karmic cycle. The earth is involved in an inner transformation which will result in a new type of consciousness in her being as a planet. At whatever point individual souls are within their own cycle, the earth's transformation process will affect them.

The earth is your house.

Compare it to the house you live in. Imagine that it is being rebuilt. This will greatly affect your daily life. Depending on your state of mind, you will experience it as a welcome change or a disrupting and upsetting event. If you were planning and looking forward to rebuilding your house anyway, you are 'in synch' with the changes and you can go with the flow. The earth's transformation process will support and enhance your personal transformation process.

If you did not want to have your house rebuilt at all, you will feel frustrated by the chaos surrounding you. The inner earth changes will throw you off balance.

For the ones who are welcoming the inner changes of your planet earth, these will be extremely empowering times. You will be lifted by the wave of Light that is presently flooding your universe.

At present, the earth almost cracks beneath the karmic burden of humanity. The negativity and violence which springs from this karmic burden, form a kind of energetic waste that the Earth is hardly able to process (neutralize and integrate).

Focus your consciousness for a moment on the heart of the earth. Relax and focus.....can you feel something there? Can you feel how the earth is being torn apart; there is so much violence upon her.

The earth is feeling powerlessness and resistance at the same time. She is on the verge of creating a new foundation for her being. The earth is going to release the energies of struggle, competition and drama: on inner and outer levels. The new foundation that is dawning within her is the energy of the heart, the energy of balance and connectedness: the living Christ-energy.

The earth, just like humanity, is involved in a learning experience. Just like humanity, her consciousness is evolving and transforming itself. As

with humanity, her journey started from a certain type of ignorance or unconsciousness about her own being.

The earth once was a "dark planet", which absorbed or swallowed the energies surrounding her. She took in energies or beings that she encountered and she assimilated them completely: she took away their uniqueness and in a sense 'killed' them. This sprung from a desire for expansion. The earth somehow sensed a lack or inadequacy within her, which she interpreted as a need to conquer and assimilate other energies. Since the earth did not give anything back to these energies, there was not really an interaction between them. It was a deadly and deathlike process.

At a certain time, the earth became aware that this process did not satisfy her. She felt that something lacked in this way of feeding herself. Her sense of inadequacy was not relieved by it. Her urge towards expansion was not satisfied by making energy dead.

At this moment, within earth consciousness the desire was born for liveliness, for Life. Not that the earth was fully aware of it. She just knew she wanted something else, something new, a kind of interaction with other energies which would not end up in the reduction of those energies to earth-energy. Within earth-consciousness a space was created for *the experience of something different than herself*.

Energetically this meant the beginning of life on earth.

It is a cosmic law that all deeply felt desires will ultimately create the means for their realisation. Desires, which are essentially a mixture of thought and feeling, are *creative* energies. This holds for planets as well as people. Within earth as a planet a longing had arisen, a longing to experience life. A longing to preserve and cherish life, in stead of destructing it.

And so it happened.

When life came to earth, the earth herself started to bloom and blossom. She entered a new domain of experience, which fulfilled her with a sense of surprise and satisfaction. She was surprised that such a simple longing, such a vaguely felt need, would bring about such grand and novel developments.

On earth, a grand experiment of life-forms unfolded. Many life-forms were drawn to manifest themselves on earth and to experiment with the energies present. The earth became a breeding place of novelty. There was freedom to explore new roads, new possibilities. There was and still is free will for all creatures.

With the creation of life, the earth and all living creatures upon it started to pursue a certain line of inner development. This path of experience had as its central theme: *the balance between giving and taking*.

At the inner level of consciousness, the earth has been striving for aeons of time to find the right balance between giving and taking. As a planet, earth gives and takes life. In earth's 'dark period', the stage in which she absorbed and liquidated energies, the accent strongly was on 'taking'.

At present, she has landed on the other extreme: giving to the limit of what she can give.

The earth has long tolerated violence and exploitation by humanity, for this was karmically fitting in a sense. The earth had to explore the other side of power and oppression. Her actions as an offender incited the opposite experience of being a victim, like a boomerang. That is how karma works. It's not a matter of punishment. To really understand and come to terms with the issue of power, you have to experience both sides to it. Anything you struggle with or want to assert power over, you will meet again, as victim or offender, until you will recognize that you are both ONE, both part of the one divine energy.

The ruthless exploitation of earth in current times, then, is to some extent karmically adequate, since it has provided the earth with an opportunity to come to a full understanding of the balance between giving and taking. However, the limits to which disrespect and exploitation are karmically adequate are within sight.

The earth has reached its understanding of the balance and is completing her karmic cycle of consciousness. She has attained a level of love and awareness now that will not tolerate human abuse for much longer. This level of consciousness will cause her to attract like-minded energies, which savour harmony and respect, and to repel energies with destructive intent.

The time has come for a new balance between giving and taking. On the "new earth", there will be peace and harmony between planet earth and all that lives upon her: man, plant and animal. The harmony and heartfelt connectedness between all beings will be a source of great joy and creativity.

The transition from old earth to new earth is a process that is not fixed in time and character. Much depends upon the choices made by humanity, the choices made by all of you as individuals right now.

A lot of predictions have been and are being made about this time of transition. Making such predictions is always a dubious affair. The point is: your visible material reality is a manifestation of inner, collective states of consciousness. Consciousness is, as we put it at the start (see *New Earth I*), *free and creative*. At any time, you can decide to change your future by thinking and feeling differently. You have power over your thoughts and feelings. At any time, you can say 'no' to limiting, destructive thoughts or feelings. This counts for you, as an individual, but it also goes for larger groups of people.

When a substantial group of individuals chooses freedom and love, over self-hate and destruction, then this will manifest itself in material reality. The earth will react to it. She is sensitive to what takes place inside of people. She responds to your inner movements.

By this, we would like point out, that no one, not even 'on our side', is able to make accurate predictions as to the way in which the New Earth will be birthed.

It is clear, however, that the group of souls now completing their karmic cycle (see New Earth I) is closely connected energetically to the New Earth. These people, who often feel deeply connected to the ideals embodied in the New Earth, will have beautiful opportunities to grow and release, because of the planetary and personal cycle coinciding.

Lightworkers I

The Lightworker's identity

Lightworkers are souls who carry the strong inner desire to spread Light (knowledge, freedom, and self-love) on earth. They sense this as their mission. They are often attracted to spirituality and to therapeutic work of some kind.

Because of their deeply felt mission, lightworkers often feel different from other people. By experiencing different kinds of obstacles on their way, life provokes them to find their own, unique path. Lightworkers nearly always are solitary individuals, not fitting into fixed societal structures.

A note on the notion of 'lightworker'

The word 'lightworker' may evoke misunderstanding, since it lifts out a particular group of souls from the rest. In addition, it may be taken to suggest that this particular group is somehow superior to the others, i.e. those 'not working for the light'. This whole line of thought is at odds with the very nature and intent of lightwork. Let us state briefly what is wrong with it.

First, claims of superiority are generally unenlightened. They block your growth toward a free and loving consciousness. Second, Lightworkers are not 'better' or 'higher' than anyone else. They simply have *a different history* than the ones not belonging to this group. Because of this particular history, which we will discuss below, they have certain psychological characteristics which distinguish them as a group. Third, every soul becomes a lightworker at some stage of its unfolding, so the label 'lightworker' is not reserved to a limited number of souls.

The reason we use the word "lightworker" (despite possible misunderstandings) is because it carries associations and stirs memories within you that *help you remember*. There is a practical convenience to it as well, since the term is frequently used in your current spiritual literature.

Historical roots of lightworkers

Lightworkers carry within them the ability to attain spiritual awakening faster than other people. They carry inner seeds for a rapid spiritual awakening. With regard to this, they seem to be on a faster track than most people, if they choose so. This, again, is not because lightworkers are in anyway 'better' or 'higher' souls. They are, however, *older* than most souls presently incarnate on earth. This older age should preferably be understood in terms of 'experience', rather than 'time'.

Lightworkers have reached a particular stage of enlightenment, before they incarnate on earth and start their mission. They consciously choose to become entrenched in the 'karmic wheel of life' and to experience all forms of confusion and illusion that go with it.

They do this in order to fully understand 'earth experience'. This will enable them to fulfil their mission. Only by going through all stages of ignorance and illusion themselves, they will eventually own the tools to help others achieve a state of true happiness and enlightenment.

Why do lightworkers pursue this heartfelt mission to help humanity, thereby running the risk of losing themselves for ages in the heaviness and confusion of earth life? This is a question we will deal with extensively below. We will say now, that it has to do with a *galactic type of karma*. Lightworkers stood on the eve of humanity's birth on earth. They took part in the creation of man. They were co-creators of humanity. In the process of creation, they made choices and acted in ways which they came to regret deeply afterwards. They are here now to make up for their decisions back then.

Before we will go into this particular history, we will name a few characteristics of lightworker souls, which generally distinguish them from other people. These psychological traits do not uniquely belong to lightworkers, and not all lightworkers will recognize all of them as theirs. By drawing this list, we simply want to give an outline of the lightworker's psychological identity. With regard to the characteristics, outer behaviour is of less importance than inner motivation or felt intent. What you feel inside is more important than what you show outside.

Psychological characteristics of lightworkers:

- From early on in their life, they feel they are *different*. More often than not, they feel isolated from others, lonely and misunderstood. They will often become *individualists*, who will have to find their own unique ways in life.

- They have trouble feeling at home within traditional jobs and/or organisation structures. Lightworkers are naturally *anti-authoritarian*, which means they naturally resist decisions or values based solely on power or hierarchy. This anti-authoritarian trait is present even if they

seem timid and shy. It is connected to the very essence of their mission here on earth.

- Lightworkers feel *drawn to helping people*, as a therapist or as a teacher. They may be psychologists, healers, teachers, nurses, and etcetera. Even if their profession is not about helping people in a direct manner, the intent to contribute to the higher good of humanity is clearly present.

- Their vision of life is coloured by a *spiritual sense* of how all things are related together. They consciously or subconsciously carry memories within them of non-earthly spheres of light. They may - occasionally - feel *homesick* for these spheres and feel like a stranger on earth.

- They deeply *honour and respect life*, which often manifests as a fondness for animals and a concern for the environment. The destruction of parts of the animal and vegetable kingdom on earth by man's doing invokes deep feelings of loss and grief in them.

- They are *kind-hearted, sensitive and emphatic*. They may have trouble dealing with aggressive behaviour and they generally experience difficulties in standing up for themselves. They can be dreamy, naïve or highly idealistic, as well as insufficiently grounded, i.e. down-to-earth. Because they easily pick up (negative) feelings and moods of people around them, it is important for them to spend time alone on a regular basis. This enables them to distinguish between their own feelings and those of others. They need solitary time to touch base with themselves and with mother earth.

- They have lived *many lives on earth* in which they were deeply involved with *spirituality and/or religion*. They were present in overwhelming numbers in the old religious orders of your past, as monks, nuns, hermits, psychics, witches, shamans, priests, priestesses, etcetera. They were the ones providing a bridge between the visible and the invisible, between the daily context of earth-life and the mysterious realms of the afterlife, of God and the spirits of good and evil. For fulfilling this role, they were often rejected and persecuted. Many of you were sentenced to the stake for the gifts you possessed. The traumas of persecution left deep traces within your soul's memory. This may presently manifest as a fear to be fully grounded, i.e. a fear to be really present, because you remember being brutally attacked for who you were.

Getting lost: the lightworker's pitfall

Lightworkers can be caught up in the same states of ignorance and illusion as anyone else. Although they start from a different point of departure,

their capacity to break through fear and illusion in order to attain enlightenment may be blocked by many factors. (By enlightenment we mean the state of being in which you realize that you are essentially of the Light, capable of choosing light at any time).

One of the factors blocking the road to enlightenment for lightworkers is the fact that they carry a heavy karmic burden, which may lead them astray for quite some time. As we stated before, this karmic burden is related to decisions they once made with regard to humanity in its infant stages. These decisions were essentially disrespectful of life (we will speak of this later in this chapter). All lightworkers now living wish to set right some of their past mistakes and to restore and cherish what has been destroyed because of it.

When lightworkers have made their way through the karmic burden, which means to *release the need for power in any way*, they will realize that they are essentially beings of light. This will enable them to help others in finding their own true self. But first they have to go to that process themselves. This generally demands great determination and perseverance on the inner level. Because of the values and judgments fed to them by society, which often go against their own natural impulses, many lightworkers have got lost, ending up in states of self-doubt, self-denial and even depression and hopelessness. This is because they cannot fit into the established order of things and they conclude there must be something terribly wrong with them.

What lightworkers have to do at this point is to stop looking for validation from the outside, from parents, friends or society. At some point of time, you (who are reading this) will have to take the momentous leap to *true empowerment*, which means to really believe in yourself and to truly honour and act upon your natural inclinations and your inner knowing. We invite you to do so, and we assure you that we will be with you every step of the way - just like you will be there for others on their way, in the not too distant future.

Lightworkers II

The galactic history of Lightworkers

The birth of the soul

Lightworkers souls were born long before the earth and humanity came into being.

Souls are birthed in waves. There is a sense in which souls are eternal, with no beginning and no end. But in another sense, they are born at some point. It is at this point that their consciousness reaches a *sense of individual self*. Before this point, they are already there, as a *possibility*. There is no consciousness yet of me and other.

The consciousness of 'me' arises when somehow a demarcation line is drawn between groups of energies. We have to revert to metaphors in order to explain this.

Think of the ocean for a moment and imagine it to be a huge field of flowing energies: streams that mingle and part constantly. Imagine that a diffuse consciousness pervades the entire ocean. Call it the ocean spirit if you want. After a while, concentrations of consciousness arise at certain places of the ocean. Consciousness here is more focused; less diffuse than in its direct surroundings. All over the ocean, there is an ongoing differentiation, which leads to the development of transparent forms within the ocean. These forms, which are focused points of consciousness, move independently from their environment. They experience themselves as different from the ocean (spirit). What occurs here is the birth of a rudimentary sense of self or self-consciousness.

Why did focused points of consciousness arise in some parts of the ocean rather than in others? This is very hard to explain. Can you feel, however, that there is something very natural about this proceeding? When you throw seeds on a bed of earth, you will notice that the little plants that sprout will each grow in their own time and rhythm. One will not grow as large or as easy as the other. Some will not grow at all. There is differentiation across the field. Why? The energy of the ocean (the ocean spirit) intuitively seeks the best expression possible for all its multiple streams or layers of consciousness.

During the formation of individual points of consciousness within the ocean, there is a power that works on the ocean from the outside, or so it seems. This is the power of divine inspiration, which can be conceived as the male aspect of That which created you. Whereas the ocean represents the female, receptive side, the male aspect may be visualized as light beams, pouring into the ocean, which enhance the process of differentiation and the separation into individual lumps of consciousness. They are like the sunrays that warm the seedbed. The ocean and the light-beams together form an entity or being that may be referred to as an arch-angel. It is an *archetypical* energy with both a male and a female aspect and it is an *angelic* energy that manifests or expresses itself to you. We will come back to the notion of an arch-angel in more detail in chapter.....

After the soul is born, as an individual unit of consciousness, she slowly leaves the oceanic state of oneness that had been her home for a long time. She increasingly becomes aware of being separate and on her own. With this awareness, a sense of loss or lack arises in her being for the first time. When she embarks upon her road of exploration as an individual entity, she will carry with her a certain longing for wholeness, a desire to belong to something bigger than herself. Deep within, she will keep the memory of a state of consciousness in which everything is one, in which there is no 'me' and 'other'. This is what she considers 'home' to be: a state of ecstatic oneness, a place of complete safety and fluidity. With this memory 'in the back of her mind', she starts her travels throughout reality, throughout countless fields of experience and inner exploration. The newborn soul is driven by curiosity and has a great need for *experience*. This was the element that was absent in the oceanic state of oneness. The soul now is able to freely explore anything she wishes. She is free to search for wholeness in all sorts of ways.

Within the universe, there are countless planes of reality to explore. The earth is simply one of them, and one that came into being relatively late, speaking on a cosmic scale. Planes of reality, or dimensions, always originate from inner needs or desires. Like all creations, they are the manifestation of inner visions and ponderings. Earth was created from an inner desire to bring together elements from different realities that clashed with each other. Earth was intended to be a melting-pot for a great array of influences. We will explain this further below. Now it suffices to say that the earth was a relative late-comer on the cosmic stage and that many souls lived many lives of exploration and development on other planes of reality (planets, dimensions, star systems, etcetera), before the earth was even born.

Lightworkers are souls who lived many, many lives on these other planes, before they ever incarnated on earth. This is what distinguishes them from 'earth souls', as we will call them for the sake of convenience. Earth souls are souls who incarnated in physical bodies on earth relatively early

in their development as individualized units of consciousness. One might say that they started their cycle of earth lives when their souls were in their infant stage. At that time, the lightworker souls were 'grown-ups'. They had been through many experiences already, and the type of relationship they bore with earth souls may be likened to that of parent and child.

The development of life and consciousness on earth

On earth, the evolution of life forms was closely intertwined with the inner development of the earth souls. Although no soul is bound to a particular planet, the earth souls could well be said to be the natives of your planet. This is because their growth and expansion roughly coincides with the proliferation of life forms on earth.

When individual units of consciousness are born, they are somewhat similar to single physical cells, qua structure and possibility. Just like individual cells have a relatively simple structure, the inner movements of a newborn consciousness are transparent. Not much differentiation has set in yet. There is a world of possibilities at their feet (both physical and spiritual). The development from a newborn unit of consciousness to a type of consciousness that is self-reflective and able to observe and react to its environment, may roughly be compared to the development of a single-celled organism to a complex living organism interacting with its environment in multiple ways.

We are here comparing the development of soul consciousness with the biological development of life, and we do so not just by way of metaphor. In fact, the biological development of life as it took place on earth should be seen against the background of a spiritual need for exploration and experience on the part of the earth souls. This need or desire for exploration called into being the rich variety of life forms on earth. As we said, creation is always the result of an inner movement of consciousness. Although the evolution theory, as presently embraced by your science, correctly describes the development of life forms on your planet to some extent, it completely misses the inner drive, the 'hidden' motive behind this deeply creative process. The proliferation of life forms on earth was due to inner movements on the soul level. As always, spirit precedes and creates matter.

At first, earth souls incarnated in physical forms which best fitted their still rudimentary sense of self: single-celled organisms. After a period of gaining experience and integrating this within their consciousness, the need arose for more complex means of physical expression. That is how more complex life-forms were propelled into being. Consciousness created physical forms to answer the inner needs and desires of the earth souls, whose collective consciousness primarily inhabited the earth.

The formation of new species, and the incarnation of earth souls into individual members of those species, represents a great experiment of life and consciousness. Although evolution is consciousness-driven (not driven by accident and incident) it does not follow a pre-determined line of development. This is because consciousness itself is free and unpredictable.

The earth souls experimented with all kinds of animal life forms. They inhabited several types of physical body in the animal kingdom, but they did not all experience the same line of development. The soul's path of development is much more fanciful and adventurous than you assume. There are no laws above or outside of you. You are the law for you. So, for instance, if you desire to experience life from the standpoint of a monkey, you may at some point of time find yourself living in a monkey's body, from birth onward or as a temporary visitor. The soul, especially the young soul, craves for experience and for expression. This urge to explore accounts for the diversity of life forms that flourished on earth.

Within this great experiment of life, the rise of the human life form marked the beginning of an important stage within the development of soul consciousness on earth. Before explaining this in greater detail, we will discuss the stages of inner soul development in general first.

Consciousness evolving: infant stage, maturity, old age

If we look at the development of soul consciousness after it is born as an individual unit, it roughly goes through three inner stages. These stages are there independent of the particular plane of reality (planet, dimension, star-system) that consciousness chooses to inhabit or experience.

- 1) The stage of innocence (paradise)
- 2) The state of ego ('sin')
- 3) The state of 'second innocence' (enlightenment)

One may compare these stages metaphorically with infancy, maturity, and old age.

After souls are born as individual units of consciousness, they leave the oceanic state of oneness, which they remember as blissful and totally safe. They then go on to explore reality in a whole new way. They slowly grow more aware of themselves and the way in which they are unique in comparison with their fellow-travellers. They are very receptive and sensitive at this stage, like a young child that looks at the world with wide open eyes, expressing curiosity and innocence.

This stage may be called paradisiacal, since the experience of oneness and safety is still fresh in the memory of the newborn souls. They are still close to home; they do not yet question their right to be who they are.

As their journey continues, the memory of home fades, while they immerse themselves in different types of experience. Everything is new in the beginning, and everything is uncritically absorbed at the infant stage. A new stage sets in, when the young soul starts *to experience itself as the focal point of its world*. It then truly starts to realize that there is such a thing as 'me' and 'other'. It starts to experiment with how it can influence its environments by acting upon it. The very notion of doing something that stems from your own consciousness is new. Before, there was a more or less passive taking in of what flows by. Now, there is a growing sense within the soul of its power to exert influence on what it experiences. This is the start of the ego stage. The ego originally represents the ability to use your will to affect the outer world. Please note that the original function of the ego is simply *that which enables the soul to experience itself fully as a separate entity*. This is a natural and positive development within the evolution of the soul. The ego is not 'bad' in itself. It does however tend to be expansive or aggressive. When the newborn soul discovers its ability to influence its environment, it falls in love with the ego. Deep down, there still is a painful memory within the now maturing soul; it remembers home, it remembers paradise lost. The ego seems to hold an answer to this pain, this homesickness. It seems to enable the soul to actively get a grip on reality. It intoxicates the still young soul with the illusion of power.

If there ever was a fall from grace or a fall from paradise, it was this: the young soul consciousness becoming entranced by the possibilities of the ego, by the promise of power. However, the very purpose of consciousness being born as individual souls is to explore, *to experience everything there is*, paradise as well as hell, innocence as well as 'sin'. So, the fall from paradise was not a 'wrong turn'. There is no guilt attached to it, unless you believe it to be. No one blames you, apart from you.

When the young soul becomes mature, there is a shift to a 'me-centered' way of observing and experiencing things. The illusion of power enhances separation between souls, in stead of connectedness. Because of this, loneliness and a sense of alienation set in within the soul. Although it is not really aware of it, the soul becomes a fighter, a warrior for power. Power seems to be the only thing that puts the mind at ease – for a while.

We distinguished a third stage in the development of soul consciousness above: the stage of enlightenment, 'second innocence' or old age. We will have a lot to say about this stage and in particular about the transition from the second to the third stage, in chapter 5 (From ego-based to heart-based consciousness).....

Now, we will return to our tale of the earth souls and we will clarify how the awakening of the ego stage fit in with the appearance of man on earth.

The earth souls entering the ego stage; the appearance of man on earth

The stage in which the earth souls explored plant and animal life coincided with the stage of innocence or paradise on the inner level. Life flourished on earth, under the guidance and protection of spiritual beings from the angelic and devic realms. (Deva's work on the etheric level, i.e. closer to the physical world than angels do). The ether bodies of plants and animals were uncritically receptive to the caring and nurturing mother-energies of the angelic and devic realm. They had no inclination to 'break free' or go off and find their own way of doing things. There still was a great sense of oneness and harmony between all living things.

The rise of the man-ape however, marked a transformation point in the development of consciousness. Essentially, by walking upright and through the development of the brain, the consciousness that resided in the human ape got a better grip on its environment. Consciousness, as incarnated in the anthropoid, started to experience what it was like to have more control over its direct surroundings. It started to discover its own power, its own ability to influence its environment. It started to explore *free will*.

This development was not coincidental. It was a response to an inner need felt by the earth souls, a need to explore individuality on deeper levels than before. The growing self-awareness of the earth souls set the stage for the appearance in biological terms of man, the human being we know.

When the earth souls were ready to enter the ego-stage, the creation of man enabled these souls to experience a life form with *free will*. It also endowed the incarnated consciousness with a greater awareness of 'me' as opposed to 'other'. With this, the stage was set for possible conflicts between 'my interest' and 'your interest', 'my desire' and 'your desire'. The individual was breaking away from the self-evident oneness, the natural order of 'giving and taking', to find out what other roads were available. This marked the 'end of paradise' on earth, but we ask you to conceive of this, not as a tragic event, but as a natural process (like the seasons in your year). It was a natural turn of events that would ultimately enable you (in this day and age) to balance divinity and individuality within your being.

When earth soul consciousness entered the ego stage and started out to explore 'being human', the devic and angelic influences slowly receded into the background. It is in the very nature of these forces to respect the free will of all energies it encounters. They will never exert their influence uninvited. So ego-consciousness got free reign and the earth souls got acquainted with all the kicks and drawbacks of power. This also affected the plant and animal kingdom. One might say that the emerging warrior energy was partly absorbed by these non-human realms, which created a sense of turmoil within them. This is still present today.

When the earth souls craved for new venues of experience, this made them receptive to new outer influences as well. Here, we want to draw attention especially to types of extra-terrestrial, galactic influence, which greatly affected the maturing but still young earth souls. It is at this point of our history also, that the souls which we have called lightworker-souls entered the stage.

Galactic influences on man and earth

By galactic or extraterrestrial influences we mean influences from collective energies associated with certain star systems, stars or planets. In the universe, there are many levels or dimensions of existence. One planet or star may exist in various dimensions, ranging from the material to the more ethereal dimensions. In general, the galactic communities that influenced the earth souls existed in a less 'dense' or material reality than you exist in on earth.

The galactic realms were inhabited by mature souls, who were born long before the earth souls and who were in the prime of their ego stage. When the earth came to be inhabited by all kinds of life forms, and ultimately by man, the extraterrestrial realms watched this development with great interest. The diversity and abundance of life forms drew their attention. They felt something special was going on here.

Between the different galactic communities, a lot of fighting and battling had been going on for a long time. This was a natural phenomenon, in a sense, since the consciousness of the souls involved *needed battle* to find out all about me-centeredness and power. They were exploring the workings of the ego, and as they 'progressed', they became very adept at manipulating consciousness. They became experts in subordinating other souls or communities of souls to their rule, by means of subtle and less subtle psychic tools.

The interest that the galactic communities took in earth was mainly egocentric. They felt an opportunity there for exerting their influence in new and powerful ways. You might say that at that point, the intergalactic battles had reached deadlock. When you fight one another over and over again, you reach a type of balance after a while, a division of power zones so to speak. You know each other so well that you know where there is room to act and where there's not. The situation reaches an impasse in this way, and the galactic enemies hoped for new opportunities on earth. They thought earth might provide the stage for renewing the battle and overcoming the impasse.

The way in which the galactic communities sought to exert their influence on earth was by means of manipulating the consciousness of earth souls. The earth souls were particularly receptive to their influence when they entered the ego stage. Before they did so, they were immune to any

power-motivated outside force, because they had no inclination to exert power themselves. You are immune to aggression and power when there is nothing inside you that these energies can attach to. So, the galactic energies could not access earth soul consciousness before these souls decided to explore the energy of power themselves.

The transition to the ego stage made the earth souls vulnerable because, apart from their intention to explore ego-consciousness, they were still largely innocent and naïve. So, it was not difficult for the galactic powers to infringe their energies upon the consciousness of earth souls. The way they operated is by means of consciousness manipulation or mind-control. Their technologies were very sophisticated. They had psychic tools mostly, not unlike brainwashing through subconscious hypnotic suggestions. They operated on psychic and astral levels but they influenced man up to the material/physical level of the body. They influenced the development of the human brain, narrowing down the range of experience available to human beings. They essentially stimulated fear-related patterns of thought and emotion. Fear was already present in the earth soul's consciousness as a result of the pain and homesickness any young soul carries inside. This existing fear the galactic powers took as their starting point to greatly enlarge the energy of fear and subservience in the earth souls' minds and emotions. This enabled them to control human consciousness.

The galactic warriors subsequently tried to battle their previous galactic enemies through the human being. The struggle of power over humanity was a struggle between old galactic enemies that used human beings as their straw men.

The earth soul's tender sense of individuality and autonomy was cut in its prime by this violent intervention, this war for the heart of humanity. However, the galactic interveners could not truly take their freedom away. However massive the extraterrestrial influence was, the divine essence within each individual soul-consciousness remained indestructible. The soul cannot be destructed, although its free and divine nature may be veiled for a long time. This relates to the fact that power is not, in the end, *real*. Power always achieves its ends through the illusions of fear and ignorance. It can only hide and veil things; it cannot truly create or destruct anything.

Moreover, this very attack on the earth souls did not only bring darkness to earth. It would unintentionally initiate a profound change in the consciousness of the galactic warriors, a turn toward the next stage of consciousness: enlightenment or 'second innocence'.

Galactic roots of lightworker souls

How does the notion of lightworker souls tie in with this history?

Lightworker souls, as you call them, are souls which are deeply connected to the star system of the Pleiades. The Pleiades is a group of stars, seven of which can be seen with the naked eye on earth.

Before they came to earth to incarnate in human bodies, lightworker souls inhabited this star system for a long time. In terms of the three-staged development of consciousness, they spent a large part of their maturity there. It is in this stage, that they explored the ego-consciousness and all the power issues related to it. It was the stage in which they explored darkness and in which they greatly misused their power.

The Pleiadians, at that time, were co-creators of the human being as it developed. Just like other galactic forces, the Pleiadians had the intention of using man as a straw puppet to win dominance in other parts of the universe. They implanted a kind of energetic radar within the human, which would provide them with information (about their enemies).

It is hard to explain the techniques that the galactic powers used in their battles, because they do not match anything in your world, at least not to the extent they perfected it. Essentially, galactic war technology was based on a non-materialist science of energy. They knew the power of the psyche and they knew that consciousness creates physical reality. Their metaphysics were more adequate than the materialist views your current scientist embrace. Because your established science conceives of consciousness as a result of material processes, in stead of the other way around, it cannot fathom the creative and causal powers of the mind.

At the age of the Cro-Magnon, the Pleiadians interfered with the natural development of man at a genetic level. This genetic interference you should conceive as a top-down process of manipulation: they imprinted the human brain/consciousness with particular thought forms that affected the physical, cellular layer of the organism. The effect of these mental imprints was that a robotic, mechanical element was installed in the human brain, which took away part of the natural strength and self-awareness of the human being. There was an artificial implant that made man more suitable as an instrument for the Pleiadians' strategic goals.

By interfering in this way with the development of life on earth, the Pleiadians violated the natural course of things. They did not respect the integrity of the earth souls, who inhabited the evolving human species. In a way they robbed them of their (newly gained) free will.

There is a sense in which no one can rob any soul's free will, as we indicated at the end of the last paragraph. However, in practical terms, because of the Pleiadian superiority at all levels, the earth souls lost their sense of self-determination to an important extent. The Pleiadians looked upon the human beings as tools, as *things* essentially, which helped them realize their goal. At that stage, they were not ready to respect life as

valuable in itself. They did not recognize in 'the other' (their enemies or their slaves) a living soul like themselves.

Now, there is no sense in placing any judgement on this, since it is all part of a grand and profound development in consciousness. I, Jeshua, was part of this history myself. I have been through the extremes of duality myself, performing acts of evil just as well as acts of light.

At the deepest level, there is no guilt, only free choice. There are no victims, no offenders; ultimately, there is only experience.

You, the lightworker souls who once employed these dark means of oppression, have judged yourself very severely for your deeds, afterwards. Even now, you carry a deep sense of guilt inside, which you are partly aware of as the feeling that *you are not good enough* (whatever you do). This feeling originates from a misunderstanding.

It is important to understand that 'lightworker' is not something you simply are or aren't. It is something you *become*, when you go through the journey of experience: experiencing *light and dark*. *Being* light and dark. If we had to name you, we would call you *the christed souls*, instead of lightworkers.

Have you ever had the experience that a bad mistake you made eventually changed things in positive and unexpected ways? Something similar happened as a result of the galactic interference with earth and humanity. In the process of imprinting the earth souls with their energies, the galactic forces actually created a big melting pot of influences on earth. You might say that the battling elements within the different 'galactic souls' were implanted within humanity as a race, thereby forcing the human being to find a way of uniting them or bringing them to peaceful coexistence. Although this severely complicated the journey of the earth souls, it would ultimately create the best chance for a positive breakthrough, a way out of the stalemate situation the galactic conflicts had reached.

Remember, all things are interconnected. There is a level at which the earth souls and the galactic souls are/were driven by the same intent. This is the angelic level. Every soul is in an angel in the deepest core. (We will speak of this in chapter.....) At the angelic level, both the galactic warriors and the earth souls consented to take part in the cosmic drama sketched above.

The galactic interference not only 'helped' earth become the melting pot it was (at the angelic level) intended to be. It also marked the beginning of a new type of consciousness within the galactic warriors.

In ways unforeseen, it marked the end of the ego stage, the end of maturity for them, and the beginning of something new.

The end of the ego stage for lightworkers

The intergalactic wars had reached deadlock before earth came into play. When the battle was renewed on earth, *it was actually transposed to earth*. With this transposition, something started to change within galactic consciousness. The time of the galactic wars was over.

Although they remained actively involved with humanity and earth, the galactic souls slowly retreated into the role of observer. In this role, they started to become aware of a particular kind of *tiredness* within their being. They sensed emptiness within. Although the fighting and battling went on, it did not fascinate them as much as it once did. They started to ask philosophical questions such as: what is the meaning of my life, why am I fighting all the time, does power really make me happy? By raising these questions, their war-weariness grew stronger.

The galactic warriors were gradually reaching the end of their ego stage. They had unknowingly transferred the energy of ego and power struggle to earth, a place that was energetically open to this energy. The human souls were at that time just starting to explore the ego stage of consciousness.

Within the consciousness of the galactic warriors, a certain space was created: a space for doubt, a space for reflection. They entered a transformation phase, which we will describe by distinguishing the following steps:

1. Being unsatisfied by what ego-based consciousness has to offer you, longing for 'something else': *the beginning of the end*.
2. Becoming aware of your ties to ego-based consciousness, recognizing and releasing the emotions and thoughts that go with it: *the middle of the end*.
3. Letting the old ego-based energies inside you die, throwing off the cocoon, becoming your new self: *the end of the end*.
4. The awakening of a heart-based consciousness within you, motivated by love and freedom; helping others making the transition.

These four steps mark the transition from ego-based to heart-based consciousness. Please remember that both the earth, and humanity, and the galactic realms, go through this phase, only not simultaneously. Planet earth is now taking step 3. Many of you lightworkers are also taking step 3, in tune with the earth's inner process. Some of you are still struggling with step 2, and there are some who have arrived at step 4, tasting the delights of heartfelt joy and inspiration.

Large parts of humanity, however, do not desire to release ego-based consciousness at all. They have not entered step 1 of the transition phase yet. This is not something to judge or criticize or grieve about. Try to view it as a natural process, such as the growth of a plant. You do not judge a flower for being a bud in stead of being in full bloom. Try to see it in this light. Making moral judgments about the destructive effects of ego-based consciousness in your world is based on lack of insight in spiritual dynamics. Moreover, it weakens your own strength, since the anger and frustration you sometimes feel by watching the news or reading your newspapers cannot be transformed into something constructive. It merely depletes you and lowers your own level of vibration. Try to see things from a distance, from an attitude of trust. Try to intuitively sense the undercurrents in collective consciousness, the things you hardly read or hear about in the media.

It makes no sense to try and change souls who are still caught up in the reality of ego-based consciousness. They do not want your 'help', since they are not yet open to the heart-based energies you – lightworkers – wish to share with them. Even though they seem to need help to you, as long as they don't want it, they don't need it. It is as simple as that. Lightworkers are quite fond of giving and helping, but they often lose their power of discernment in this area. This leads to a waste of energy and may result in self-doubt and disappointment on the lightworker's part. Please use your power of discernment here, as the desire to help can tragically become *the* pitfall to lightworkers, which prevents them from really completing step 3 of the transition. (We will discuss the notion of 'helping' further in chapter.....)

We will now finish our description of the lightworkers at the end of their ego stage. As we said, at that time you belonged to the star system of the Pleiades and you, like other galactic empires, interfered with humanity when the modern human being took form. When you started to play the role of observer more and more, you got tired of fighting.

The power you had been after for such a long time, resulted in a type of dominance which annihilated the unique and individual qualities of that which you dominated. So, nothing new could enter your reality. You killed everything that was 'other'. This way of proceeding made your reality static and predictable after a while. When you became aware of the emptiness within the struggle for power, your consciousness opened up to new possibilities. A longing arose for 'something else'.

You had completed step 1 of the transition to a heart-based consciousness. The energies of the ego, which had had free reign for aeons of time, settled down and allowed a space for 'something else'. In your hearts, a new energy awakened, like a tender flower. A subtle and quite voice began to speak to you of 'home', a place you had once known but had lost track of along your way. You sensed homesickness within you.

Just like the earth souls, you had once experienced the oceanic state of oneness, from which every soul is born. You gradually evolved from this

ocean as individual units of consciousness. As these 'little souls', you had a great zest for exploration, while at the same time you carried the painful memory inside of a paradise you had had to leave behind.

Once you entered the ego stage of consciousness, later on, this pain was still inside of you. What you essentially tried to do is to fill this empty spot in your heart with power. You sought to fulfil yourselves by playing the game of fighting and conquering.

Power is the energy that most opposes oneness. By exerting power, you isolate yourself from 'the other'. By struggling for power, you distance yourself even more from home: the consciousness of unity. The fact that power leads you away from home, instead of bringing you closer, was hidden from you for a long time, since power is strongly interwoven with *illusion*. Power can easily hide its true face to a naive and inexperienced soul. Power creates the illusion of abundance, fulfilment, recognition and even love. The ego-stage is an unrestricted exploration of the area of power: of winning, losing, struggling, dominating, manipulating, of being the offender and being the victim.

On the inner level, the soul gets torn apart during this stage. The ego-stage entails an attack on the soul's integrity. By integrity we mean the natural unity and wholeness of the soul. With the entrance of ego-based consciousness, the soul gets into a state of schizophrenia. She loses its innocence. On the one hand, she battles and conquers, on the other hand, she realizes it is wrong to damage or destruct other living beings. It is not so much wrong according to some objective law or judge. But the soul subconsciously realizes that she is doing something that opposes her own divine nature. It is in the nature of its own divine essence *to create and give live*. When the soul operates from a desire for personal power, deep within a sense of *guilt* arises. Again, there is no external verdict on the soul which claims her to be guilty. The soul itself realizes she is losing her innocence and purity. While she pursues power on the outside, a growing sense of *unworthiness* is eating at her from the inside.

The stage of ego-based consciousness is a natural stage in the journey of the soul. Actually, it involves the full exploration of one aspect of the soul's being: the will. Your will constitutes the bridge between the inner and the outer world. The will is that part of you that focuses your soul's energy into the material world. The will may be inspired by the desire for power, or by the desire for oneness. This depends on the state of your inner awareness. When a soul reaches the end of the ego stage, the will more and more becomes an extension piece of the heart. The ego or the personal will is not destroyed, but it is flowing in accordance with the heart's wisdom and inspiration. The ego at that point joyfully accepts the heart as its spiritual guide. The natural wholeness of the soul is restored.

When you, the lightworker souls from the Pleiades, landed in step 2 of the transition from ego to heart-based consciousness, you felt the sincere desire to make right what you had done wrong on earth. You realized that

you had ill-treated the living human beings on earth and that you had hindered the free expression and development of the earth souls. You realized that you had violated LIFE itself, by trying to manipulate and control it according to your needs. You wanted to release man from the bonds of fear and limitation, which had brought much darkness into their lives and you felt you could accomplish most in this respect by incarnating into human bodies yourself. *So you incarnated into human bodies, whose genetic make-up was partly created by yourself, in order to transform your creations from the inside.* The souls who went to earth with this mission, intended to spread Light into their own (manipulated) creations. Hence they are called Lightworkers. You made the decision to do this – and to become entangled in a whole series of earth lives – from a newborn sense of responsibility and also from the heartfelt urge to take this karmic burden upon you, so that you would be able to fully let go of the past.

Lightworker III

Lightworkers incarnating on earth

When you incarnated on earth, you had just started the transition from an ego-based to a heart-based consciousness. We have sketched this transition as consisting of four steps. You took the first step when you became aware of your longing for 'something else'. Something different from the struggle for power that filled your lives before.

This struggle provided your lives with purpose and meaning for a substantial period of time. Your fascination with power led you to use man as a straw puppet in your galactic battles. All galactic empires were part of this. But when the 'warring energies' were transposed to earth, with man as their playground, you became more of an observer and you withdrew from direct battles. You watched what took place on earth. You saw the human being develop into something, a state of being, you had reached long before. You had become sophisticated warriors, with refined methods of psychic manipulation and warfare. Man was to become the same, with your genetic implants in place.

These genetic implants caused a high level of *mental* development within the human being. The functions of natural instinct and feeling were more or less suppressed in favour of the function of thinking and reasoning. We mentioned that the galactic influences caused a high level of *fear* within the developing human. In fact, this element of fear was closely connected with the overemphasis on thinking. In a balanced situation, fear is overcome or put into perspective by your natural *intuitive* skills and your ability to *feel* what is right or appropriate to do. However, when the faculty of thinking gets the upper hand, fear tends to be reinforced, since thinking relies on a mechanical logical process that does not allow intuition or feeling to enter the process. When the mental faculty is fed by emotions of fear, it tends to run wild and produce delusional ideas. Ideas about controlling everything and everyone. Dictatorial regimes are an example of this mental faculty running wild.

The answer to fear is never to *think more*. It is to *think less* and trust the flow of life. It is to fall back in the state of grace that is your birthright. It is to *release* instead of to grab hold.

When the stage of ego rule ended within the lightworker souls, they opened up to a new way of being. You intuitively reached out for the energy of the heart. You were in fact looking for a kind of creativity that transcended the mere play with power. You sensed that the struggle for

power was destructive and could not create anything new, since it killed and assimilated everything that was 'other'.

By trying to control and dominate life, whether inside of you or outside of you, you actually try to make reality static and predictable. Ultimately, power is incredibly boring.

When you became aware of this, you realized that your true desire was not to have power, but to be truly creative. To be truly creative is to be in touch with your own divinity.

Since you are divine beings, whatever you do or don't, you are always creating some kind of reality. Creativity is your very nature. In the ego phase, you explored the possibility of *denying* your true nature. Indeed, this is a creative act at some level, in a twisted kind of way. To be truly creative however is to create according to live, not according to death.

When this realisation dawned upon you, the memory of 'home' awoke.

The vague remembrance of a state of pure and blissful oneness entered your consciousness again, and you knew that this was somehow the key to your happiness. But you felt helpless and ignorant, as you had no idea how to go about. You knew that the ego did not hold the answer, but you had not really entered the realm of heart-based consciousness yet.

At the same time, a growing sense of remorse and guilt rose within you about what you had done to the human beings on earth.

Especially on earth, there were splendid opportunities for consciousness to freely express itself in many different ways. Earth was meant to be a unifier of different energies, a melting pot in which differing and even opposing energies could reach a way of coexisting in harmony. The energetic playground of earth was created to house a very heterogeneous set of energies.

The difference between living on earth and living in other places in the 'universe' – whether on physical or on astral levels – is the enormous variety of energies present on earth. Moreover, this variety is not just present as a vast array of life forms or species. It is actually present within one single being, the human being. The human being is able to contain a spectrum of energies that has a wider range than any other being is capable of. You have within you the energy of the murderer and of the saint, the energy of the child, the grown-up and the old, the energy of male and female, the energy of active and passive, the rational and the emotional, the energy of water, air, fire and earth, etcetera. This may seem trivial or simply natural to you, as a human being, but to any other being in the universe, it is quite a feat. It is quite a feat *to be human at all*, without having done anything special.

But the most unique quality of man is the ability to *meld energies* which seemed incompatible before. Man was designed to not just hold all these different energies, but to be a mediator, a builder of bridges between them.

The reason why Spirit or God or All-That-Is came up with the concept of the human being, is that the universe had landed up in a situation of stasis. Consciousness, as it explored life 'outside of oneness', tended to

try out different life forms, on different planes and places in the universe. When a soul had experienced all there was to a particular life form, it left – in the sense of not incarnating in there anymore – and went on to other life forms, which answered its particular needs. *There was no need to transform energy while living in a particular life-form.* When you wanted a change, you switched bodies. This was not because souls were lazy or shallow. Most bodies – ranging in density from physical to astral- offered limited ranges of experience, and therefore limited opportunities to grow or transform while in the body. The body could not hold so many different energies. For example, if you lived on a water planet, where you incarnated as a water being, this enabled you to experience the nature of water in all kinds of ways. The ‘feel’ of being liquid, not fixed, flowing, moving, is indeed wonderful. But when you wanted the experience of being fixed and unmovable, you needed to leave that body and live inside of a mountain for a while. Also, when you lived as galactic beings in search of power, you could not really change your consciousness within that body.

The consequence of this limited or specialized range of experience within a certain body was that the created world of life forms got stuck. It could not grow or expand, and it got sort of locked into stasis.

The human being was designed to span a huge range of energies. It was meant not to specialize. Actually, the division between the sexes brought along *some* specialisation, but the energies of male and female had already gotten so segregated and misbalanced by then that it was simply too complicated to hold them in equal doses within one body. If they’d be poured equally strong into one being in their unbalanced states, you would break down.

The unique power of the human being is the power to hold a wide array of energies and to bring them into a state of creative (not static) balance. Actually, this power is equal to the ability to transform darkness into light, i.e. the power of spiritual alchemy. That which brings the formerly opposing energies into a state of dynamic harmony, is the *christed energy*, the energy that maintains oneness in the face of duality. This is the same energy that transforms darkness, by accepting it and thereby allowing the fear to transform into joy. The christed energy is the ‘third energy’, which unites by accepting. Its alchemic force lies in its quality of being all-embracing, all-accepting and fearless.

You, as a human being, are the *only* being that has this ability for spiritual alchemy. Not the plants, not the animals, not the angels, not the ‘dark lords’ have this power.

All souls can experience what it is like to be light, what it is like to be dark, what it is like to be all the different kinds of beings that live in the universe, but they cannot experience what it is like to transform darkness into light while remaining in your present life form. They cannot imagine what it is like to change on inner levels in such a way that you create a different (physical and spiritual) reality for yourself as you go along.

Souls which are incarnate in other than human life forms also 'create their reality' and have free will, but they have less possibility to span highly different and even opposing states of consciousness while remaining in the same body, in the same (human) form. You, as humans, are bridge builders – or spiritual alchemists – and that is what makes earth and the human being unique.

We now return to our tale of the lightworker souls who felt anguished and regretful about their interference with the human being. They realized that on Earth a whole new game was being set up, a game full of promise, which they had done their best to smother for their own sake. They felt pain because of this. At some level, they also realized they had blocked their own spiritual journey toward light and true joy by their acts of selfishness.

Also, when they awoke from their ego-slumber, they saw that earth was such a beautiful place, a green planet teeming with life. Many of you lightworkers feel connected to the culture or land of Lemuria or Mu, as we prefer to call it. Mu is indeed a 'sunken paradise'. It belonged to an era which cannot actually be located in your current timeframe. It belonged to a different dimension or time set. Earth had not lost its innocence then. In that dimension, you were part of the paradisiacal times on earth, as *angelic beings* that nurtured and looked after life. As we will expound upon later, you are multidimensional beings, dwelling in many planes of reality at the same time. The notion of time is not as fixed and linear as you think. When you acted out your dark side as galactic warriors, you also – in a different time set - acted out a light and pure aspect of yourselves, in Mu, where you prepared the planet for the coming of the earth souls. You contributed to the blossoming of the green planet, and at some level, you knew this when you came out of your 'warrior'- stage of consciousness. You knew you had been destructing that which you had helped to create.

When you realized the promise and the beauty of Earth, you felt the inner urge to go down there and restore what had been damaged. You incarnated into human bodies with the intention to bring light and create heart-based values in an environment that was essentially dominated by ego-tistical values. We want to expand a little on this motive to bring light, because there is something to it that frequently causes confusion and misunderstand within you.

When you lightworkers incarnated on earth, you actually started an *inner* transformation process, in which you would complete your transition from ego-based to heart-based consciousness. You were on the road to fully release ego-based consciousness, and life on earth provided you with the opportunity to deal with what was left of ego-based energy within you. The energies you wished to come clean with, you would meet in the very being you had manipulated and would now dwell in: within the human being, within yourselves.

Your deepest motive for coming to earth was to come to terms with your own inner darkness, and you agreed to meet this darkness within yourself as human beings.

Although you often think you are here to help others or to help mother earth, *the most fundamental reason you are here is to heal yourself.* This is your true light work. All else is secondary.

Your souls at the deepest level wished to take responsibility for the darkness they had spread. However, to take responsibility for your dark side is a *solitary* venture in principle. It does not involve others you need to help or cure. It involves only yourself. You *will* help others in the process, but this is a secondary effect. It is important to realize the right order of things here, you know, since you have a tendency to be too diligent in helping others. This enthusiasm to help others often becomes a pitfall, since your energy gets entangled with the other person and more often than not, you feel depleted and disappointed afterwards. Please remember, *to give more than to receive is not noble or heart-based, it is simply a mistake.* The mistake is that you are in part responsible for someone else's situation or state of mind. This is not true. Everyone is responsible for their own happiness or misfortune. And this is indeed a blessing, as it provides everyone with the power to create and therefore to change their own reality.

You are not here to 'fix' other people or mother earth. You are here to heal the deep wounds within your own being. Please tend to this task and all else will fall into place without any effort on your side.

When you came to earth and incarnated into human bodies, you were inclined to *fight* the energies you wished to overcome. At that stage, you were in a paradoxical situation. On the one hand, you knew you wanted 'something else' than power, and you hated yourselves for what you had done wrong before. But, you were not free of that which you hated in yourselves. You were not free of ego-dominance yet. When you came to earth, you had the tendency to get upset by darkness, to get angry about it, and your reaction was to *fight* it. The paradox is that you wanted to battle egotistical energies through struggle, the very energy that you wished to let go off.

You were as yet not aware of the true implications of a heart-based consciousness. When you observe from the heart, there is no battle between Good and Bad. The reality of the heart transcends both. The heart does not oppose darkness. Heart-based consciousness is founded upon *acceptance* of everything, of all that is. It is a type of consciousness that releases the idea that struggle will solve anything.

Although you longed for a peaceful, non-struggling way of dealing with reality, you had no experience with actually living out this ideal. You were in an 'in between-zone' really, a piece of no man's land before you enter a new realm of consciousness.

So, you started to make all kinds of 'mistakes', in the sense of falling back into ways of being that you wanted to let go of. You were anxious to change or convert anyone or any group who displayed ego-like behaviour or embraced ego-based values. They, however, responded aggressively to you, oftentimes not even understanding what you were trying to convey to them. Lightworkers have been prosecuted for centuries, as witches, heathens or (political) agitators. They seemed to be driven by ideals that the world was not ready for. They seemed different and would not fit in. They typically met with a lot of resistance.

What happened here is that you switched into the role of victim, after having played the role of offender for quite some time in the galactic realms. Your 'spiritual anger' evoked angry responses from your environment, and you became the victim, experiencing humiliation, deep pain and disempowerment. The trauma of being rejected and/or cast out repeatedly in several lives has left scars on your soul. You ended up feeling disempowered and unwelcome. Many of you in this lifetime feel tired and homesick for a more loving and meaningful world.

It is very important for you to realize that the victim role is just that: a role you play. It is one possible interpretation of the facts, but it is a narrow and distorted one. You are neither victim nor offender. You are the soul consciousness that has created roles for yourself to play for a while. You are not really the victim of a materially minded, selfish world.

In fact, the encounters you had with aggressive, non-cooperative energies in many of your lifetimes simply mirrored back to you *your own ties to ego-based consciousness*, your own dependence upon it. If you seek results through struggle, you will receive the energy of struggle back to you. This is/was your own energy coming back to you! And that is the - only- meaning of karma.

The tendency to fight 'evil' is based upon the belief that evil is outside of you and must be banished from reality. The spiritual invitation to you lightworkers during all of your incarnations has always been to recognize and accept your own dark side and to understand its role and purpose. The deepest invitation is *to forgive yourselves and find back your innocence*. You are innocent and have always been so. Can you truly understand that? If you do, you will not want to change the world or fight injustice any more. You will want to play, have fun and enjoy every moment of your live and simply *be who you are and share that with others*.

When you lightworkers release the idea that you have to struggle, for anything or anyone, you will no longer be opposed by 'the outer world', by society or other people in general, for being different. You will not want to change anything and therefore you will not encounter resistance. You will

know that you are welcome, that your contribution to this reality is valuable and that you are valued by others.

When you have fully released ego-based consciousness, you will know you are exempt from prosecution or outside threats. You will have gone beyond the roles of victim and prosecutor; your journey will have come full circle. You will have released your karmic burdens and be totally free to create whatever you want.

You are on the verge of birthing a new consciousness. This is a type of consciousness that has fully released the need to control or possess anything. It is free of fear. It is the Christ consciousness.

When Jesus lived on earth, he wanted to tell you that spirituality is not about a war between light and dark. It is about finding a level of awareness that goes beyond good and bad, a place from which you can understand and accept all things. "The kingdom of God is within".

Everything you need is on the inside. Peace, joy and tranquillity are yours when you truly realize who you are: a divine being in expression.

It is only when you realize that you are here to transform and heal *yourself* that things really start to change, for you, and, as a side effect, for other people surrounding you. The world is what it is and the highest thing you can do for it is simply to love it for what it is. Love and see the beauty of every single being that is travelling through this plane of reality.

Many of you are moved by the energy of Jesus. This is because he is your kin. Jesus was simply a lightworker unburdened by karmic ties, a lightworker in possession of a high level of self-understanding. You are touched by his energy because you know this is the energy you are moving toward. The energy of Christ is the energy of your own future self.

From ego to heart I

Four stages in the transformation of consciousness

In the previous parts, we have described the historical background of the lightworker's journey from ego-based to heart-based consciousness. This part will be dedicated entirely to the psychological characteristics of this transformation. We have divided up this process into four steps or stages, which we sum up again for the sake of clarity:

1. Being unsatisfied by what ego-based consciousness has to offer you, longing for 'something else': *the beginning of the end.*
2. Becoming aware of your ties to ego-based consciousness, recognizing and releasing the emotions and thoughts that go with it: *the middle of the end.*
3. Letting the old ego-based energies inside you die, throwing off the cocoon, becoming your new self: *the end of the end.*
4. The awakening of a heart-based consciousness within you, motivated by love and freedom; helping others making the transition.

Stage one: the ego does not fulfil anymore

The transition from ego- to heart-based consciousness starts with the experience of an *inner void*. Things that used to draw your full attention, or situations that you got completely caught up in, now leave you empty or uninspired. Somehow, things seem to have lost their usual meaning and purpose.

Before this void is experienced, consciousness is in the grip of fear and the ensuing need to constantly reaffirm itself. It is constantly looking for outside validation, because it is unwilling to face the underlying fear of rejection and loneliness. This deep fear and the need for outside validation may long be hidden as the true motive for many of your actions. Your whole life may be built upon them, without you being consciously aware of it. Perhaps you *are* aware of a vague restlessness or tension within. But often, a major event such as the break up of a relationship, the passing of

a loved one or the loss of a job, has to come along to invite you to truly examine what this tension or unrest is about.

When the ego is the centre of your being, your consciousness and your emotional life are in a state of *cramp*. You are cringed in fear, and from that position, you are constantly on the defence. When you're in the ego stage, you always experience *lack*, a need for *more*. The foundation of your thought, feeling and action is a black hole, a void which can never be filled completely. It is a hole of fear, a place covered in shadows, since you turn your consciousness away from it. In the shadows, there is a void, which you are vaguely aware of, but you don't want to go there.

In this stage, your relationship with God or All-That-Is is marked by feelings of separation. Deeply within, you feel alone and abandoned. You feel like you are a broken, meaningless fragment with no purpose. And as you cover up your fear of this, you only experience it indirectly, as a shadow.

People are terrified of facing the inner void with full awareness. They are terrified of meeting their inner darkness head on and investigate it. However, if you don't face it, it is still there, and you will need to develop 'coping strategies' to make life bearable. The ego's strategy is always to deal with the problem at the periphery, in stead of at the centre. The ego seeks to solve the problem by turning your consciousness *outward*. It tries to alleviate the inner pain by *feeding you with outside energies*. The energies it is particularly fond of are acknowledgement, admiration, power, attention etcetera. In this way, the ego seemingly creates an answer to the soul's deep longing for oneness, safety and love.

This longing in itself is entirely valid and genuine. It is God calling you. It is your own nature calling out to you. You are God! God is the energy of oneness, safety and love. Everyone longs for the unconditional love and embrace of the Energy you call God. In essence, this longing is the longing for being totally aware of, and therefore one with, your own divine Self. Your own divinity is your entrance to unconditional love. You can only find it by going through the fear and darkness surrounding it, and this you do by *turning inward*, in stead of outward. You do it by using your consciousness as a light that chases the shadows away. Consciousness *is* light. Therefore, it does not need to fight darkness; its mere presence dissolves it. By turning your consciousness inward, miracles will indeed befall you.

The ego, however, proceeds in exactly the opposite way. It registers the need for love and safety but it aims at answering this need without facing inner darkness and fear. To accomplish this, it applies a certain 'trick': it transforms the need for love into the need for approval and recognition from other people. It transforms the need for oneness and harmony to the need for excelling and being better than others. Once you think that to be

loved is to be admired for your achievements, you don't need to go inside for love anymore; you simply have to work harder! In this way, the ego strives to keep the lid on the pan of fear.

Your original longing for love and blissful unity has now become distorted into the desire for recognition. You are constantly looking for outside validation, which provides for some reassurance temporarily. Your consciousness is essentially focused on the outer world.

You rely on other people's judgements and you are very edgy about what people think of you. This is highly important to you, since your self-esteem depends on it. In fact, your sense of self-worth gets lower and lower, since you are giving your power away to outside forces, who judge you for your outside performances, not for your true being.

Meanwhile, the deep-seated sense of abandonment and loneliness is not alleviated. It actually gets worse, since you refuse to look at it. That, which you don't want to look at, becomes your 'shadow side'. Fear, anger and negativity can roam there and influence you, intensified by the refusal to go within.

The ego can be very stubborn when it comes to suppressing certain doubts, hunches and feelings; it will not release control easily.

What you perceive as 'evil' in your world is always the result of clinging to personal power. It is the refusal to give up control and accept inner fear and darkness.

The first step to enlightenment is surrendering to 'what is'.

Enlightenment means that you *allow* all aspects of your being into the light of your consciousness. Enlightenment does not mean you are fully conscious of everything within you, but that you are *willing* to face every aspect consciously.

Enlightenment equals love. Love means: accept yourself as you are.

The inner darkness, that sense of abandonment in the depths of your soul that you all fear so much, is temporary. The ego-stage is just one step in a large development and unfolding of consciousness. In this stage, the first leap is taken towards an *individualized divine consciousness*.

The birth of individual consciousness, the birth of you as a 'separate soul', goes together with the experience of being left alone, being separated from your Mother/Father. It is comparable to the trauma of birth in your physical world. In the womb, the baby experiences an oceanic sense of oneness with the mother. When it is born, it becomes a unity unto itself. Because of this birth trauma – speaking now of the birth of the soul – the soul takes with it a sense of being torn apart; it had to part with everything it took for granted.

(In a later chapter, we will come back to the notion of the birth of the soul; we just want to remark here that there is also an aspect to the soul that is eternal and timeless, therefore not liable to birth and death).

The newborn soul longs for a return to the semi-consciousness state of oneness, from which she came and which she considers to be her Home.

Because this is impossible, she experiences great fear and feelings of desolation and doubt. This inner pain and disorientation will, gradually, form the breeding ground for the ego's seizure of power. The soul has to deal with the fear and the pain, and the ego promises to provide a solution. The ego holds up the prospect of power and control to the soul consciousness. The soul, feeling powerless and lost, gives in and puts the ego in command.

The ego is that part of the soul which is oriented towards the material, external world. In essence, the ego is the soul's instrument for manifesting itself as a physical being within time and space. The ego provides consciousness with *focus*. It makes consciousness specific in stead of oceanic, 'here and now' in stead of 'all over the place'. The ego translates inner impulses into specific material form. It is that part of you which bridges the gap between the non-physical (spiritual) part of you and the physical part.

For the soul as a non-physical spiritual being, it is quite unnatural to be fixated in time and space. The soul is essentially independent of any (material) form. When you have dreams of flying around, you are contacting this independent and free part of yourself. The ego, on the other hand, *binds and fixates*. It enables you to function in physical reality. As such, the ego plays a very valuable role that has nothing to do with 'good' or 'bad'. When it operates in a balanced situation, it is a neutral and indispensable tool for the soul who dwells on earth in a physical body.

However, when the ego starts to *rule* soul consciousness, in stead of functioning as its tool, the soul gets out of balance. When the ego dictates the soul (the hallmark of ego-based consciousness), the ego will not simply *translate* inner impulses into material form, but it will *control and selectively suppress* those impulses. The ego then presents you with a distorted image of reality. The unbalanced ego is always in pursuit of power and control and it will interpret all facts as positive or negative in this light.

It is quite instructive to uncover your own power-and-control based motives in your daily going-about. Try to notice how often you want to bend things or people to your will, even if it is for a noble cause. How often do you get annoyed by things not going your way?

It is important to realize that beneath the need for control is always a fear of losing control. So ask yourself: what is the risk of releasing control, of letting go the need for predictability? What is my deepest fear?

The price you are now paying for keeping things 'under control' is that your attitude to life is tense and restrained.

When you dare to live from inner inspiration, and only do what brings you joy, this will create a natural and true order in your life. You will feel relaxed and happy, without the need to mould the flow of life. This is living without fear: living with full trust in what life will bring to you. Can you do that?

For a young soul, the pitfall of ego-based consciousness is nearly inevitable. The ego offers a way out of the problem (of fear and abandonment); it shifts your attention from 'what there is on the inside' to 'what you can get from the outside world'. This is not a real solution to the problem, but it does seem to bring relief for a while. Exerting power and control over your surroundings may give you a temporary satisfaction or 'kick'. There is a brief sense of being loved, admired and respected. This soothes your pain for a while. But it is short-lived and you have to exert yourself again to stand out, to be even better, nicer or more helpful. Please be aware that under the flag of the ego, you can be both sweet and nasty, both giving and taking, both dominant and subservient. Much that is given seemingly unselfishly is an unconscious call for attention, love and recognition from the receiver of the gift. When you are always caring for and giving to others, you are simply hiding from yourself. So, to understand what ego domination means, you do not necessarily have to think of cruel tyrants such as Hitler or Saddam Hussein. Keep it simple; watch yourself in your daily life. The presence of ego-domination can be recognized by the need to control things. You want certain people to behave in particular ways, for example. To make this happen, you display certain patterns of behaviour. You are compliant and sweet for example, and try not to hurt someone's feelings ever. There is a need for control behind this behaviour. "Because I want you to love me, I will not go against you". This line of thinking is based on fear. It is fear of standing on your own, fear of being rejected and abandoned. What appears to be sweet and nice is in fact a form of self-denial. This is the ego at work.

As long as the ego governs your soul, you will need to feed yourself with the energy of others, in order to feel good. You seem to have to *deserve* acceptance from other people, from some authority outside of you. However, the world around you is not fixed or stable. You can never rely on the permanent adherence of whatever it is you rely on, be it spouse, boss or parents. That is why you have to 'work' all the time, being always on the look-out for 'portions of approval' coming your way. This explains the tense and nervous state of mind anyone in the ego stage is permanently in.

The ego cannot provide you with true love and self-esteem. The solution it offers for the trauma of abandonment is in fact a bottomless pit. The true mission of the young soul consciousness is *to become the parent it has lost*.

Please be aware that the structure of earth life, meaning the process of starting out as a helpless babe and growing up to be a self-contained adult, often invites you to do precisely that. How often the key to real happiness in your lives lies in this: that you become your own father and mother, and give to yourself the love and understanding you have missed and are missing from others. On the larger, metaphysical level we have been speaking of, this means: come to the understanding that *you are*

God, not one of his little lost sheep. This is the realisation that will bring you home. This is the realisation that will bring you to the heart of who you are, which is love and divine power.

The end of the ego stage comes within sight when the soul realises that she is repeating the same cycle of actions and thoughts over and over again. The ego loses its dominance when the soul grows tired and weary of struggling all the time for an ever elusive treasure. The soul then starts to suspect that the promises of the game she is in are false and that there is really nothing there for her to win. When she grows tired of trying and being on top of it all the time, *she lets go of control* a little.

With less energy going out to controlling thoughts and behaviour, an energetic space opens up which allows for new and different experiences. At first, when you enter this stage, you may just feel very tired and empty inside. Things you deemed important before may appear entirely meaningless now. Also, fears may surface that have no clear or immediate causes. It may be vague fears of death or of losing your loved ones. Also, anger may come up, with regard to situations in your job or your marriage. Everything that seemed self-evident is now under doubt.

That which ego-based consciousness set out to prevent, happens at last. Gradually, the lid is lifted from the pan, and all kinds of uncontrollable emotions and fears pop out and enter your consciousness, seeding doubt and confusion in your life. Until that moment, you were functioning largely on autopilot. Many thought and feeling patterns within you happened automatically; you let them pass by unquestioned. This gave unity and stability to your consciousness. However, when your consciousness grows and expands, your personality gets split in two. One part of you wants to hold on to the old ways, the other part questions these ways and confronts you with uncomfortable feelings such as anger, fear, and doubt.

The expansion of consciousness that occurs at the end of the ego stage is therefore often experienced as a spoil-sport, an unwelcome intruder which spoils the game. This new awareness unsettles everything that seemed obvious before and it awakes emotions within you that you don't know how to deal with. When you start to doubt ego-based patterns of thinking and doing, a whole new side of you enters your consciousness. It is a part of you that loves truth in stead of power.

Living according to the dictates of the ego is very repressive. You are serving a little - fearful - dictator that aims at power and control, not just over your environment, but especially over you. Your spontaneous flow of feeling and intuiting are restrained by him. The ego does not like spontaneity so much. It withholds you from freely expressing your feelings, since feelings and emotions are uncontrollable and unpredictable, which is dangerous to the ego. The ego works with masks.

If your ego dictates to you: "be sweet and considerate, to win people's sympathy", you will systematically suppress feelings of displeasure and anger within you. If you start to doubt the viability of this dictate, these suppressed emotions come up again at once. Feelings are not eliminated by being suppressed. They live on and gain in intensity the longer you suppress them.

Once the soul experiences the emptiness and the doubt that is so characteristic of the ending ego stage, it is possible to meet and face all the feelings and emotions that were hidden in the dark before. These pent up emotions and feelings are the gate of entrance to your greater Self. By exploring what you truly feel, in stead of what you are supposed to feel, you restore your spontaneity and integrity, that part of you which is also called your 'inner child'. Getting in touch with your true feelings and emotions sets you on the road to liberation. The transition to a heart-based consciousness has then begun.

From ego to heart II

Exploring your inner wounds

We distinguished four steps in the transformation from ego-based to heart-based consciousness.

1. Being unsatisfied by what ego-based consciousness has to offer you, longing for 'something else': *the beginning of the end.*
2. Becoming aware of your ties to ego-based consciousness, recognizing and releasing the emotions and thoughts that go with it: *the middle of the end.*
3. Letting the old ego-based energies inside you die, throwing off the cocoon, becoming your new self: *the end of the end.*
4. The awakening of a heart-based consciousness within you, motivated by love and freedom; helping others making the transition.

In this chapter, we will discuss step 2.

When you stop identifying yourself with the ego, you first get into a state of confusion about who you are. This confusion can be profound and very philosophical in nature. You get to ask questions about the meaning of life, about good and bad, about what you really feel and think as opposed to what others taught you to feel and think. These questions are suddenly very real to you and they have a direct bearing on live choices you make. You look at yourself and you think: is this me? Is this what I want? It is hard to make choices now, since nothing is self-evident anymore.

In fact, you are taking a step *backwards* now, a step into the deep: a step inward. You become aware of deeper parts of yourself, parts that are less conditioned by your upbringing and by society. You receive glimpses of who you truly are: your uniqueness, your individuality. You remember that there is a part to you that is not dependent upon anything around you, your parents, your work, your relationships, *not even your body*. This is when you - vaguely - sense your divinity, the part of you that is completely unbound and eternal.

In fact, you are all multidimensional beings: you can (and do) manifest yourselves in several different realities at the same time. You are not

bound to a linear timeframe. Your current personality is only one aspect of the multidimensional entity you are. Whenever you realize that your current expression as a physical human being is simply one aspect of you, you go beyond it and you can get in touch with the greater Self that you are.

But before you get there, you need to heal the wounded parts within you. Living according to the dictates and demands of the ego has created psychological wounds within you. Letting go of ego-based consciousness initially creates confusion, doubt and disorientation. After this first step, you enter a new stage: it is the stage of observing, understanding and healing your inner wounds. We will speak of this stage now.

With the ego in control, your actions and thoughts have been based on fear for a long time. In a sense, you have ruthlessly pursued your desire for power, recognition and control. In this, you have belied your own nature. Your behaviour has been based on outer standards in stead of your own true needs. Also, you have not been able to really love someone else, since love is completely opposite to the need to control or dominate. This whole state of consciousness formed an attack on the integrity of your soul. The soul suffered under the reign of the ego.

When you disentangle yourself from the grip and the hold of the ego, this inner pain gets more visible to you. It is exposed to you – naked and raw – bereft of masks. You do not, however, know how to deal with this pain yet, since you still are in a state of confusion and disorientation. More often than not, you go through a stage of *judging* your inner wounds, because they seem to lead you to negative patterns of behavior: addiction, depression, uncontrollable mood swings, problems with communication, difficulties with –intimate- relationships.

This judgment of yourself inflicts more pain on the soul, who has just begun to turn toward the Light. She is letting go of the need for power and control, she is growing more sensitive.....and then she gets caught up in self-judgment.

Many people are wandering in this no man's land in between the ego and the heart. They are searching for a more loving reality, but they are still in reach of the ego's whip.

In fact, it is not your inner hurt that makes you fall prey to what you consider "negative traits" in yourself. It is *your judgment of the hurt* that causes the negativity. If you look at yourself with an attitude of acceptance, you do not see an addicted, or depressed, or failing persona. You just see inner pain that needs to be tended and cared for in the gentlest and kindest way possible.

The most important step in stage two of the transition from ego to heart is *that you are willing to understand your inner pain*: accept it, understand its origins, and allow it *to be*.

If you can perceive the core of fear that is inherent in all expressions of ego-centered consciousness, you have entered the reality of heart-based consciousness. However reprehensible someone's behavior is, if you recognize the pain, the loneliness and the need for self-protection beneath, you get in touch with *the soul* displaying the negative behavior. As soon as you perceive the soul in fear, you are able *to forgive*. This goes first and foremost with regard to yourself.

Take something in yourself that you truly detest. Something that really annoys you and you think you should have got rid of long ago. It may be insecurity, or laziness, or impatience, or an addiction: anything you feel *should not be there*. Now try to understand the real motive behind this trait or tendency. What compels you to feel or do this thing over and over? Can you perceive an element of fear within your motivation? Do you notice that as soon as you realize there is fear, you grow mellow inside, feeling something like: "Oh gosh, I didn't know you were so afraid! I will help you". There is tolerance in your attitude now. There is love and forgiveness.

As long as you judge fear-based behavior, such as aggression, addiction, subservience, vanity (etcetera) as "bad", "sinful" or "dumb", you are judging. But judging is a fear-based activity itself. Have you noticed that when you judge, you go harsh inside. Something tightens, like lips pressing to each other and eyes growing cold. Why do we need to judge things? What is this urge to narrow things down to right and wrong? What is the fear beneath our need to judge? It is a fear of facing our own inner darkness. It is, essentially, a fear of *living*.

In letting go of ego-based consciousness, you will want to develop a whole new way of looking at things. This way of looking may be best described as *neutral*, meaning that it just takes notes of *what is*, and has no interest in how things "should be". The causes and effects of ego-based behavior are observed, the core of fear within is recognized, and so the ego truly becomes transparent to you. Whatever is transparent to you, you can let go of if you want to.

Every human being knows fear. Every one of you knows the darkness and loneliness of being caught in fear. When fear is shown openly in the face of a child, most people react instantaneously by reaching out their hands. But when fear is shown indirectly, through masks of violence and brutality, it seems unforgivable. The more destructive and cruel the behavior is, the more difficult it is to perceive the fear and desolation behind.

Still, you are able to do so.

From the depths of your own experience of fear and desolation, you can get in touch with the deep fear in the souls of murderers, rapists, and criminals.

It is possible for you to *understand* their actions. And if you do, based on your own intimate experience with darkness, you can let go of it. You can *let it be*, without the need to judge any of it. If you truly understand fear as a power that is and that you are thoroughly acquainted with through your living experiences, you can let go of judging. Fear is neither good nor bad. Fear IS, and has a certain role to play.

In ways that are very hard to express in human concepts, fear is a blessing as well as a torture. In any case, the choice to allow fear in your reality was not made *for* you. You were the Gods – so to speak - that allowed fear to play a constitutive role in your reality. You did so not to torture yourself but TO CREATE, to create a reality that has more substance, more “fullness” to it than a world solely based on love. I realize this may sound unbelievable, but perhaps you can intuitively grasp what I am trying to say here.

Fear is a viable part of creation. Where fear is, love is not. Where love is not, love can be *found* in new and unpredictable ways. A whole range of emotions can be explored, even created, by the absence of love. The absence of love can be *felt* in a variety of ways. The presence of love can only be *felt* against the background of fear. Otherwise, it would be all pervading and you would not notice it as such.

So, by creating fear, by catapulting yourself outside of the ocean of love that surrounded you, you allowed yourself *to experience love for the first time*. Do you understand? You did not create love, but you created the *experience* of love. You needed an opposite, something other than love, to do this, and you used fear as an instrument. We, on the other side of the veil, can clearly see the spiritual role that fear plays in your reality. Therefore, we plead with you, again and again, not to *judge*. Please do not judge fear and the darkness it brings, either in yourself or in any other being. You are all created from love and to love you shall return.

When you enter stage two of the transformation process from ego to heart, you are confronted with your inner hurt, your fear, and you are invited to look at it with understanding and acceptance.

After becoming aware of the inner hurt and fear, you may go through a period of self-judgment first, in which you may display destructive behavior. It may seem that you are going backward in stead of forward. At that point, you are in the danger zone, the no man’s land in between ego and heart. You know you want to get rid of the old, but you cannot yet really embrace the new, so you get caught up in self-doubt and self-judgment. The turning point is when you stop judging yourself - at least for a while.

It is only when you are prepared to look at yourself with an attitude of interest and openness, that you enter the reality of heart-based consciousness. Before that, you are merely comparing yourself to an artificial standard or ideal that, most of the time, you fall short of. You

beat yourself up for this, and then you try again to force yourself into that mould that you created for yourself in your head.

This kind of perfectionism, I tell you, is a murderous weapon. It is quite the opposite of love. Love truly does not compare and, more importantly, it never wants to force you into anything or change you in any way. Love has no eye for what *should* be. The very category of 'should' is absent from the consciousness of the heart. Seen from the heart, moral categories are simply ways of interpreting or 'dividing up' reality. They are ideas in your head, and as you know, they may differ greatly from head to head. The very need to set standards and define the good is the forerunner to human conflict and war. It is not so much the ideas as the underlying need to control and fixate, that causes aggression and conflict.

Political, personal or spiritual ideals, standards of health, beauty and sanity, all provide you with standards of how things should be, of how you should behave. They all try to fixate and define what is GOOD.

But LOVE is not interested in defining the Good.

It is not interested in ideas, but in reality.

Love turns to what is real.

The heart is interested in all that is, in every actual expression of you, the destructive and the constructive ones. It simply takes note; it simply is there, encircling you with its presence, if you let it.

If you open up to the reality of love, the reality of the heart, you let go of judgment. You accept who you are at this moment. You realize that you are who you are because of a multitude of reasons, which you are now going to investigate and explore.

When this moment arrives, it is a great blessing for the soul. You are now able to heal yourself. You will fall back into self-judgment from time to time, but you now have a conscious memory of how love feels. And as soon as you have that, you will return to find it anew, for you have tasted the sweet perfume of Home again.

In the second stage of the transition from ego to heart, you get into closer contact with yourself. You are taking a closer look at your luggage from the past. You are reliving (painful) memories again. Memories from this life, perhaps memories of past lives. The psychological luggage you carry from all your lifetimes, up to the present, makes up your current identity. You may look upon this luggage as a suitcase full of clothes. You have played many roles in the past, assumed many identities, just like pieces of garment. Some roles you so strongly believed in, that you came to look upon them as part of your identity. "This is me", you think of such roles or 'clothes'.

When you truly investigate what these roles have to do with you, however, you will find out that *you are not them*.

You are not the psychological roles or identities you assume. You are not your clothes.

You have *used* these roles, from a soul-felt need for experience. The soul takes delight in all experiences, because they are part of the learning process she committed herself to. All experiences are helpful and valuable in this respect.

When you take a closer look at your own roles or identities, you soon notice there have been painful, even traumatic experiences in your past, which still 'stick' to you. You seem unable to let go of them. They have become like a 'second skin': skin in stead of mere garment.

Those are the difficult elements in your past, the pieces that now keep you from truly living and enjoying live. You have identified so much with these parts, that you think you *are* them. Because of this, you feel that you are *a victim*, and you draw negative conclusion from this about life. But these conclusions do not hold for life as such, they just hold for the traumatized parts in your soul consciousness.

It is these parts that need healing now. You do so by entering the past again, but with a consciousness that is more loving and wise than you ever had before. In the second stage of the transformation process from ego to heart, you heal episodes from the past by encircling them with your present consciousness. Through re-experiencing them in the present, from a heart-centered focus, you will let go of the traumatic parts in your past.

Trauma occurs when you experience a great loss or pain or evil, and you cannot understand why it happens. You have all experienced trauma, in many of your lives. In fact, the soul's consciousness during ego-stage is traumatized from the outset: there is the loss of Oneness or Home that it remembers and does not understand.

When you go back to the original traumatic event through imagination and you encircle it with the consciousness of the heart, *you are changing your original response* to the event. You change it from horror and disbelief, to *simply taking note* of what happens. In the regression, you simply take note of what happened, and this very act creates *room for understanding*, room for a spiritual understanding of what actually took place in this event. When this room is present, you are becoming master of your reality again. You are now able to come to an acceptance of the whole episode, since you understand from the heart that there is meaning and purpose to every thing that happens. You can sense from the heart that there is an element of free choice present in everything that occurs, and so you grow towards an acceptance of your own responsibility for the event. When you accept you own responsibility, you are free to move on.

It is only when you relate to your own past identities as an actor to his roles that you are free to go wherever you want. You are then free to enter heart-based consciousness. You do not longer hold on to any aspect of what you have been in the past: victim or aggressor, male or female, black or white, poor or rich, etcetera. When you can be playful about the

aspects of duality and simply use them whenever it brings you joy and creativity, you have grasped the meaning of live on earth. You will experience great happiness and a sort of homecoming. This is because you are getting in touch with the consciousness underlying the different roles and identities. You touch base with your own divine consciousness again, the realization that everything is one, in short: the reality of love.

We will close this chapter by giving you two exercises, which may help you get in touch with that stream of oneness, that stream of divine consciousness that is the undercurrent of all your experiences.

Exercise 1

- Which psychological characteristics, which you consider as very much a part of you, cause you the most problems in your life? Name two of such characteristics.
- Focus on the opposites of those characteristics. So if you picked 'impatience' or 'insecurity', you now focus on their counterparts: patience and self-confidence. Feel the energy of these characteristics for a moment.
- Go within and look for these energies inside of you. Name three examples from your own life, in which you displayed these positive characteristics.
- Now that you are in touch with those positive characteristics, let their energy flow through you and feel how they balance you.

Exercise 2

- Relax and let your imagination travel back to a moment in which you felt very happy. Take the first thing that enters your mind. Feel the happiness again.
- Now go to a moment in which you felt extremely unhappy. Feel the essence of what you felt back then.
- Capture what is common to both experiences. *Feel* what is the same in both moments.

Both exercises are meant to make you aware of the underlying consciousness, the ever present "you-ness" in all of your experiences. This ever-present vessel of consciousness, the carrier of your experiences, is the divine You. It is your entrance to a reality beyond duality: the reality of the heart.

From ego to heart III

Letting go of the old you

The transition from ego-based to heart based consciousness progresses along a number of stages.

1. Being unsatisfied by what ego-based consciousness has to offer you, longing for 'something else': *the beginning of the end.*
2. Becoming aware of your ties to ego-based consciousness, recognizing and releasing the emotions and thoughts that go with it: *the middle of the end.*
3. Letting the old ego-based energies inside you die, throwing off the cocoon, becoming your new self: *the end of the end.*
4. The awakening of a heart-based consciousness within you, motivated by love and freedom; helping others making the transition.

We will now speak of stage three. But before we do, we wish to point out that the transition does not take place along a straight and linear pathway. There are moments in which you fall back to a stage you already left behind. But such a fallback may later on lead you to a big step forward. So detours may turn out to be shortcuts. Also, every soul's spiritual path is unique and individual. So, this scheme we are providing you with, of four different stages, should be conceived as simply a way of highlighting some of the turning points in the process. Schemes and categories are merely instruments that make visible a reality that cannot be captured by the mind (the mental part of you).

After you have accepted your inner wounds and you have healed the traumatized parts of your consciousness, as we have described in the previous chapter, your energy shifts. You are letting go of an older you. You are making room for a totally different way of being and experiencing. In this chapter, we would like to explain what happens *energetically* when you release ego-centered consciousness. What happens energetically when you move from ego domination to heart-based consciousness is that *the heart chakra takes precedence over the will or the third chakra.*

Chakras are spinning wheels of energy located along your spine. These energy centres are all related to particular life-themes, for example

'spirituality' (crown chakra), 'communication' (throat chakra), or 'the emotions' (navel chakra). The chakras are to some extent part of material reality, since they are related to specific places in your body. But they are not visible to the physical eye, so you might say they linger in between spirit and matter; they bridge the gap. They form the point of entrance for spirit (your soul consciousness), enabling it to take physical form and create the things that are happening in your life.

The heart chakra, located in the middle of your breast, is very much the seat of the energy of love and oneness. The heart carries energies that unify and harmonize. When you draw your attention to this centre for a while, you may feel warmth or something opening up. If you do not feel anything, simply let go and perhaps try some other time.

The chakra below the heart is called 'the solar plexus' and it is located near your stomach. It is the seat of the will. It is the centre that focuses your energy into physical reality. Therefore, it is the chakra that is connected to issues of creativity, vitality, ambition and personal power.

The ego and the will are closely related to each other.

The faculty of the will enables you to focus on something, either without or within. Your perceptions of reality, of both yourself and others, are greatly influenced by what you want, by your desires. Your desires are often intermingled with fear. You often want something because you feel you are in need of it; there is a sense of lack or neediness beneath. Because of the fears that are present in many of your desires, the solar plexus is often driven by the energy of the ego. The ego especially expresses itself through the solar plexus.

Through the faculty of the will, the ego literally puts a pressure on reality. Reality has to be squeezed into what the ego wants you to believe. The ego works from a set of basic assumptions about how reality works, which are all fear-based. It presents you with highly selective picture of reality, since its way of looking is prejudiced towards its own needs and fears. Also, it has to place judgment on everything it notices. There is no room for simply taking note of things. Everything has to be divided in categories, to be labelled right or wrong.

When you live from the heart, there is no firm set of beliefs by which you interpret or value facts. You do not hold strong convictions on anything anymore. You have become more of an observer. You postpone moral judgments on any issue, since you feel you may not have understood all there is to understand about the situation. Judgments always have something definitive about them; but the heart is not interested in definitions. It always tries to go beyond what seems definite and defined. The heart is open, exploring, and ready to re-examine, ready to forgive.

When you use ego-centred will power, you can sense something pulling on your solar plexus chakra. Using your will in this way is an energetic happening, which you can be consciously aware of, if you want to.

Whenever you feel this pull, accompanied by a strong desire to have things your way, you are trying to mould reality to your wishes. You are trying to force your beliefs upon reality.

When you act from the heart, you go along with the flow of things as it presents itself; you are not pushing or forcing.

If you work very hard to achieve something, and you fail to reach your goals time after time, please ask yourself from what chakra, from what energetic centre, you are doing it. Also, you can tune into your heart and ask why this thing is not working or why you have to put so much energy into it.

Often you try to realize certain goals, without having truly gone within and checked with your heart whether this is what really serves you on your inner path to wisdom and creativity. Also, even if your goals do represent your deepest heart-felt desires, you may have unrealistic expectancies about the timeframe in which things will happen. You may be on a timeline that is not of the heart but of the personal will.

There is a natural rhythm to all things, and it does not necessarily have the pace that you think is desirable. The realization of your goals requires energy to be shifted. Energy shifts often take more time than you expect or wish for. In fact, energy shifts are nothing else but *you changing*.

When you will have reached your goals, you will not be *you* anymore. You will have become an expanded version of your current self, filled with more wisdom, more love, and more inner power. The time it takes to fulfil your goals is the time it takes to change your consciousness in such a way that your desired reality may enter your actual reality. So, if you want to speed up things, focus on *you*, and not so much on reality.

Often, you even need to *let go of your goal*, in order to be open to receive. This sounds paradoxical. But in fact we are saying only that you need to fully accept your current reality, before you can step forward into a new one. If you do not accept your current reality, and you are holding onto your goals in a tense way, you are not moving forward.

Nothing will leave your reality, unless you love it. Loving it is equal to "setting it free".

Unless you truly embrace your current reality and accept it as *your* creation, it cannot leave you, for you are denying part of yourself. You are saying "no" to the part of you that has created this reality for you. You would like to cut this unwanted part from you and move forward.

But you cannot create a more loving reality from self-hate. You cannot "will yourself" into a new reality by pushing unwanted parts aside. Will-power does not serve you here.

What you need is to get in touch with your heart. The energies of understanding and acceptance are the true building blocks of a new and more fulfilling reality.

When you interact with reality from the heart, *you let reality be*. You do not try to change it; you simply and carefully take note of what is.

When the heart becomes the steward of your being, the centre of the will (solar plexus) will go along with it. The ego (or the faculty of the will) will not be eliminated, since it naturally serves the role of translating energy from the level of consciousness to the level of physical reality. When this translation or manifestation is guided by the heart, the energy of the will creates and flows effortlessly. No pushing or forcing is involved. This is when *synchronicity* occurs: a remarkable coincidence of happenings, which greatly enhances the realisation of your goals. It seems miraculous to you when things work together in such a way. But in fact this is what happens all the time when you create from the heart. Effortlessness is the hallmark of creating from the heart.

Creating your reality from the heart

True creativity is not based on determination and strong will but on an open heart. Being open and receptive to the new and unknown is vital to being a true creator.

One key to true creativity, then, is the capacity *to do nothing*; to withhold from doing, fixing, focusing. It is the ability to place your consciousness in a *purely receptive but alert mode*.

Only by not knowing, by keeping things open, you create room for something new to enter your reality.

This runs contrary to what much new age literature says about 'creating your own reality'. It is true that you create your reality all the time. Your consciousness is creative whether you are aware of it or not. But when you want to create your reality *consciously*, as many books and therapy teach you to, it is essential to understand that the most powerful form of creating is not based on *the will* (being active) but on *self-awareness* (being receptive).

All change in the material world, for example in the area of work, relationship or your material surroundings, is a reflection of changes at the inner level. It is only when inner transformation processes are completed, that material reality can respond by mirroring it back to you through changing circumstances in your life.

When you try to create from the will, for example by focusing on or visualising your goals all the time, you ignore the inner transformation that is the real prerequisite for change. You are creating in an artificial

way, and are bound to be disappointed. You are not creating from the depth of your soul.

The soul speaks to you in moments of silence. You truly listen to its voice when you *don't know* anymore. Often, the soul speaks very clearly at times when you *give up* and throw in the towel. What happens when you give up and despair is that you *open up to the new*. You release all your expectations, and you are truly receptive to *what is*.

The despair is caused by the strong beliefs that you had about what *should happen* in your life. When reality fails to answer these beliefs, you get disappointed and even desperate at some point.

However, if you give up strong expectancies and dare to be open to the new, you do not have to reach that point of despair before you get in touch with your soul again. You can become still, receptive and open to what it tells you, without having to be disappointed first.

As long as you 'know exactly what you want', you are often limiting the possibilities that are energetically available to you. This new reality you are looking for, whether it is a job or a relationship or better health, contains many elements that are unknown to you. Often you think that what you desire is *something you know* (a nice job, a loving partner), *projected into the future*. But that is not so. What you are really doing by creating a new reality is going outside of your own - psychological - borders. And you cannot *know* now what lies beyond those borders. You can sense very clearly that there is something very desirable there, but you need not narrow it down by focusing or visualizing it. You can simply look forward to it with a sense of openness and curiosity.

Really, to create the most desirable reality for yourself, self-acceptance is much more important than focusing your thoughts or your will. You cannot create something that you are not. You may recite mantras a thousand times and create a lot of positive images in your mind, but as long as they do not reflect what you truly feel (for example anger, depression, unrest), they create nothing but confusion and doubt. ("I'm working so hard but nothing happens").

Self-acceptance is a form of love. Love is the biggest magnet for positive changes in your life. If you love and accept yourself for who you are, you will attract circumstances and people that reflect your self-love. It is as simple as that.

Feel your own energy, all of your feelings. Feel how beautiful and sincere you are right now, in all of your struggles and sorrow. You ARE beautiful, with all your 'imperfections' and 'faults'. And that is the only realization that counts.

Embrace who you are, get relaxed with yourself, perhaps look at 'your many flaws' with a sense of humour. Perfection is not an option you know. It is just an illusion.

Creating your reality from the heart is to recognize your Light, here and now. By recognizing it, by becoming aware of it, you are sowing a seed that will grow and take shape at the physical level.

When God created you as individual souls, she did not exert her Will. She was simply being Herself and at some point sensed that there was something 'out there' worth exploring. She didn't know exactly what it was, but it did make her feel a little like *falling in love*. And she assumed without further ado that she was worthy of experiencing this new and inviting reality. She was also a little in love with herself! And so you took shape as individual souls and God started to experience life through you. How this all came about - the details of the creation process - God did not really bother about. She just loved herself and she was open to change. And those are really the only elements required for you to create your own perfect reality: self-love and willingness to venture into the new.

Adjusting to living from the heart

Creating from the heart is more powerful and requires less effort than creating from the ego. You do not have to bother about the details; you just need to be open to *all there is*, both inside and outside.

From this openness, you may now and then sense a certain pull. You may feel *drawn* toward certain things. This pull is actually the quiet whisper of your heart; it is your intuition. When you act from intuition, you are *being pulled* instead of *pushing*. You do not act until you sense on the inner level that it is appropriate to act.

Since you are very much used to *pushing*, i.e. using your will to create things, the energetic shift from ego to heart is quite challenging for you. The shift requires a tremendous 'slow down'. To really get in touch with the flow of your intuition, you consciously have to make an effort to "not do", to *let everything be*. This runs counterintuitive to much that you are taught and are used to. You are very much in the habit of basing your actions upon thought and willpower. You let your thinking determine your goals and you use your will to realize them. This is quite opposite to heart-centered creating.

When you live from the heart, you *listen* to your heart and then act accordingly. You do not think, you listen, with an alert and open awareness, to what your heart tells you. The heart speaks through your feelings, not through your mind. The voice of the heart can best be heard when you feel quiet, relaxed and grounded.

The heart shows you the way to the most loving and joyful reality for you right now. Its whispers and suggestions are not based on rational thinking. You can recognize the voice of the heart by its lightness and the

note of joy in it. The lightness is there because the heart does not impose; there are no strings attached to its suggestions. Your "heart-self" is not attached to your decisions and it loves you whatever you do.

Living from the heart does not mean you become passive or lethargic. Letting things be, without labelling them right or wrong, without pushing them in one way rather than another, requires a lot of strength. It is the strength to be *totally present*, to face everything there is and *just look at it*. You may feel empty, or depressed, or nervous, but you do not try to drive these things away. All you do is *surround them with your consciousness*.

You do not understand the true power of your consciousness. Your consciousness is made of Light. When you hold something in your consciousness, it changes because of that. Your consciousness is a healing force, if you do not bind it by your thinking, and your addiction to 'doing'.

Your lives are filled with the dictatorship of the mind and the will, the primacy of thinking and doing.

Note that both the mind and the will work with general rules. There are general rules of logical thinking: they are the rules of logic. There are general strategies for putting thought into matter: they are the rules of "project management".

But these are all general tenets. General guidelines and rules always have a *mechanical* component. They are applicable to all or most individual cases; otherwise they would be of little use.

Now, intuition works very differently. Intuition is always tailored to one person, at one particular moment. It is *highly individualistic*. Therefore it cannot be subjected to rational analysis or to general rules.

To live and act according to your intuition therefore asks for a high level of *trust*, for your choices are then purely based on what *you* feel is right, in stead of what other people's rules say that is right.

To live from the heart thus asks you not just to release the habit of overusing your mind and your will-power; it also challenges you to truly trust yourself.

It will take time to learn to listen to your heart, to trust its messages, and act upon them. But the more you do, the more you understand that it is only by surrendering your worries and doubts to the wisdom of your own heart, that you will find inner peace.

When you proceed along this path, and you enter the third stage of the transformation from ego to heart, you will find inner peace for the first time. You realize that it is the urge to control reality through thinking and willing, that makes you restless and anxious.

When you release control, you allow the magic of life to unfold. All you have to do is *listen*. Be alert of what is happening in your life, of what

your feelings are towards other people, of what your dreams and desires are. When you are alert of what is happening inside of you, reality will provide you with all the information you need to act appropriately.

For example, you may be aware of a desire in your heart for a loving relationship, in which you truly communicate with another. If you just *notice and accept* this longing, without trying to do something about it, you will be amazed about how the universe will respond to it. By not drawing any conclusions, but just holding the longing in the Light of your consciousness, your call will be heard and answered. It may take longer than you expect, for there are energy shifts that have to take place before certain longings can be fulfilled. But you are the master, the creator of your energetic reality.

If you create it from fear, reality will respond accordingly. If you create it from faith and surrender, you will receive everything you desire and more.

From ego to heart IV

Opening up to Spirit

We have distinguished four stages in the transition from ego-based to heart-based consciousness:

1. Being unsatisfied by what ego-based consciousness has to offer you, longing for 'something else': *the beginning of the end.*
2. Becoming aware of your ties to ego-based consciousness, recognizing and releasing the emotions and thoughts that go with it: *the middle of the end.*
3. Letting the old ego-based energies inside you die, throwing off the cocoon, becoming your new self: *the end of the end.*
4. The awakening of a heart-based consciousness within you, motivated by love and freedom; helping others making the transition.

We will now speak of the last stage, which is stage four: opening up to Spirit. When you have entered stage four, you have found a place of peace and quiet inside of you. You frequently make contact with a silence in your heart that you know is of the eternal. Everything you experience is relative compared to this unlimited and all-embracing Being.

This place of peace and silence inside of you has also been called Spirit. In your (esoteric) traditions, a distinction is made between spirit, soul and body. The body is the physical dwelling-place of the soul for a limited amount of time. The soul is the non-physical, psychological anchor of experience. It carries the experiences of many lifetimes. The soul develops over time and slowly grows into a many-faceted stone of beauty, every facet reflecting a different type of experience and the knowledge based on it. The spirit does not change or grow in time. Spirit is outside of time and space. The spirit in you is the eternal, timeless part of you that is One with the God that created you. It is the divine consciousness that is the foundation of your expression in space and time. You were born from a realm of pure consciousness, and you took part of that consciousness with you throughout all your manifestations in material form.

The soul takes part of duality. She is affected and transformed by her experiences in duality. The spirit is outside of duality. It is the background against which everything develops and evolves. It is the Alpha and Omega, which you might simply call Being, or Source. Silence, outer but especially inner, is the best entrance to experiencing this ever present energy, which is You in your deepest core. In silence, you can get in

touch with the most miraculous and self-evident thing there is: Spirit, God, Source, Being.

The soul carries memories of many incarnations. It knows and understands much more than your earth personality. The soul is in connected to extra-sensory sources of knowledge, such as your past life personalities and guides or acquaintances on the astral planes. Despite this connection, the soul can be in a state of confusion, ignorant of its true nature. The soul can be traumatized by certain experiences and therefore remain in a place of darkness for some time. The soul is continually evolving and gaining understanding of the duality inherent in life on earth.

The spirit is the immovable point within this development. The soul can be in a state of darkness or enlightenment. Not so the spirit. Spirit is pure Being, pure consciousness. It is in the Dark as well as The Light. It is the Oneness underlying all duality. When you have arrived at stage four of the transformation from ego to heart, you connect with Spirit. You connect with your Divinity.

Connecting with the God inside of you is like being taken out of duality while remaining fully present and grounded. In this state, your consciousness is filled with a deep but quiet ecstasy; a mixture of peace and joy. You realize that you are not dependent on anything outside of you. You are free. You are truly in the world but not of it.

Connecting with the spirit inside of you is not something that happens once and for all. It is a slow and gradual process, in which you connect, disconnect, re-connect..... . Gradually, the focus of your consciousness moves from duality to oneness. It re-orient itself, finding that eventually, it is drawn to silence rather than thoughts and emotions. By silence we mean: being fully centered and present, in a state of non-judgmental awareness.

There are no fixed methods or means to get there. The key to connecting with your Spirit is not to follow some *discipline* (like meditating, or fasting etc.), but to really *understand*. Understand that it is silence that brings you home, not your thoughts or emotions.

This understanding grows slowly, as you are increasingly aware of the mechanism of your thoughts and feelings. You let go of old habits and open up to the new reality of heart-based consciousness. Ego-based consciousness inside of you withers and slowly dies.

Dying is not something you *do*; it is something you allow to happen. You surrender yourself to the dying process. Death is another word for change, transformation. This is always so. Death is always a releasing of the old and opening up to the new. Within this process, there is not one single moment in which you 'are not', i.e. in which you are dead by your definition. Death as you define it is an illusion. It is only your fear of change that makes you fear death. You are afraid not only of physically dying, but also of dying emotionally and mentally during your lifetime. But without death, things would become fixed and rigid. You would become the captive of old forms: a worn-out body, outdated thought patterns, limiting emotional reactions. Suffocating, isn't it? Death is a liberator. Death is a fall of fresh water that breaks open old, rusty gateways and propels you into new areas of experience. Do not fear death. There is no death, only change.

The passage from ego-based consciousness to heart-centered living is in many ways a death experience. The more you identify yourself with Spirit, with the god inside of you, the more you release things that you used to worry about or that put a lot of energy into. You realize on deeper and deeper levels that there is truly nothing *to do*, except *to be*. When you identify with your beingness, instead of the fleeting thoughts and emotions that pass through you, your life is affected immediately. Spirit is not something abstract. It is a reality that you can truly bring down into your life. Being in touch with this purest of sources will eventually change everything in your life. God or Source or Spirit is by its nature creative, but in ways that are nearly incomprehensible to you.

Spirit is silent and perennial and yet creative. The reality of the Divine you cannot really be grasped by the mind. It can only be felt. If you allow it into your life, and you recognize it as the whisperings of your heart, everything slowly starts to fall into place. When you are tuned into the reality of spirit, the silent awareness that is behind all of your experiences, you stop pushing or forcing your will upon reality. You allow things to fall back into their natural state of being. You become your natural, true Self. This all occurs in a harmonious, meaningful way. You experience that things come together in a way that has a natural rhythm, natural flow to it. All you have to do is stay tuned into this divine rhythm, and let go of fears and misunderstandings that make you want to intervene.

Helping others from the level of Spirit

When you have made the transition from ego- to heart-based consciousness, you are more or less continually in touch with the divine flow of being inside. In this state of being, there is no need or desire to help others, but it naturally comes to you. You draw it to you, but not through the will. Energetically, you are now emitting certain vibrations. Something is present in your energy-field, which draws people to you. It is not something you do, but something that you are. There is a vibration available in your energy, that can help them get in touch with their own divine Self.

You can be a mirror to them, in which they can see a difficult problem or condition actually be released and transformed into the energy of the solution. They can sense the energy of the solution (which is always founded upon contact with the divine self) in your being.

You are able to teach them something, and the teaching takes place by *you being yourself*. It is not by you transmitting knowledge or using certain methods that you teach and heal. It is by allowing yourself to be just who you are and expressing yourself as you find most joyful, that your presence becomes truly helpful. It is by sharing yourself with others, that you make available a space of healing for them, that they may choose to enter or not. That is up to them.

As a healer or therapist, you really have only to keep in touch with the divine inner flow, with the silent awareness that is Spirit. It is really this connection that moves people and lifts them into a higher, freer state of awareness, if they choose so. If they do, it will occur in a rhythm and flow that is their own.

Being there for others in this way has a very neutral feeling tone to it. It represents a level of detachment, at which you release your personal desire to change or 'cure' others.

This desire, displayed by all lightworkers at some stage, does not stem from a true understanding of the inner road that people want to travel to find their own inner truth. Most people need to go to the bottom of certain issues before they are truly ready to release them. When they do so, they really 'own' the solution to the issue and this gives them deep satisfaction. Perhaps you recognize this within your own life and the issues you struggled with. Please be aware of this and do not struggle to keep people from 'going to the bottom'. If they are determined to go there, they will go there in spite of all that you do or say.

It is better to not be emotionally involved with the people you help. The emotional involvement invites in the personal will to cure or transform others. This personal desire does not help others, it may actually cause blocks in their healing process. Whenever you want people to change, you are not in a space of love and allowance. They sense this. You may think that you are (psychically) 'reading' them, but they are keen readers of you as well!

In stage four of the transition from ego to heart, it is about transcending the level of the soul and rising to the level of the spirit. We do not mean to say that the soul is in any way 'less' than spirit, of course. The point is: you are greater and more encompassing than your soul. The soul is a vehicle for experience. By identifying with Spirit in you, with your divine self, all the things that you have experienced in many, many lifetimes, fall into place. You rise above the experiences by not identifying yourself with any one of them. This has a healing effect upon the soul.

Time, multidimensionality and your Light Self

In the previous chapters of the Lightworker Series, we have told a more or less chronological tale about the history and inner development of lightworker souls. This story may give you the impression that you *develop in time*, from point A to point B, from dark to light, from ignorance to wisdom.

And in certain ways, this is the case.

Yet in this closing chapter, we wish to draw your attention to a different perspective, a different way of looking at yourselves. A perspective that lifts you outside of time, outside of this particular history, and acquaints you with your timeless existence, in other words your *multidimensionality*. There is a part of you that is completely independent of space and time. This part is free at any moment to enter any dimension or area of experiences it wishes. It is free to choose dark or light at any time.

From your earthly perspective, you travel from point A to point B in a linear fashion. For example, you travel through the four stages of inner development that we discussed, step by step.

From a timeless, multidimensional perspective, however, the real you is not developing over time, it is the one who is *experiencing* the development. The real you does not *need* to develop. It allows this experience in by its own free choice. This choice is motivated by a deep knowing of the great value of experiencing duality.

From the perspective of your timeless, spirit-ual Self, you are at any time free to experience any point on the line from A to B to Z. You can activate any reality of consciousness for yourself at any time, for the idea that you are stuck within a certain stage of inner development is ultimately just an illusion.

The reason we want to draw your attention to this perspective, is that it may help you break through inner barriers. It may help you to pierce through that veil of illusion and get into direct touch with your own Light Self: the *energy of the angel* that you truly are.

To grasp this perspective as a real angle to look upon yourselves, we need to expound a little on the notion of time.

Time

At the highest level of oneness, there is no time. This is the level of Spirit, God, pure beingness (see previous chapter). At this level, there is no *development*, no 'becoming' but only 'being'.

At the lowest level of oneness, at which separation is experienced at its strongest, a hollow, linear notion of time is employed. With 'hollow' I mean a scientific, abstract notion of time that is completely devoid of subjectivity and felt content. Time, in this notion, is an objective structure outside of you. Time is something laid over your experiences as an external framework.

A 'curriculum vitae', for example, which you send in when you are applying for jobs, often consists of such an objective timeline of facts. In this year I did that, in that year I graduated from that school, etcetera. You emphasize the visible, external side of things. The inner side of things - the motivation, the meaning, the subjectivity - is left out.

On the energetic levels in between oneness and separation, time is a reality that 'fluctuates' with your experience. Time is an experiential notion; a way of carving up experience. At these levels, there is time, but it is not something independent of or external to your experiences. For example, on the astral planes, where you travel during sleep and also after you die, there is no 'clock time'. Clock time is the utmost attempt to disentangle time from subjectivity, i.e. from you and your experiences. It is a grand illusion. On the astral planes, time is the *rhythm of your experiences*. Sometimes you rest, now you meet someone, then you study for yourself, etcetera. Whenever one stage ends, and another one begins, is not determined by clock time - something external - but by your inner flow of feelings, by what seems natural to you.

This natural sense of time or rhythm can be part of earth life too. The subjectivity of time, i.e. the fact that time can be experienced differently in various circumstances, is familiar to all of you. You say that 'time flies' when you are having fun, whereas time seems to come to a still stand when you are in the waiting room of the dentist or in a cue in the supermarket.

Now, the sceptic inside of you may say: time is perceived as moving slowly when circumstances are experienced as negative, whereas time is seemingly going faster when circumstances are positive. But, time itself is always the same, ticking by in the same rigid manner, however we experience things.

This is the 'objective framework' notion of time, also called the linear notion of time. It stems from a rationalistic, scientific approach to time. But imagine that there were no clocks, no night and day, no natural influences such as sun, moon and tides by which to measure time. Then you could only rely on your own subjective sense of time.

Your objective measure of time - the clock- is not really based on something external; it is the product of the human mind that wishes to

divide up and classify. The human mind has abstracted a certain order of things from the natural phenomena on earth. But 'time in itself', independent of the human factor, does not exist. It is an illusion that is the product of a type of consciousness that is caught in the belief in separation.

Time is essentially subjective. Time is a way of carving up experience, in such a way that you can make sense of it. For example, you say of someone: "he is an old soul". Do you really mean the number of years or lifetimes when you refer to his old age? Or do you mean by 'old' that he expresses certain qualities, such as wisdom, balance and serenity, rather than a certain quantity of time? The reference to *time* in the phrase 'old soul' is really a reference to *experience*.

Time in the full sense of the word is the "dynamics of becoming" on the inner level. It may be a helpful concept insofar as it helps you articulate the natural rhythm or flow of things. But when conceived as something objective, standing over and above you, it tends to limit and distract you. You are not limited to a particular timeline. You are not a linear being. There are levels of your being that are outside of the framework of time that you are presently experiencing. It is to this aspect of yourself, i.e. your multidimensionality, that we wish to draw your attention now.

Multidimensionality

According to the linear notion of time, you cannot be present at more than one place at the same time. By 'you', the linear concept refers to your body, your brains and your consciousness that is somehow tied to your body/brain. (Science cannot yet explain how exactly body and consciousness are "tied", but it does maintain - generally - that consciousness cannot exist without a physical body).

According to the "full", subjective concept of time, you are present wherever your consciousness dwells. Where you are, in time and place, is determined by the focus of your consciousness, not by the location of your body.

For example: you are at the station, waiting for your train to arrive. It will take some time yet, so you just sit and stare for a while and unnoticed you get into a slightly altered state of consciousness. You are thinking of someone you were talking to yesterday. You recall that conversation easily and you vividly remember how it affected you. You are reliving certain aspects of that conversation, drawing it into your Now moment from the past. What you are actually doing here is that you travel to the past and visit the energies of that moment again. Your Now energy interacts with the energy of the Past, possibly creating changes in your experience of that moment, and thus altering the past.

By altering the past we do not mean that you alter any physical facts, but that you overlay them with a different interpretation or perspective. By altering the felt content of a certain past event, however, you are in a sense altering the event for you.

Just think of this example.

You had a conversation with someone, who got really offended by a remark of yours, which had really no critical intention at all. The other person you were talking with started to scold at you and then walked away. Now, you in turn felt offended, feeling misunderstood, angry and shocked at the same time. After you got home, you felt troubled for some hours, but then let it go and had a good night's sleep. Next morning, at the train station, you had to wait for your train and you suddenly recalled this peculiar conversation, where things went wrong so surprisingly. You now look at it from a different perspective, and suddenly you realize why the man felt so offended by your remark. You remember some facts about his past that you simply had forgotten before you had that conversation. You can now see his emotional reaction in a whole different light, especially as having nothing to do with you. It wasn't you who was causing the hurt; you just triggered an old hurt inside of him. This perspective sets in motion a different emotional response inside of you. You feel a sense of relief, insight and yes....forgiveness. "Oh, I see.....now I understand.....poor fellow".

At that moment, you are recreating the past. You are overlaying it with a different interpretation of the facts, which replaces your initial response. To be clear, this does not mean that the initial response did not take place, but that the energies of anger, shock and misunderstanding have been transformed into understanding and forgiveness. A "spiritual alchemy" has taken place by the interaction between past and present. Really, the physical facts aren't that important. It is the felt content of a situation, your energetic reaction to it, which really shapes your life and your reality. Therefore, we may rightly say that you can alter the past by travelling through time to past energies which still need resolution.

While you are sitting at the station, conducting your time travel, there is some layer of your consciousness still present with your body. You may sense 'in the back of your mind' that your hands are getting cold or that some youngsters behind you are talking loudly.

Consciousness is able to divide itself up. It *can* be in different places at the same time, meaning that consciousness can dwell in different energetic realities at the same time.

This is the meaning of multidimensionality. Your consciousness is not limited to space and time. Although you have a basic agreement during a lifetime on earth that some part of your consciousness is always connected with your earth body, your consciousness is not therefore limited to one specific point in time. You are not limited by the past or the future, for they are not fixed. They are liquid fields of experience. They are changeable and you can interact with them from the Now.

Your consciousness is multi-dimensional even when you think that you are imprisoned within your physical body. Do you know the expression: "she is stuck in the past"? Someone cannot let go of the past and her consciousness is filled with past experiences and with emotion such as regret, remorse or just grief. This person is 'not here'. She is literally in the past. She is, as in the example above, interacting with the past from the now moment, but not in a liberating, alchemical way. Her body is present in the here and now, and she is stuck in the past. Time for her stands still, while the clock is ticking and measuring weeks and months progressing. This is because she does not move experientially. She doesn't flow with the natural processes of life and experience. This is an example of multidimensionality. Even when you limit yourself to such a narrow focus of consciousness, you are being multidimensional. By which I mean to say that multidimensional is not something you become, it is something that you are. It is of your nature, it is your natural state of being.

The real question is: how can you be multidimensional in a liberating and transforming way? How can you employ your multidimensionality in such a way that you can move freely through the dimensions and not lose touch with your divine spirit? Being multidimensional from a place of wisdom and awareness: that is your spiritual destiny. It is your destiny to become fully conscious multi-dimensional creators.

Being consciously multidimensional means that you release the illusion of linear time, which also means to release the notion that you are (no more than) your body.

Being consciously multidimensional is to identify yourself with the spirit (God) inside of you that is absolutely free to enter any realm of experience (= dimension) it chooses.

Being consciously multidimensional is an essential part of the reality of the New Earth.

The reason you struggle with the concept of multi-dimensionality, is that you conceive of 'being in two different places at the same time' in a physical way. Your physical body cannot be in two physical places at the same time. However, dimensions are not physical places, not 'chunks of matter' so to speak. Dimensions are realms of consciousness, spheres of consciousness that abide by certain (energetic) laws.

Your consciousness can partake of different dimensions at the same time. This happens NOW. There are realities of the past, of the future, of the astral planes, of past lives, of the angel inside you, and even more, that intersect and meet inside of You right here right now. You ARE multidimensional now, but are you in a conscious manner? Do you allow the dimensions to flow in and out of you, do you accept what energies they bring you and can you recognize them as *yours*?

You interact with the other dimensions you are part of all the time, but if you do so in a conscious and accepting way, you are actually transforming those dimensional realities. By embracing stuck or pent up energies from those dimensions, and holding them to the Light of your consciousness, you liberate and integrate parts of your Self and you change your present.

Many realms of consciousness meet inside of you and you are essentially the Master who chooses to experience any of them. You are free to travel through any of them, fast or slow, far or near. As long as you identify with the Spirit inside you, you will keep the awareness that you are free. But when you get stuck in thoughts of limitation, holding beliefs such as "this is not possible", "this is not allowed", "this will go wrong", etcetera, you sink into the illusion of separation. You are caught in the illusion of linear time, the illusion that you are a body, the illusion that you are separate from God. In this way, the soul gets temporarily 'bound' to certain realms of experience. She forgets about her true origins, her divinity and her freedom.

This being caught or 'bound' is also called *karma*.

Getting 'unbound' or unstuck, often proceeds along a number of steps or stages of what you call 'inner growth'. From the human (linear) standpoint, you are 'releasing karma' and slowly transforming yourself according to the four stages of inner development that we have described in these Lightworker Series. From the standpoint of Spirit, however, you are simply bouncing back into your natural state of divine awareness. From that point of view, releasing karma is nothing else but remembering your own divinity.

Your Light Self

Many dimensions, many realms of consciousness, come together inside of you. And you are really the master, the creator of the whole field of dimensions. You are a star with many rays, a soul consciousness with many manifestations. You are free to activate whatever reality you choose to.

If you drop the notion of linear time or chronology, you allow yourself to believe that the past or the future do not determine you. You can then feel yourself to be at the centre of a vibrating field of dimensions, all emanating from one divine, timeless source: you.

Imagine yourself at the centre of all these realities, all these possibilities, and then choose the one that carries the most Light for you.

You choose the brightest, most lovely ray in the field, and now, for a moment, go inside of it and feel what it is like to BE that ray.

This is your Light Self.

This is the part of you that is most like God.

Traditionally, the beings closest to God are called *arch-angels*. And that is what you are, in this dimension, right now. You truly are arch-angels.

Archangels are beings that are very close to Source/Spirit/God, but they are not completely one with it. They are one step removed from absolute consciousness, meaning pure Being without differentiation, becoming or individuality.

Arch-angels have a kind of *individuality*. There is uniqueness to all of them. An arch-angel may be said to have certain characteristics. One cannot say this of God or Source. God is All and Nothing. Because of this, arch-angels have entered 'the realm of separation', the realm of I versus Other. They are part of duality, however slightly.

An arch-angel is an aspect of God that has manifested itself as a particular Being, a particular Form. The Greek philosopher Plato called this an Idea, which - in our terms - is a basic or 'archetypical' energetic reality that transcends the physical world. Arch-angels are in that sense platonic Ideas. There is an arch-angel (Idea) of Love, of Truth, of Goodness, etcetera, each embodying the energy of a particular aspect of God. Arch-angels are not so much persons as energy-fields with an individual flavour.

Why did Spirit or God externalize aspects of Himself in this way?

It was from the joy of creativity that he did this.

The archangel energies are an expression of God's unending creative joy.

Arch-angels are not outside of God. Nothing is outside of God. God is in everything. God is present in all created energies as the "Spirit aspect". This aspect is what makes all these energies ONE.

That which *separates* a being from another one, what makes it different and unique is the "Soul aspect". The Soul-aspect covers the individuality of a being.

All created beings that have individuality are truly a coming together of Spirit and Soul, of consciousness (spirit) and experience (soul). Creation is a dance of Spirit and Soul.

The arch-angels are, so to speak, the first-born children of God. Not 'first' in a linear sense but in the sense of: being very close to God. They carry a deep awareness inside of their divinity (the "Spirit aspect"). Humans perceive arch-angels as a bright and pure Light.

There are different arch-angels. Every arch-angel emanates energy like rays of light from a sun. By emitting these rays farther and farther away, the arch-angel gets in touch with unknown spaces, with realms of experiences that are new to it. The arch-angelic energy reaches out and in

this spontaneous, creative movement, it stumbles across that which is Other than her, that which is not Light, but Dark. Dark here just means: further removed from Oneness/Spirit - further drawn into the realm of individuality.

God or Spirit is neither Dark nor Light. God simply IS. Arch-angels are beings of Light. By creating Light, God also created Dark. This is simply because arch-angels are in the dimension of duality, outside of Oneness. They have a sense of individuality. The creation of the Light self (the angel) brought with it the creation of the Dark self, the part of the Self where Light is absent. There is beauty in this polarity, since it constitutes the dynamics of creation.

God, pure being and consciousness, longed for *experience*, and this experience (s)he gains through the created universe, through his presence in the light and the dark aspects of it.

What the arch-angels were going to experience, after they entered the realm of duality, God did not know. This is what she craved for: not to KNOW everything, but to experience something new.

In stepping outside of Oneness, the arch-angels entered an empty space, a space of potentiality, a space of unending possibilities.

The arch-angels found out that they could create many forms, and live in them. Every form you inhabit as a conscious being has a certain angle or perspective to it, which enables 'unformed consciousness' to experience things in specific ways. The whole process of the arch-angels venturing out for experiences can be portrayed as a huge waterfall of sparkling light. The energy of the arch-angels poured out of God/Source like a massive flow of sparkling, bright water, going in every direction. Within this huge stream of water, little streams separated themselves, dividing up in smaller streams even, until there were tiny drops of liquid light. These drops may be compared to individual units of consciousness, each with their own set of experiences.

The dance of Spirit and Soul had now truly begun!

The individual units of consciousness, which we call souls, went on with their journey. They carried deep within the energy of Spirit or Source, as well as the energy of the arch-angel they stemmed from. But, as they travelled further and farther, they came to experience that it was possible to forget about their origins, to forget about their divinity and to become lost in darkness and illusion. This polarity of dark and light could best be experienced as a human being, living on earth.

When we describe the process of arch-angels emanating from Source and eventually becoming human, it seems that we are telling a linear, chronological tale. But this is not so. The emanation or waterfall of energy from God is happening *right Now*. This tale tells you about the identities that are available to you Now, not about who you were in some distant

past. At this very moment, there is a layer of pure arch-angel energy inside of you, a layer of pure Light. There are also layers of confusion and fear inside of you. But you can choose, at any moment, to be the Light-self, the angel that you are. This is not something you need to *develop*, it is simply a part of who you are.

It is important to realize that you do not need to look up to spiritual masters, guides or angels. There is *not one authority above you*. You yourself are among the 'first-born', sitting next to God's throne. You yourself are God and angel.

The easiest way to get in touch with your Light-self is through connecting with the layer of pure consciousness, pure Spirit inside of you. This you do by becoming silent, on inner and outer levels. The silence you experience then is really ever-present in you; you only need to become aware of it. When you are connected to silence, the dimension of eternity inside you, you can feel Spirit's desire *to experience*. From this desire, you Light-self was born.

The soul experiences the greatest joy in the interplay between Spirit and experience, the interplay between divinity and humanness. This is the secret of the universe.

When you are purely Spirit, your reality is static. Nothing changes. Experience and movement only arise when there is a relationship with *something outside of you/Spirit*. When you sense something other than yourself, there is an invitation to explore, to feel, to find out. But to experience something other than you, you need to remove yourself out of absolute Oneness, out of God/Spirit. When you do so, you become an individual soul.

You are a unique soul, one foot in the realm of the Absolute, one foot in the realm of the Relative (= duality).

In your explorations of relativity (duality), you may go so far away from Home that you lose contact with the element of Spirit inside of you. Your soul then gets lost in the illusion of fear and separation.

The greatest joy possible is when you take part of the realm of Experience, while staying connected with Spirit, with Home. The balanced interplay between Spirit and Soul is the source of the greatest creativity and Love.

From this perspective, you are all on your way to find the right balance between absolute Oneness and being an individual soul. The ones among you who are Lightworkers are at present working towards a greater awareness of their Oneness with Spirit. They have travelled into duality long and far, and they, i.e. *you* my dear reader, are ready to come back Home. Not, however, to a static Home of Pure Oneness, but to a dynamic, creative reality of divine, multidimensional humans, whose experiences will be filled with joy and Light.

This is the end of the Lightworker series. In all of you who read this, there is an intense longing for Home and a profound determination to fulfil your deepest desires. Keep your longing and desires alive, and trust them, for they will bring you Home..

With my deepest Love,

Jeshua