

Healing
and Transformation



*Moving from the Ordinary to the
Extraordinary*

Eric Alsterberg, Ph.D.

HEALING
AND
TRANSFORMATION:
Moving from the Ordinary
to the Extraordinary

Eric Alsterberg, Ph.D.



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For my son Justin,
who provides me with
immeasurable joy

Biography

Dr. Alsterberg is a licensed psychologist in the State of Michigan. He has been a practicing clinical psychologist for the past 32 years. He currently provides custody and parenting time evaluations and interventions for a local Court. He provides counseling and evaluations for our elders in nursing homes, and treats clients at an outpatient clinic focusing on various clinical issues.

Over the years, Dr. Alsterberg has worked with all age groups, from young children to our elders. He has treated both emotional problems as well as substance abuse problems. Increasingly he has blended metaphysical and spiritual approaches with psychological approaches when appropriate. He provides clinical hypnosis with some clients, which includes past memory regression and what he calls “vision hypnosis.” With vision hypnosis, clients sometimes connect with deceased relatives, their Angels or Spirit Guides, Angels or Archangels, or Ascended Masters.

As a metaphysical explorer he hosts healing circles twice a month, focusing on how to help humanity and Mother Earth move toward ascension. He is certified as a Teacher I with the

Rocky Mountain Mystery School. He also participates with the Astara Mystery School. He practices Reconnective Healing I/II.

Dr. Alsterberg's first book is *Life IS An Adventure: a Guide to the Path of Joy*. Part psychological, part self-help and part metaphysical, it explores understanding and applying basic truths to achieve joy.

INTRODUCTION

We have a spiritual ego and a psychological ego that keep us trapped in dysfunctional patterns of thought and behavior. The spiritual ego promotes separation, differences, and spiritual pride that become the antithesis of walking a true spiritual path. The psychological ego prevents us from healing the emotional wounds and traumas we experience in life, preventing us from creating a path of joy, seeing harmony and unity in all, and progressively learning to walk the spiritual path. Ultimately both egos prevent us from increasingly choosing who we are and who we want to be, moving beyond the illusions of separation and limitation, and toward unity and spiritual transformation, or ascension. The processes of healing both egos lead to transformation, to truly manifesting and walking the spiritual path and eventually back to oneness with God.

Truly walking the spiritual path is more than just believing in a particular path or tradition. It is a process. While a particular path or tradition may outline a core belief system, it is putting the spiritual path into action that allows us to evolve. Being spiritual transcends religion. It is nice when they are one and the same, but more often they are not the same. Some of

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the most spiritual people in the world do not follow any particular religion or tradition. Some of the most religious people in the world are not spiritual at all.

The spiritual path requires three very difficult and challenging actions to accomplish. The first is to practice complete and unconditional love. The second is to practice complete and total forgiveness. The third is to practice complete and total non-judgment. Since none of us are perfect, how can we possibly achieve these? Perhaps it is not so much achieving these as it is continually striving to accomplish these.

Adding to the challenge of striving to become more and more spiritual, each of us has a spiritual ego and a psychological ego. With the separation that took place, and that we all chose to participate in, both egos came into existence. Before this was complete and total Oneness with God. In the moment we asked, "What if?" different dimensional realities burst into existence. We began to create without God. Along the way we began to miscreate. Ultimately, on this planet, we created the world we live in now. We continually create the world we live in now. The mess we are in is the collective result of creating without God.

We again have the opportunity to become co-creators with God. We again have the opportunity to walk the spiritual path, creating our lives as masterpieces of joy. Again we have the opportunity to make better and better choices about who we are and who we want to be. Again we have the opportunity to achieve ascension.

The exciting thing about this point in place and time is that we can choose to ascend individually and collectively. We can help the planet to ascend as well. We can collectively create a different world, a world of peace, love, forgiveness and tolerance. We can collectively and individually move into higher dimensional realities.

Have you noticed that time seems to be speeding up? Have you noticed that time is more fluid, sometimes seeming to pass very quickly and other times being active and yet time has moved hardly at all? Have you noticed that the gifts of spirit in

you are increasingly manifesting? Have you noticed how much more intuitive you seem to be? Have you noticed that you can no longer tolerate dysfunction as easily as you once could?

There is a shift in consciousness that is occurring. More and more people are striving to learn and apply spiritual truths in their lives. There is a hunger, a thirst, to know more and learn more. There is a greater desire to experience genuine oneness and connection to all and to the divine within. The increasing awareness and sharing of many spiritual and metaphysical systems and technologies is helping to facilitate a greater understanding of who we are and who we want to be.

With our current age we have at hand information and healing technologies like never before in the past 12,000 years of human history. We can find information and read about many spiritual and mystery school paths that were once only available to a very select few. With our increasing sophistication psychologically we are able to access many self-help books, alternative healing technologies, and forms of counseling and therapy that can heal us psychologically and emotionally.

With all the healing technologies, all the psychological technologies, and the entire spiritual and wisdom information available, we can heal at any and all levels. We can heal physically, mentally, emotionally and spiritually. We can resolve the emotional wounds and traumas that keep us in separation and limitation. We can relinquish the spiritual ego and the psychological ego, and be guided by our inner wisdom, walking more in harmony with the divine within each of us. We can choose love to guide us in all actions.

We can heal and transform our lives, and collectively heal and transform the planet. We can no longer survive as a species and a planet if we continue down the destructive path of separation and fear. We can no longer act out the ego's dramas and dysfunctions, creating disharmony and conflict at every level, including at its worst at war with one another. We are at a crossroads. Each of us has the opportunity to heal and transform our lives, and to accelerate our return to Home/Heaven where we really belong.

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This book provides direction on how to heal and transform your life. It guides you on how to return to and re-connect with the divine core within you. The importance of slowing down and going within helps set the stage to relinquish the ego. Understanding we are moving into higher dimensional realities, healing at all levels becomes ever more essential. Learning to create balance again leads to greater peace and harmony within and without.

With healing and transformation there is a new understanding of masculinity, and what real masculinity is. The return of the feminine is equally important for healing and transformation to take place.

Within everyday life, our intimate relationships, roles as parents, and learning forgiveness all help healing to occur. The result of the transformational process is the gifts of spirit more readily emerge and become a part of our lives, and we understand what prophecy is all about. The future is not meant to be left to chance, and dire prophecies need not come true, for we can use our free will to change course.

We can heal our selves, our communities, our nation and our world. We can all return to the spiritual path. We can live the spiritual path. We can let the divine meet our humanness. We can remember and live that we are spiritual beings having a human experience. As we fix ourselves, divine love flows through us and we become a radiant light, for ourselves and for others.

There are many paths, yet one path, to heal and transform our lives. It is not easy to honestly look at ourselves, to face the emotional wounds, hurts and embarrassments that we want to keep hidden from conscious awareness, and to move through these to release the negative and fear-based emotions attached to these experiences. Yet remaining unresolved, we only stay in misery and fear at best. This book guides you to make other choices, so that you can live more and more manifesting positive and love-based emotions, living joyfully, and moving back to unity and oneness with All-That-Is. Each of us will do this sooner or later. Why not now?

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Chapter 1

RETURN TO YOU

We are privileged to now be living in one of the most exciting times in the history of the world. Each of us has the opportunity available to return to our true divine heritage, while living in physical reality. The time has come when healing and transformation are readily available to each one of us. We have the opportunity to heal and transform individually and collectively. We live in a time when healing technologies are increasingly available to all, whether at the physical, mental, emotional or spiritual level. Beyond this, what were once only available to a few initiates in select Mystery Schools, are now becoming available to any who want to enter the path of spiritual growth and transformation.

While the path is no less difficult to master, the path is no longer shrouded from all but a few select initiates. A wonderful and incredible opportunity is at hand, to reunite with your Higher Self while living in the physical. As a spiritual being having a human experience, you now have the unique opportunity to readily remember and live life, consciously aware of your connection to your divine self. It is now, more than ever,

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possible to return to You, to reconnect with your Higher Self and walk in harmony with the divine wisdom that is at the core of your being.

This is a time of transformation for you and for the world. We have the opportunity now, more than ever, to collectively create a shift in consciousness that will transform the world. This planet is about to advance from a preschool civilization to a more advanced civilization in “the twinkling of an eye.” We can either do it willingly, peacefully and cooperatively, or it will be forced upon us as the result of catastrophic change, war and economic chaos.

We are increasingly experiencing an expanding consciousness. We are moving from five sensory to multisensory awareness and consciousness. As Gary Zukav has presented in his book, *The Seat of the Soul*, we are moving into a time in which multisensory awareness and consciousness is increasingly happening. You may have noticed you are experiencing more déjà vu experiences, that sense that you already lived a particular moment, yet know you have not. You may be experiencing a sense of knowing or familiarity with a place you have never visited before or a person you have not met before. You may be experiencing precognitive dreams. You may be experiencing increased intuition. You may be experiencing with significant others moments when, what you thought the other person spoke aloud, or said to each other “I was just thinking that” or “I was just about to say the same thing.” This is a form of mental telepathy. You may be suddenly, or more frequently, experiencing lucid dreaming, where you know you are asleep and yet you are consciously aware of the dream and even its message or meaning to you. You may be experiencing so-called psychic gifts, such as clairaudience, clairvoyance, automatic writing, or mental telepathy to name just a few. You may be experiencing prophetic visions, personally or planetary. You may be experiencing contact with your Spirit Guides or Angels. I prefer to call all these things the “gifts of the Spirit” and would suggest to you that these are natural, innate abilities we have not been in touch with, used or developed for some time.

As we move into a time where we go from one age to the next, as the planet moves from third dimensional to fourth and higher dimensional vibrations, these gifts of the Spirit more readily return. As we move into the spring of the universe, and as our solar system is bathed in increased energy and light, we move into a time where it is easier to return to our true heritage. The long dark winter for the planet is over, and you now have the most wonderful opportunity presented to you. While living in your current everyday world of career and responsibilities, you get to embark on the most glorious of adventures, returning to conscious and direct contact and awareness with your Higher Self.

You get to re-establish your divine connection, to “hear” the gentle urgings of Holy Spirit, and simply re-connect to the “still, small voice within,” your direct communication with God.

You agreed to come and partake of this wonderful experiment that is taking place in all of creation, on this very planet. You get to experience an opportunity to achieve your ascension through healing and transformation. You get to heal your embodiments from all time and space: to move beyond the need to live in worlds of physicality, to move beyond the cycle of death and rebirth, to move beyond the need to live in cause and effect realities.

Collectively, we get to participate in the grandest experiment yet undertaken in the universe, together creating the ascension of humanity, without the need for catastrophic change to “shock” us into higher dimensional consciousness and being. You have labored long and hard to be alive in this time of healing and transformation, to seize the new day. You have certainly “chosen” to be here to at least witness the healing and transformation that can and will take place on a planetary basis, or witness how transmutation can and will occur if we choose not to live in the old paradigm of hatred, judgment, and limited awareness and consciousness.

Why just be a witness when you too can participate in this grand vision and this grand adventure? You can choose to take

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the healing methods and technologies that are now readily available and learn more of the paths of initiation, which can lead to ascension. You can choose to heal and transform your life and return to You.

As a spiritual being having a human experience you have existed long before this moment in time and space. Your soul currently inhabits a physical body long after God created it. When this physical body is given up, through the process we call death, your soul continues on. You just simply shed the current physical body you need while existing in physical dimensional reality.

You continue on after your return to spirit. You go on to other adventures and classrooms of learning. You even get to return to another physical body, if and when it serves your further soul growth and development. You also may return to balance out karma, to balance what you have previously created, both positive and negative. You meet the consequences you have created for yourself. You truly do sow what you reap. What goes around does indeed come around, until you release yourself from the wheel of life. Do you think it is coincidental when a person wins the lottery? They are having the good return to them that they created in other times and places.

This particular time in history is even more important because the opportunity is afforded to balance out karma all at once, in a relatively short period of time. As you embrace basic truths and practice these laws in your life, the transformation that takes place heals all levels in this lifetime, as well as heals all time and space. This frees you to live in the higher dimensions, the higher planes or spheres of existence, and to be co-creators with God.

Fortunately, the law of grace super-cedes the negative side of karma. As you learn to manifest positive and love-based emotions, and truly enter a place of complete unconditional love for all, no matter what their outer behavior or appearance, then your own negative karma is released. As you learn to truly forgive any and all that harmed or wounded you and practice grace, you release negative karmic debt. As you release feel-

ings of resentment and bitterness, you release negative karmic debt.

As you learn we are all one, unconditional love or *agape* love, is our true heritage and only way of being, we all advance. When judgment is released into unconditional love, we are all set free. We are all truly One Son. *A Course In Miracles* reminds us continually that we are one Son-ship. We are not the poor, hopeless sinners divided from each other and separated from God except for the one Son, Jesus, who came to give us salvation. Salvation is the recognition we are all one, and that we can and will walk the same path of ascension, as did the Master Jesus, as well as many other master teachers sent to guide us home.

When you entered your current physical body, the veil of forgetfulness came over you, so you would learn to return to your true divine Self through the process of ascension. You have to remember who you are and where you want to be, which is to return to You. As you learn and grow; as you heal the past hurts, traumas, emotional scars and spiritual wounds from this life, you regain an increased awareness that heals at all levels and leads to transformation. With increased awareness you begin to choose who you are and who you want to be at higher and higher levels, until you ultimately choose to return to You.

What makes this time so special and unique is that you chose to come into the physical and participate in the ascension process on a massive, planetary scale. Not only did you come to decide to return to You for you, but to participate with many others who also want to return to their Higher Self. The grandest part of the drama is we all chose to be here in the physical at this time and place on this planet, to return the whole species and the whole planet back to its divine heritage.

We are here to evolve into fourth and beyond dimensional awareness and reality. Individually, as members of society and as member of the planet, we are here to ascend together. United with the living entity we call Mother Earth, or Gaia, we are moving into a New Golden Age. This is the thousand years of

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peace promised in the New Testament of the Christian Bible by the Master Teacher Jesus. As our elder brother, he came here two thousand years ago to demonstrate that ascension is possible. He came as a Way-Shower, to light the path, to help us remember who we really are and help us to return home, to return to our true spiritual heritage. Many other Master Teachers have also come to light the way. Moses, Mohammed, the Buddha, and Krishna are just a few of the many masters who have walked the Earth to enlighten us to our True Selves.

The New Golden Age is actually a return to previous Golden Ages on this planet. These were eras when great, grand and glorious civilizations manifested on Earth, living in total peace and harmony. They accomplished this with divine leadership, which is where the divine right of kings first arose as a concept. Except, in the Golden Ages, divine leadership directed these civilizations. These leaders remembered and practiced their connection to their Higher Self, and through humility led with Divine Guidance.

The New World Order, which the current leadership on the planet wishes to impose, is the antithesis of Golden Age leadership and structure. In the Golden Ages, evolved and enlightened beings, working in total harmony with divine order within the divine plan, created a sense of Oneness and spiritual enlightenment and attunement in all. From this, peace, harmony, prosperity and abundance flow naturally for all. Complete harmony existed within the plant and animal kingdoms, with the devic and elemental realms, and with the planet herself.

We are on the verge of creating another Golden Age, starting with each one of us who heals, transforms and moves into greater consciousness and awareness. This process of enlightenment occurs as we reconnect with our spiritual truth and manifest who we are and who we want to be at the highest levels. As we increasingly move into the Photon Belt, this process of transformation is accelerating.

You can choose not to participate. You will get many more opportunities to live in third dimensional worlds, eventually

tire of the hurt and pain limited choices create and turn back home to God. Or, you can choose to be part of this great moment in time and evolve back to where you truly belong.

Life is meant to be joyous, such that you have frequent joy attacks. These are sudden moments in which you are overwhelmed with ecstasy and joy, where you feel so good you can hardly stand it. These are the opposite of bouts of depression, anxiety, or panic attacks.

Life is meant to be an expression of love. It is especially sharing the unconditional love of the One who created us. It is meant to be an expression of truth at the highest levels. It is meant to be an expression of our highest self while in human form. It is about choosing who we are and who we are meant to be at higher levels in each moment. It is about creating the highest fantasy of you, and then manifesting it in your day-to-day reality. Life is about living from the highest truths in a third dimensional world that is evolving into higher dimensional frequencies of light. As you do this you return to your true Self. We are meant to manifest our Higher Self in our day-to-day lives, creating our lives as masterpieces of joy.

To accomplish this requires a great paradox. We have to slow ourselves down in order to increase our vibration, radiation and our consciousness. We have to slow down from the constant pressure to succeed in a materialistically defined, competitive world that will never satisfy the hunger in our souls.

We have been living in the “historical period,” a time in the ongoing evolution of the world when the consciousness of humanity has been very limited. It is based on believing in only a material world, as defined by our five senses and what our science has been able to discover by extension of her instruments, within the limited perception of the basic senses. It has been a time of darkness and limited consciousness, where war and vengeance, competition and power have ruled. It has been a time in which controlling others by the designated authority of the time have held sway.

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With these limitations we have engaged in a collective illusion of how the world is and how to succeed in this world. These illusions have included the belief in competition, survival of the fittest, might makes right, whoever gets there first wins, and that whoever makes the most money or has the most things wins. This is aptly stated in the bumper sticker, “He who has the most toys when they die wins.” I like the rebuttal bumper sticker that instead states, “He who has the most toys when they die, still dies.”

Even religions are trapped in this illusion, with their orthodoxies and theologies. These often provide limitations about what creation is, or even the time frame it occurred in, and that creation is not a continuing process. They provide limitations on when we were created and the limited options we have to get it right, or face eternal damnation. They limit the nature of God, and in what way we can relate with our Creator. Many religions have myriad legalistic rules about how we can relate to God, or whether we must have mediators to intercede on our behalf. They try to deny the freedom from which we are to joyously know God.

Most of the indigenous peoples of the world, who always maintain a direct relationship with Great Spirit, were systematically killed or their cultures deliberately destroyed, during this historical period and especially in the last two thousand years. Missionaries, who insisted their limited concept of truth was more powerful than having a direct relationship with God, attacked many.

Much of this was done so the major religions could monopolize access to God through their leaders and through the rules and regulations that came to shape the theologies and the dogmas. These dogmas limit the truth of our being and what we can become, rather than enlighten and guide us. Yet, despite this, all religions have at their core the same basic truths. Unfortunately leaders and theologians modified these basic truths, or at times eliminated the ones that were inconvenient to obtain power and control over the masses.

Our limited worldview, until this time, has been based on fear as the predominate belief. Negative and fear-based belief systems pervade the world. There is a belief in limitation and lack, and survival goes to the fittest. Fittest is defined as who is stronger, tougher, more competitive and more ruthless. They get to define the world and truth as the way they see it. Driven by materialistic beliefs and goals, the ego demands we rush around trying to get as much as we can before some one else gets it first. Life is a race and who gets there first wins.

Who gets there first or who gets the most stuff defines self-esteem, self-worth and status. Life becomes a maddening race in pursuit of the material, whether belongings, relationships, conquests, sex or any of the hundreds of external pursuits we are led to believe produce happiness and joy. Ultimately, the pursuit of power and having control over others are seen as worthy goals, producing happiness and joy. Not only are we led to believe these externals bring happiness; we all have chosen this collective illusion.

A dramatic everyday example of this is the popularity of fad toys, cleverly marketed as a must for every child. Parents get caught up in the fervor of obtaining as many of these so-called collectibles as they can. They wait in lines and even fight to get what is available. They rationalize their behavior by saying the toys will be valuable some day, so they are only investing for their child's future. Not only do they inadvertently teach their children that happiness comes from possessing stuff, they also teach material wealth combined by competition, are the goals of life and the road to joy. Now that doesn't mean there is anything wrong with getting things for your children or grandchildren, nor that there is a lack intrinsic joy and value in having things.

Unfortunately, we are in an ever increasing, maddening race. We scurry around to get more and more stuff, and get more and more depressed and anxious. There certainly is no time left for quiet contemplation. As we rush about, we do not take the time to stop and consider what is really important, what life is really about, or what we truly want for ourselves.

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We certainly do not take time to contemplate who we are and who we want to be. In the most important area of our lives we let others define for us what our spirituality is or should be. We let others make spiritual choices for us, without for one moment contemplating the divine within. We certainly do not take time to slow down and go within, discovering our own divine Self. Most of the time we are even told there is no divinity within us and God is external and remote.

The challenge for humanity is to slow down. Take time to truly understand our selves and respond to our own inner Supreme Court rather than external authority. The endless race the ego insists we should engage in keeps us stuck in fear and limited consciousness. It keeps us stuck in the belief in limitation and lack and the belief only certain externals create joy and happiness. As we race around endlessly seeking these externals, we become disenfranchised from our true spiritual heritage and ourselves.

Worse yet, as we obtain more and more stuff, we discover it does not satisfy or provide the joy we thought it would. There may be a momentary satisfaction, but it quickly passes. There is never a lasting satisfaction or contentedness. We may momentarily celebrate a victory or accomplishment, but soon the ego is driving us on to obtain and win more, even at or especially, at another's expense.

What is the price we pay for this endless, ego driven need to acquire more? Usually we just get more and more stressed or distressed. There is never enough time to acquire the demands the ego says we need to be happy. The ego constantly reminds us that there are others who are willing to work harder, try harder and race faster, even as you consider slowing down. Fearing there will not be enough we become even more fearful. We get depressed when we can't get enough, yet paradoxically we get depressed when we momentarily feel like we did get enough. We have depression and anxiety, even panic attacks, as we seek to compete in a giant, collective race for the seemingly limited resources available. In the race to have more, we are even willing to risk the destruction of an entire planet and

the future of the next generations. Ultimately we do this in an endless rush to avoid discovering who we really are and who we really want to be.

This suits the ego fine. It doesn't want you to recognize who you are and who you want to be. It doesn't want you to remember you are a spiritual being having a human experience!

Right now we are so caught up in the human experience, we have forgotten what our true heritage is. We also allow religions to define what our spiritual heritage is, defining it as another external race we have to get into, to achieve heaven. While all religions have at their core essential spiritual truths, centuries of theology and dogma have masked these magnificent truths in rules of belief and rules of conduct that may even contradict what the Master Teacher first taught. One is only going to be "saved" and achieve a state of perfection, oneness and "be in heaven" with God, if their set of beliefs and rules are followed. At its most absurd, one will achieve instant heaven if they engage in a martyred act and commit an act of terror.

Failure to win this race and one suffers at least purgatory, if not eternal damnation in a hellish nightmare for having failed to follow the 'right' rules or system of belief. Adding to this the current consciousness of limitation and lack, only a select few will win this race and secure a place in heaven. Everyone else is doomed, but deserving to be doomed because they didn't follow the legalese of a particular religion. Any souls that existed prior to a particular religion are doomed as well, because they had the misfortune to live before that Master Teacher arrived.

In this limited consciousness there is the belief that only one religion, or type of religion, gains one's access to God's eternal love and a heavenly home. There is certainly presumptuousness and a supreme arrogance that says only we have the truth about God. Only we know how the universe works and we are the only path to salvation. Despite having many systems

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of understanding God and our relationship to Him/Her, religions and their follower claim their system is the only way.

Despite being on only one planet, in a Universe where there are worlds without number, we presume there is only one path to God. Despite probable civilizations on at least some of these planets, all with their own diversity of understanding what God is and what basic truths may exist, some still have the arrogance to say that this path or that path is the only legitimate way to God. Even Jesus, who truly is one Way, one Truth and one Light, is misunderstood in limitation and lack to mean only “Christians” may enter the kingdom of heaven. He best demonstrated the path, but there are many systems that create the same path.

Jesus came to teach many truths, the most important yet least understood being how to achieve ascension or resurrection. He came to show this is what we are all here to do. Lost in the thought system of limitation and lack is a deeper understanding that his whole ministry was rich in deep metaphysical meaning. He taught the complexity of who we are, who we are meant to be, and how to return to our True Self. This True Self is our divine heritage waiting to be rediscovered and remembered as we live, understand and apply basic truths. These basic truths come to us from many sources, including religions when we examine and try to live the core truths minus the dogma and legalese. More and more metaphysical truths come through inspired writing and the metaphysical, and even channeled material is readily available to more and more people.

The path of joy leads to returning to You. The path of joy is available to all, when followed with an adventurous attitude. By meeting the challenges and opportunities life has to offer, in a positive and adventurous manner, healing takes place physically, mentally, emotionally, ethereally and spiritually. When healing and transforming the hurts, wounds and traumas of life, true joy and happiness emerge as well. By understanding and applying basic, universal truths you can achieve joy. The whole process of taking time to reflect on what the basic truths are and how they operate in our lives leads to the path of joy. Put-

ting basic truths into action leads to joy. Certainly and inevitably this path takes us back to our True Self, the Divine You within. It's not something you can merely believe; it is something you have to do.

As you slow down, you take the time to understand the coincidences of your life and the messages and guidance this provides. You learn to understand and cope with the painful realities we all encounter and use those events to transform yourself. One comprehends the general and specific life lessons and how they provide for learning and growth. You rediscover your mission and purpose in life and your role in the divine plan each step of the way.

As universal truths are applied, in a heightened, multisensory, contemplative state of awareness, the return to You becomes more and more possible. Right and creative thought, an attitude of gratitude, sharing love, living from the heart, developing genuine self-love and self-worth, and being of service help manifest a return to your true divine heritage.

Our Higher Self functions at a greater vibration rate. It is just as real and tangible as the physical body you experience in third dimensional reality. Raising our radiation and vibration allows us to more closely connect with and experience this higher vibrational Self. I have clients in hypnosis who look above them and see this Higher Self. We are now living in a time when all that remain on the planet will experience this greater vibration and radiation, and will have their higher self and physical self overlap, or integrate, more and more. Those who choose not to go beyond third dimensional reality will no longer be able to live here. Fortunately, they will go on to other three-dimensional worlds where they will continue to learn and grow until they are ready for ascension.

Third dimensional reality is about living in duality, being on the wheel of life, and working out all karma. With infinite patience God allows us to use our free will until we get tired of the consequences, pain and suffering, and return to love. The inevitable choice is to return to love. When and how is up to us. Even the Hitler's of the world will eventually return to love,

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facing the karma they create, and hopefully applying the law of grace to speed up the process. It is learning forgiveness, compassion, and unconditional love that return us all home. We are to love even the unlovable.

The process of slowing down paradoxically leads to an elevation in vibration and radiation. All masters know this and teach truth seekers how to do this. While in the past, only a few disciples or students were allowed to enter the mystery schools. We now enter a time when this wisdom and knowledge to accomplish this are available to all.

As we choose to return to our true heritage, and as more and more choose to do this, the consciousness of all is raised. Mother Earth is already entering fourth dimensional reality. As we slow down, and go within, we also go into fourth, and even higher, dimensional reality. As we leave the so-called “historical period,” a time of darkness and very limited consciousness, we move into higher dimensional frequencies, as does the planet. We again know our spiritual heritage and live in an evolved civilization on an evolved planet. We once again join our rightful place with other evolved civilizations living in peace, harmony, prosperity and abundance with God and our God-Connection at the center of all life. We rejoin the Federation of Planets, with civilizations that are already evolved.

The end of this historical period is at hand. No longer will we live in limitation and lack, concerned with only power and control over others. True freedom, especially spiritual freedom, returns. The time for the thousand years of peace promised in the Christian Bible is at hand. On August 11, 1999 a great astrological event took place. It was the Grand Fixed Cross, a time in which all the planets of this solar system were within the four fixed signs of the Zodiac. This appeared with other heavenly bodies as a huge cross in the Northeastern sky. It signaled entering into the New Golden Age.

This event further escalates the birth changes already taking place, as this New Golden Age gradually emerges. Birth occurs with spasms of pain, and this transition is no exception. It is hard to give up the old ways, the ways of the ego based on

negative and fear-based emotions, and return to love. How great or how little these birth pains are depends in large part on us. We have to make the choice collectively to return to who we really are, spiritual beings operating with positive and love-based emotions at our core. It is our consciousness individually and collectively that helps shape the intensity and the amount of the disruption during this time of transition. It can be done peacefully or chaotically, smoothly or disruptively, with gradual Earth changes or through catastrophic change.

As this transition progresses, even greater spiritual experiences take place, individually and planetary. Also, greater darkness and fear arise in those unwilling or unable to slow down, go within, and allow their true Self to more easily and readily emerge. Those caught up in dogma, whether scientific or religious, close themselves off from their true spiritual heritage and evolvment.

With the changes in dimensional frequencies, and the increasing time spent each year in the Photon Belt as our solar system gradually moves more and more into this energy, greater evil and greater good are manifesting at the same time. Thus, in the same week we have the terrorist attack on America and a worldwide day of prayer for peace and harmony. Despite the great evil perpetrated on September 11, 2001, tremendous good followed. Yes there has been great fear and anxiety, moments of panic and selfish behavior, but also tremendous volunteering and the raising of money to aid the victims. It brought a great city together and united a nation.

The so-called war between good and evil has begun in earnest. As the energy level continues to increase, and as the Earth is bathed in greater vibration frequencies, time becomes more fluid. It becomes easier to manifest in the physical with our thoughts, and our thoughts in turn more readily create the world in which we live. With darkness, fear and hatred there is greater disharmony and discord, and dreadful and tragic atrocities more readily occur. At the very same time, even more wonderful good, harmonious and loving actions are also created and manifested. As we align with our Higher Self, we do

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indeed manifest harmony, peace, happiness and joy. As you manifest love, even in the midst of destruction and evil, you are protected.

You are meant to live here as an expression of your Higher Self. You are meant, more so than before, to return to your True Self—to YOU. We now live in a time of great change and transition to the time of peace promised by Jesus. In a channeled session the Archangel Michael told me the birthing of the new world is happening. He further shared we are past the morning sickness and into the fullness of the pregnancy birthing a new world. Interestingly, the last date in the Great Pyramid at Giza is September 17, 2001. The last date on the Mayan calendar is 2012. We are in the final period of healing and transformation. The date line in the pyramid ends because the outcome of how this transition would occur could not be predicted 12,500 years ago. We create this transition as we heal and transform, moving from fear-based thoughts and emotions into love-based thoughts and emotions.

It is no longer the saints and sages, or the few disciples in mystery schools, who learn to live at the highest levels of consciousness. Everyone now gets to learn and live at these higher levels of consciousness. To have all the gifts of spirit manifest as part of everyday living. We get to live at higher vibrations and radiation, to move into fourth and fifth dimensional awareness and functioning. We are all meant to resurrect or ascend. We are all meant to overcome the world. This is the whole purpose of Jesus' ministry, what he came to teach us. It is not the crucifixion but the resurrection. That is why he says over and over in *A Course In Miracles* to focus on the resurrection. He tells us in the Course to make his crucifixion “the last useless journey” anyone has to make.

Unfortunately, most of Christianity is focused on the crucifixion, the idea of original sin, and telling us we are all useless sinners who deserve the wrath of a judgmental God unless we follow certain rules and creeds. The focus has been on fear, the natural focus of third dimensional reality and of the ego during the historical period. Ironically, the original meaning in translating the word sin from Hebrew to Greek is simply error

ing the word sin from Hebrew to Greek is simply error or mistake. It is that as we become aware of errors or mistakes, we are not to persist in these errors, but rather to move forward beyond them. It is to choose over and over at higher and higher levels, who we are and who we want to be right into fourth and fifth dimensional reality. It is to transform us to no longer live in judgment and fear, to instead be love and practice forgiveness.

So-called original sin is simply the first error we all made as spiritual beings when we came to the Earth plane. We came to experience third dimensional reality and to help God know and create in this reality. We were meant to go back and forth from spirit to physical without permanently residing here. We agreed to not experience all there is here, nor to remain here. Once here we did experience the sensual world, and got gradually caught up in it. So much so we forgot we are spiritual beings having a human experience. We became enmeshed in the law of cause and effect, or karma, and could no longer freely return to spirit. We cannot move on without resolving the debt we created for ourselves. Thus began the cycle of birth, death and rebirth or reincarnation.

This original error or mistake interfered with our ultimate destiny of helping God to continue creating physical universes. It is still our destiny to do this, but we get sidetracked along the way. While it was not meant for us to become sidetracked, we have free will and God will never interfere with this. However, God creates solutions even as we make the mistakes. Thus, the divine plan was and is continually modified to account for the mistakes we continuously make, individually and collectively.

God knows all the endless probabilities of all our choices. He continuously modifies the divine plan to account for these probabilities, yet waits for each choice we make. There is no need for guilt or unworthiness, just remembering who we are and making better choices of who we want to be. When Jesus said "Go and sin no more" he was telling us to simply make better choices with the mistakes we have made as we gain increased awareness and understanding.

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It is time to return home to your true spiritual self. Inevitably, we will all return to God. Why not do it sooner rather than later, especially since remaining in third dimensional worlds leads to so much pain and suffering?

We all chose to come to this planet and participate in this wonderful drama of using our free will in the physical dimensions. We came to create not miscreate. Once the first error was made, we chose to “forget” our true spiritual heritage, to forget the connection that exists with our Higher Self. We have also all chosen to be here at this time of great transition, to slow down and remember who we really are, and to reconnect in a conscious awakening to our Higher Self.

You have chosen to return to YOU, to slow down and reconnect to your Higher Self. You have chosen to live your life in such a way, and to have the experiences you need to have, so that you can elevate your consciousness, increase your vibration and increase your radiation. You have chosen to be here now to consciously and willingly move to fourth dimensional beingness individually and collectively. You have come to ascend.

We have all chosen to be here to move with Mother Earth into higher dimensional reality at this time. The more we choose this individually, the more it happens collectively and thus the more harmonious and peaceful the transition will be. The more we are able to release and heal our individual karmic debt the more we are able to help humanity peacefully release its karmic debt. Collectively, from a heightened and awakened being, we manifest the law of grace and create heaven on Earth.

As we collectively manifest the gifts of spirit, and truly practice love, compassion, and forgiveness, we help usher in the New Golden Age as easily as is possible. Unity is all of us as one Sonship living our divine partnership with God.

There is a wonderful Unity hymn that goes like this:

It's in every one of us
To be wise

Find your heart
Open up both your eyes
We can all know everything
Without ever knowing why
It's in every one of us, by and by.

As you find your heart, your connection to your Higher Self, wisdom returns. You begin to heal the pain, hurt and anger within that keeps you in conflict, disharmony and discord with others. As you heal your karmic debt through the law of grace, and by meeting life's challenges with gentleness and forgiveness, then you allow collective healing to happen as well. As you let go of fear and embrace love, the transition into the New Golden Age more peacefully arises. It is inevitable we are going into this next Golden Age. How peacefully and smoothly this occurs is up to each one of us.

There are many dire prophecies and predictions that have been made based on the many probabilities we collectively choose. Even the Y2K predictions created enough fear to cause some trouble to arise, although the collective celebration of the new millennium led to a joyous and mostly trouble free transition.

The more we honor the return to our True Self, the more peaceful and gradual the transition can be. We can have sudden catastrophic change, or we can have gradual geographic change with ample warning so people can move to places of safety. We can have a world war, or we can have individual Armageddon's where we heal and transform the anger, resentment and aggression we still harbor within. We can have disease and starvation, or we can learn to live in harmony with Mother Earth and the animal and devic kingdoms. We can create a new Eden with our collective Higher Selves partnering with the divine plan at all levels.

The noted national columnist, Leonard Pitts, Jr. asks, "Can a people be whole by feeding the body, but never the soul? By fulfilling the demands of immediacy while ignoring those of Infinity? Truth is to be human is to need both." The world calls

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out for change. The world as it is must change. We can no longer go along with the same old, limited values. We can no longer stay the same. As the birthing process continues to the New Golden Age, we are now in a time of chaos and confusion that will not let us live the same way. Yet the changes we seek cannot come from without. They can only come from within, as we begin to discover, live and be the truth of who we really are. The change is a spiritual change, a time to return to the true Self, living a heart-centered life, connected to the divine wisdom within.

It is time to attune your mental, emotional and physical bodies to their spiritual source. It is time to let the etheric pattern manifest from your spiritual truth. It is connecting the bodies to their Maker. We have been rebellious, moving away from the consciousness that our identity is spiritual. We let ego and our personality divorce ourselves from our True Self. It is time to move away from seeing ourselves as only physical, based on a five sensory awareness, and return to what Gary Zukov describes as multi-sensory awareness. In limited consciousness we have only occasional insights or experiences of being spiritual beings living in the densest physical realms.

Without mental and spiritual well-being, there cannot be health and wholeness. With a state of consciousness in which we truly embrace ourselves and who we really want to be, we can fearlessly embrace the present and the future, heal the past and heal physically. Our consciousness is the critical factor. All of our ways, our thoughts, values, beliefs, hopes, fears, planning, creativity, inspiration, behavior and relations with others, and the planet, are dependent on our state of consciousness. Human consciousness is the critical factor leading to destruction or to transformation, individually and collectively.

The answer is to center your life on God, not the seeming events or realities of your life within the larger whole. When you return to your true Self you center on the eternal condition of all conditions, not on temporal circumstances.

Edgar Cayce, in reading 877-26, said

For every spark of light,
Whether in the spiritual,
The mental
Or the material sense must have its inception in
infinity.

Creating heaven on earth is possible. Peace is possible even in the midst of chaos and uncertainty. Heaven can be gradually created for all on earth, or could even happen in the twinkling of an eye. Transformation can take place so chaos and old ways are replaced. As more of us return to our true Self, the new consciousness, which is really the ancient wisdom we already know and can remember, once again leads us into the New Golden Age.

The raising in consciousness that was once the province of a few mystics and Masters is now our collective destiny. The guides and technologies to accomplish this are there for any to use. I in You, and You in Me, Together We all will be free. Where there was once only one Christed one, now there are many Christed ones. Eventually we all will be Christed ones. In a short time only the Christed ones, those moving into ascension, will be permitted to remain on this planet. The others will still live, and will return to other three dimensional worlds to continue the journey toward choosing what can be chosen now by everyone who desires it and works to have this choice be in their life now.

Joy is the natural product of the return to You. God is the source of joy, the gladness of each soul. Within each soul there is a quiet joy—a joy born of connection with God remembered in faith. Inner joy is an attitude of love and reverence for all people and for all life. There is no room for judgment here. It is a gladness of spirit, a sense of well-being and strength in knowing our oneness with God. This heartfelt connectedness with God never fades, although it may be forgotten as we let our personality dominate. It is always there, even when we forget it is there, focusing only on the material. It is there in all situa-

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tions that challenge us. It fills us with hope and faith that blesses us in each moment of life.

Our hearts have been created with an unlimited capacity to express love. At the very center of our soul, the joy of Spirit dwells at all times. There is a flame of golden light in your heart and your heart center, where your soul dwells within you. There you connect with God. God is the source of our joy, a fountain of gladness that never runs dry.

As you return to You, and you reconnect to your divine flame within, you once again become fully aware and connect to the God-Source that resides in everyone. Holy Spirit works easily in and through you. You are aware of the gentle guidance that always leads you to the right choices and the right actions. You begin to transform, to more easily and readily fulfill your part in the divine plan. You live more and more in peace and harmony. You become part of the next great adventure on this planet, manifesting the transformation of higher dimensional awareness and beingness.

The New Golden Age is beginning. To be a part of it in this lifetime and on this planet you have to return to You. This is a return to a spirit-centered civilization and consciousness. As you enter into this return to You, you not only heal yourself and move into higher dimensional consciousness; you also become part of the grand collective transformation and healing that can, and will, take place.

As we slow down and go within, we begin to bring harmony to this world of despair. The world can, and will, become a place of hope and joy as each of us return to their true self in the physical. Each of us can and will experience good humor and be joyful. You can and will have joy attacks; suddenly feeling so good you can hardly stand it. Then all of us will do it together. We will have a collective joy attack, as a thousand years of peace promised is made manifest by us together.

What is accomplished when we return to the True You present in each of us? Divine will is established in humanity collectively, with righteousness, justice and peace operating all the time. The Christ Mind is made manifest in the physical. This is

a super-consciousness that establishes and maintains right doing, perfect adjustment, peace and perfection. The Christ Consciousness is a state of mind lived and taught by the Master Jesus, who became the Christ. He is the perfect example of this in action. We are all meant to become the Christ. This is a universal consciousness and beingness not restricted only to the “Way-Shower.”

The Christ Consciousness is not to be confused with the man who became the Christ. As perhaps the greatest master and teacher to have walked the Earth thus far, the Christ Consciousness is universal and existed before time. Lord Matreya, a master being operating in tenth dimensional reality, is responsible for the Christ Consciousness, seeing that it is taught and shared throughout the universe. He is the guardian of the Christ Mind, known by many names. It is the Buddha Mind, the way of highest thought taught by every master, not only on Earth but also wherever civilizations exist in the cosmos.

So returning to You, the divine Self within, is a powerful and meaningful process. It is a powerful state of being. To always be in “right mind” fulfilling God’s plan, creating harmony and joy, peace and justice, prosperity and abundance, perfect adjustment and right doing, are powerful yet humbling actions. In this perfection the world is healed, a new civilization emerges, and we become one. We become a highly evolved planet.

The return to You is the logical goal and ultimate choice each person makes. Now is the time to choose the path of joy, returning to your true state and your right heritage. The planet is going forward, whether or not you choose to go forward with it. It is time to live in higher dimensional frequencies and vibrations. The light is here and intensifying.

You have sensed and felt the change. Time seems to be speeding up. There is a sense of change and urgency about you and the world. We can no longer live as though the world can go on forever with the collective choices of the historical period. Advanced science and technology without corresponding maturation and evolvment spiritually and ethically will only

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lead to disaster and destruction. The darkness can no longer be the norm. As the energy increases the old ways will no longer work for you individually, or for the world collectively. We have been here before, most recently with Atlantis, and destroyed ourselves and almost destroyed the world. We are now in the edge of the Photon Belt, a massive wave of energy that crosses the universe, transmuting and transforming all in its path. Each year the orbit of the Earth merges with this energy. We are moving more fully into the New Golden Age.

As you return to You, and as humanity returns to its true heritage, this becomes a welcoming and wonderful epochal event. Embrace the change. Embrace the truth of who you are and who you really want to be. Walk the path of joy, healing your self at all levels. Take on the Christ Consciousness and be You.

As we assume, more and more, our True Self we increasingly see beyond the illusions of this world. We no longer see only with our mortal mind. We can see the truth that exists beyond the illusions of third dimensional reality. We develop the capacity to do what Jesus and other masters have done. With Jesus, even during the crucifixion, he could see the truth of those projecting their fear, anger and rebelliousness onto him. He knew the truth within them, beyond the surface behaviors in that moment. He did not judge their illusion. Instead he saw the True You in each one, and forgave their limited consciousness that allowed them to act in judgmental and persecutory ways. He forgave and loved them without exception. Jesus demonstrated and became a Wayshower, the Truth and the Light, because he could stay in his True Self and saw others in their True Self. Even as they murdered him, he lovingly and compassionately stated, "Forgive them Father, they know not what they do."

As Jesus fulfilled his mission he did not suffer. He gladly and willingly did what he came to do, to show us we can also achieve mastery and ascension. His mastery was such that there is no way he could or would have suffered. With pure love he could eliminate all pain. We also have the capacity, returning

to our true Self, to attain the same mastery. That is one reason he said, “These things I do you can do, and even greater things than these can you also do.”

In love and forgiveness Jesus taught us true compassion. He was in the Christ Mind, and could see and act on his divine vision through the Christ Consciousness. He showed us how to do the same thing. The True Self operates with unconditional love, compassion and forgiveness. An enormity of love begins to manifest such that you feel you can hardly contain it in your being. The Christ Mind exists as a universal consciousness that Jesus took on in his mastery to become The Christ. It is not limited to him only. It is not limited only to those who call themselves Christian. That is why there are many paths, but only one way. Becoming a master is the one way. It is not just belief in a particular path; it is the action of returning to your true self and eventually achieving ascension that is the one way. The labels attached to the Christ consciousness are many, but the process is about returning to You, the Divine Self within.

In the process of returning to You a change literally begins to take place within your DNA structure. You begin to take on a new physicality. A change begins to take place at the atomic level. You begin to shift into a finer vibration and radiation of your being. You begin to come closer to your higher mental body and to your spiritual DNA structure. You will find that harsh tones, sounds and music will be more unpleasant. You will find that you need to be in a softer tone environment. Sound will influence you more sensitively as you move into a higher atonement and attunement.

Atonement resolves all negative and fear-based emotions and experiences for all time and space. At-one-ment heals you at all levels, so you can experience your higher mental body, vibrate at a higher radiation, and be at one with your, I AM Presence.

As you move into your higher vibration and radiation you begin to more often experience inner peace of mind. You begin to be more centered and become intuitive. You begin to hear

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the messages, encouragement and guidance continually offered by your spirit guides. You begin to more clearly hear “the still, small voice within” ever guiding you. Higher-level beings are drawn to you and desire to work with you. Ascended masters stand eagerly and always ready to assist when called upon. Your gifts of spirit return.

With inner balance the trials and tribulations of life are easily faced and calmly dealt with. You are able to quell the raging storm within, and no longer desire to attack another or yourself. Patience readily manifests in your life. You can patiently unravel the “knots” in the emotional body you have created. You begin to come from a sense of deep humility, ready to be of service in the unfolding of your part in the divine plan. You again become a servant of the Most High.

We do have to go through the bitter and forsaken feelings. We do have to go through adversities and challenges. We do go through our own crucifixion, feeling betrayed, facing the painful realities of life. We do have to clear our karmic debt, learn forgiveness and practice grace. We begin to rise in the Light, above earthly conditions and concerns. Others can no longer pull us down.

Externals will not bring peace and harmony within or in your world. It is the return to your divine heritage, long forgotten and misunderstood during the historical period, will bring you peace, happiness, harmony, balance and joy! When we are one with our true Self, we are aligned with divine wisdom, and we co-create a life of higher choice of who we are and who we want to be. With our Creator, in perfect partnership, we manifest peace and harmony in the world. We enter into and participate in the New Golden Age. We go forward with Mother Earth into higher dimensional life, and create a highly evolved civilization.

The choice is yours. This journey, the adventure of a lifetime or lifetimes, awaits you. You can go on to other third-dimensional worlds, exercising your free will cautiously, or you can go forward adventurously. You can begin to live your life

from increasingly higher thoughts of who you are and who you want to be. It is time to return to You.

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