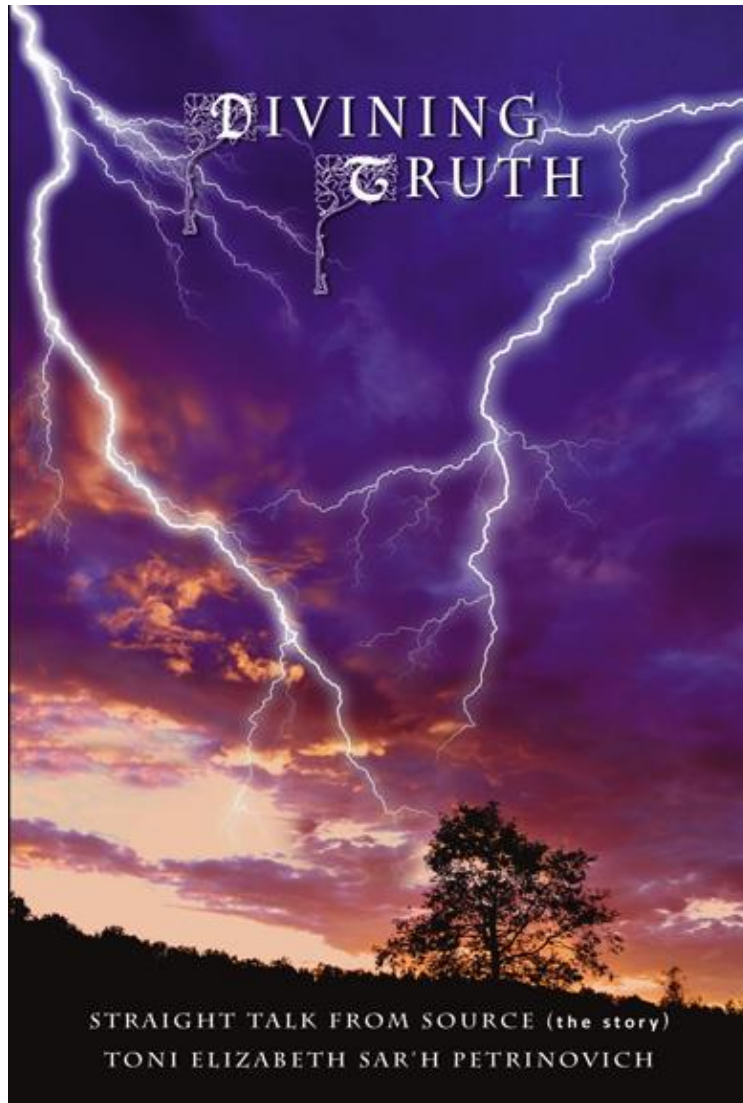


Divining Your Truth



An Online Course by Master Teacher and Author
Toni Elizabeth Sar'h Petrinovich

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First: Practice Silence

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Sit quietly, still and breathe into the area around your heart in the center of your body slightly to the left. Breathe until you slow your thoughts and physical frequency. Keep your attention focused on your breath to keep you present in the moment. Breathe.

If thoughts arise troubling you or you are preoccupied with the mind's activities, let them "die down"; let your mind know you will have time later to contemplate those issues. Their time is not now. *This is your time, your sacred time.* You have entered into the holy of holies of your sacred heart.

Let the inner chatter quiet down. Take your time. Your heart will wait for you. As your mind begins talking with you again, simply bring its focus back to this moment, this breath. Breathe. Breathe, again.

Allow yourself to feel an opening within the center of your chest. Simply allow your breath to open space in that physical area. Breathe into it. Let your breath be your guiding focus. It is always there and is always with you. Use it to bring your attention back around to its focus on the breath, the heart space . . . opening.

Open more and more to the frequency upwelling from within your heart.



Be Silence

Are you available to your Self? Do you allow time to be with You in ways that create feelings of harmony, peace and grace for yourself without anyone else in mind? You may say "Yes" to these questions and then, again, you might say "No" or at least "Not often". Most likely, you place yourself last in the scheme of things and feel that it is your "service", as some so quaintly put it, so as to make themselves feel better about . . . well, *themselves*.

Being available to your Self, aligns you with the frequencies that allow you to truly feel you are not living through the filter of yesterday's memories or tapes. Some of those recordings living within your soul are like heavy hammers dealing blows of recognition every time the thought pops up that reminds you of the past (be it this life or in another). These recollections have a specific energy signature causing a distinct significance to arise within you. Stored within your cellular memory and soul record, they continually raise their voices to be heard while you attempt to ignore them.

If you are lost in the tapes of your childhood or musing about your future anticipations, it is not possible for you to receive the information that is flowing into you within each moment. You must be silent, clear and alert to hear the transmissions unconsciously resonating with your present frequency.

What undermines you in this undertaking is your belief that you are "doomed" to live as you live and hence, submerge these feelings underneath your "real, spiritual, proper" experiences. **How can you possibly listen and bring the spirit of life into your physical comprehension when all of this clamoring is going on in your mind?** In addition, the pandemonium is supported by everyone else who is living in the same state of confusion.

This is where the Essence of your authenticity comes in . . . plain and simple. The actual view you have of your Self knows that there have been experiences written into your soul record that have not been balanced. (*No, this is not about karma. Karma is relative to good and bad and they don't exist.*) The state of imbalance causes a rift in your coherent frequency bringing to your attention something that needs to be addressed. Often this awareness will come to you during dreamtime

when your subconscious begins to trust that your awakened consciousness will handle the situation.

If you are lost in the false self of the ego personality, you do not have the limitless, eternal frame of reference for information access. You believe that a particular manner of living life, based upon your presumptions, is the source of your authenticity and this is the opposite of the truth. No thing you have lived within your past will give you access to this Present Moment. Only your attention upon this moment can do so.



As you experience the moment of now, you breathe deep into your body and experience *this* moment, only *this* moment. You are free to experience the next moment as it arises. Within that one breath lives an eternity of experience. It is the space in which you exist. There is no time in the present moment. It is all that you possess because it is all that you are within your conscious awareness. Here exists the information you wish to access.

Why is this inducement so important? Because you are becoming acquainted with you and that aspect of your ego personality has a lot to say to you. It is showing you how little you know about yourself and, ultimately, is the pathway to your divine introduction to your Self, your Essence, your Divinity. It doesn't take special knowledge or particular tools. It does take courage, willingness and *time*. Be patient with yourself and be excited. You are taking a magnificent voyage from which you will not ever return since the destination is to **know your Self as Home**. Within Home exists all information eternally.

Here is where listening comes in. The Cosmic Mind is in absolute and complete communication with you and your heart, in turn, is sending waves and waves of energetic transmissions to your brain/mind stimulating chemistry in your physical body.

Until you allow yourself to legitimately experience the authenticity of what you hear (and that “hearing” can be through feelings, sound, or taste), you will constantly sense yourself slightly at odds within your soul's Essence. This is not a judgment upon your competency to establish a meaningful relationship with the Cosmic Mind. The honesty of your self-expression, the soul-motivated, spirit-enhanced life you say you desire to live does not exist in the same realm as discord and disruption. Hence, all that is not in resonance with your intentioned, self-directed spiritual awareness has no choice but to be *lovingly* sent on its way, so to speak.

I emphasize *lovingly* because if you don't relish loving all aspects of yourself those elements will cunningly *appear* to disappear only to be found hiding out in the secret corners of your mind waiting for a moment in which to grab your attention once again. I iterate: **The aspects of you that you don't want to address want you to love them from the depth of your Holy Essence.** Come into balance in order to be in alignment with Cosmic Consciousness consciously.

From out of the depths, your innermost silence is calling. Roll out the red carpet and say, "*Welcome home. I've been waiting for you. You are an aspect of my Essence.*"



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Open more and more to the frequency upwelling from within your heart.



Second: Practice Attention

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Sit comfortably and quietly when you have at least an hour to relax and experience how you receive information. Be very silent. Wait for the silence within to settle into your awareness. Relax your eyes; relax your tongue, your shoulders, your stomach. Let your thoughts subside.

Place your attention in the center of your body. *Feel* yourself there. Move around within this space, your inner space. Are *you* there? Is that the only place *you* are? Where else are *you*? Where is your attention?

Where is the "I" that you *feel* is you? Is it a thought or a feeling? Where does this "I" exist?

Breathe into the feeling of *where* you are in your body. The "I" is everywhere without any significance. It is neutral.

Now allow the "I" you believe is feeling separate to dissolve within the space of You. You are Source. Source knows no "I". Source simply knows. It experiences feeling through you. It is awareness. It is your awareness.

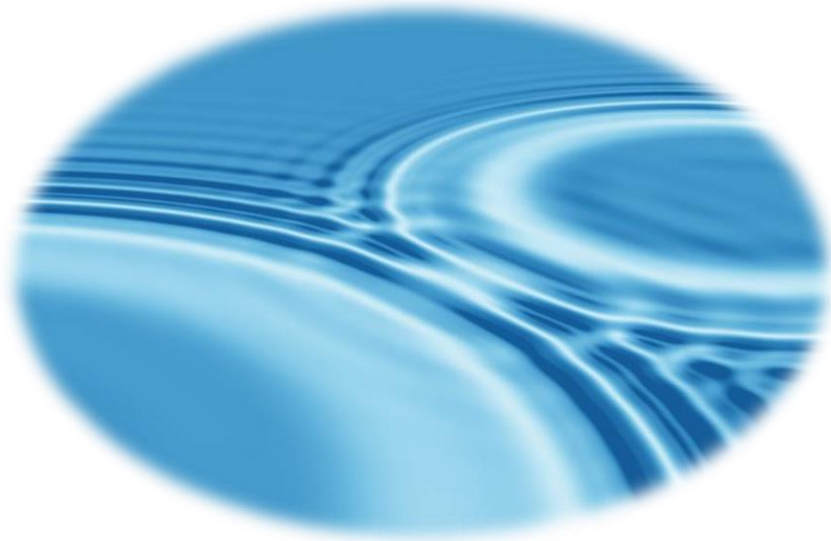
Now ask yourself a question and see where you place your attention for the answer. Are you looking for a feeling? Are you attempting to hear a sound? Are you looking for pictures in your mind? Do you smell the answer? How do you receive the information contained within the answer?



Information Transmission

Humanity is connected by an invisible force. Many people believe that this connection is in the mind. Yet, the mind is only part of this hidden force. It is an instrument used to create definition within what some call the "aether" that which holds, contains and distributes the power of the mind. It is a super dense, cosmic, frictionless medium, a vacuum.

This unseen medium acting as the carrier of light is comprised of standing waves. A wave is a disturbance in any medium and for our purpose you can consider the invisible force we are talking about to be that medium. When there is movement within that environment, it has been disturbed. A standing wave (sometimes referred to as a stationary wave) remains in a constant position. This occurs because of interference between two waves traveling in opposite directions.



The disturbance is really the difference between two energy states because there is only the one medium space or aether. For our purposes, we will refer to the medium as space. This is not empty space. It is space that is an agency for movement, information. This activity within the setting of space is either in motion or potentially in motion. Hence, matter (potential) and energy (motion) or equal.

What is called "energy" in this dimension is a carrier of information. Information is defined as a pattern, form or structure. Energy is the power to do the work that creates the information patterning. It does this through non-linear dynamics and emergence. Again, think of the standing wave pictured above. Imagine waves going out from it and into it at the same time. It portrays a constant fluctuating substance that is a carrier of all the information in the cosmos.

Information "has" energy. Energy "has" information. Energy is the power "in" the information. Information is the "purpose" of the energy.

This information is created by the thoughts, words and actions of all living creatures plus the natural attributes of manifestation. This concept includes all life. Every manifested source of life in this dimension creates informational structures that are constantly emerging from and entering into the center of the standing wave. Source consciousness is included within this principle.

The information referred to herein is stored in an invisible field known by some as the Akashic Field. This field conserves and conveys information within itself. It is a cosmic information field based upon the informed universe within which humanity exists. It resides within the "space/aether" that was referred to in the opening paragraphs. These records are constantly being rewritten by every thought, word, emotion, feeling and action of every human being.

All that exists "is" all that exists. All potential information lies within the fabric of the Akashic Field. It is a record of all occurring within the cosmos and has a relational communication to all that has yet to happen. It conveys all the information of life-to-life. Since the Field knows no time, all information is in a state of "isness" or beingness without relationship to past or future.

The energy exchange creates fluctuations within the space/aether with no apparent cause. The disturbance within the medium comes from a frequency dimension that is not visible. This exchange is created by "virtual particles" that exist only during the exchange, not before or after. It is The Now and it is the information present within each Present Moment.

The virtual particles create a third point of union between the two wave/particles that are exchanging energy. Once the information is exchanged, the exchange medium, the virtual particle is no longer needed and is no longer in existence.

You receive the information through all of your senses including those considered paranormal senses. You may feel a certain way when you receive the influx of the virtual particles or you may see pictures. Perhaps you hear sounds, either audibly or within your inner hearing field. You could possibly smell information as well.

Paying attention to how you receive information is the second step to learning how to communicate with Cosmic Consciousness. Practice each type of reception until you begin to find the pattern that fits your personal reception format.

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Third: Develop Confidence

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Once you have spent some time learning how you receive information, begin asking yourself questions that you can confirm the answers to in your life. It is easiest if you begin with queries that are not important to you.

You might ask yourself if something particular is going to happen on a certain day and watch for its occurrence. You might want to consider when the phone will ring or when someone will email you. The responses to these questions are not actually important. Yet, receiving the answer and following up to see how accurate you are will develop confidence in your reception format.

Don't be discouraged if you are not confirmed in your answers. Simply go back to sitting in silence and begin again. The more attention you place on the exercise, the more you will begin to understand how to interpret the information as it flows into you.

If you find that you are receiving accurate information regularly, you may consider asking a friend if you can ask questions for him or her. Be sure it is someone who does not mind that you are looking into Cosmic Consciousness for them. Do not impose yourself upon anyone. This is an enjoyable task and should be so for the person for whom you are asking the questions, as well.



Communicating Multi-Dimensionally

Why would you want to access information from other dimensions? Isn't the information received on earth enough? Why would you want more?

I'm going to give you the three basic reasons why multi/omni dimensional communication helps you understand that you are not only a human being, a homo sapiens, you are an infinite, boundless spirit that just so happens to have chosen earth as your present domain.

1. The first reason is that the etheric realm, the subtle realm, that which is unseen, is where you originally emerge (present tense; there is not time). Actually, you unfold into the subtler realms as that which is nameless, intentions manifestation, what you call creation in endless dimensions or frequencies of expression in every possible manner infinitely without end. It doesn't make any difference if you believe in evolution or creationism; whether you believe beings from another planet manipulated human DNA to create man or whether you believe some people walk into a body. All of those ideas and concepts include something manifesting from something that is unmanifest.

The first reason you want to be able to communicate with other dimensions is because you emerge from within them. It is looking at you in another form; listening to yourself in another vibration.

2. The second reason concerns how you are living in earth because you exist within the energy signature of earth rather than "on" it.

The physical world in which you live is changing dramatically. The sun's magnetic field is accelerating its output. What is considered a normal cycle for the sun's sunspots and coronal mass ejections is no longer the standard. Science is attempting to figure out what is happening because nothing appears the way it has in the past.

Several of the planets have begun emitting more photons than they have in recorded history. Scientists see them as what they are calling "glowing". Little is known by the physical world why this is happening yet every increase in photon emission, every alteration of magnetic fields, affects the earth and, in so doing,

affects you. Even if you believe you don't want to interact with the subtler world, it is interacting with you.

At the same time, every possibility that exists, drawing energy from the Zero Point Energy Field is connected with the physical realm as well. In the sense of Oneness, nothing is separate; nothing is disconnected. Again, even if you believe you don't want to interact with other dimensions, those vibratory frequencies are interacting with you.

Oneness or you might say "wholeness" simply *is* whether you believe it is part of what you call God or not. Everything that exists in every dimension (that means as slow in frequency as you can imagine and as fast in frequency as you can even consider) is connected by a web-like force. It is the basis for telepathy, energetic remission of lack of health in the physical body; the reason why you can feel what you call "vibes" from people, plants and animals. It is even the reason why you like to look at some pictures, movies or scenes and not others. It all depends upon the resonance that you have with that at which you are looking during that moment in linear time. Look at the same picture a year later and you will see it differently even if you do nothing consciously to change your perception of it. This field is literally embedded within your DNA, which acts as a template for the oneness to be expressed in and through you in harmony and coherence.

The second reason you want to communicate with other dimensions is because you are in them whether you are paying attention to them or not. It seems sensible to invite communication with that in which you have your being.

3. The third reason is that the subtle realm is where you are emerging when you leave your earthly, physical body. Again, this doesn't depend upon what you believe in this life though what you do believe will create, color and frame what you experience in that subtle realm.

Communication with the etheric while in your physical body is one of the most natural experiences you could have during this incarnation. It has been conditioned out of your culture to keep you under the dominion of the government of your country, the leaders of your religions, the teachers in your schools and, inevitably, the peer group you decide to associate with at any given time. If you step back from the industrial/technological world that you presently live in and look at your

ancestors in the natural world, you will see that unequivocally all of the earlier peoples had constant communication with the unseen. Those countries, tribes and national groups living outside the world as you know it still *do* communicate with the etheric and use their knowing, their nightly dreams and their voyages of seeing into the unseen to create, organize and administer their daily lives.

Scientifically based culture has put enough pressure on the governing bodies, including the schools, to turn away from that which cannot be proven (and that proof is according to science). A scientific proof means that the action can be replicated over and over again resulting in the same results. In the realm of the unseen, you will not have the same results because that realm is in constant flux. Quantum physics is coming to the realization that it is only the observer, the experimenter, that determines the outcome of the experiment and that it changes with the reference point of the experimenter from one moment to the next.

The world you live in and the world into which you are emerging is not physical. It exists and is available to you when you make the decision that you want to live your life more consciously aware of, and *consciously* linked to, that which already exists. It is not outside of you and it is not inside of you. It simply is and in that, so are you. You simply are. In truth, you cannot keep from having communication with the subtle, etheric realms. All you can do is keep yourself from *knowing* it.



Third: Develop Confidence

Once you have spent some time learning how you receive information, begin asking yourself questions that you can confirm the answers to in your life. It is easiest if you begin with queries that are not important to you.

You might ask yourself if something particular is going to happen on a certain day and watch for its occurrence. You might want to consider when the phone will ring or when someone will email you. The responses to these questions are not actually important. Yet, receiving the answer and following up to see how accurate you are will develop confidence in your reception format.

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Fourth: Ask Questions

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Sitting quietly, breathe easily. Close your eyes. Breathe deeply in and out so that you release all tension within your body. About 5 or 6 good deep inhales and exhales will bring you into a state of calm.

Do this easily without strain. Let your mind completely quiet down. Rest in your breath until you feel the silence begin to immerse you within itself.

Simply stay in this posture, relaxing and breathing increasingly slower as you begin to lose awareness of your physical body. This may take a few moments or half an hour. It is not time dependent. Your attention and focus is all that is required. The longer you sit, the deeper you will go.

Feel into the silence. Feel how it holds you. You are immersed within the silent, infinite presence of the eternal void. It is your natural home. This state of silence will become home to you while in body, as well.

Eventually, you may begin to experience receipt of some information in any of a variety of forms. This will be increasingly likely if you have entered into your silence with a question upon your mind. The time you allow yourself within the silence at your deepest core is the key to receiving information.

As the information flows in, don't simply accept it. Ask questions about each aspect of the information.

What does *this* mean? What does *that* signify?

Ask for more information as you receive answers to your queries. Continue with this line of question and answer until you feel fully aware of what the information means to you.

Remember that the significance of the information is for you only. If you are receiving information for someone else, tell him or her about what you are receiving and ask what it means to that person. All information is relative to each person's perspective.

Constantly Ask Questions

The concept of feeling your way through the multiple dimensions of reality is something that anyone can become adept at doing. As with any skill, some people are more likely to take to it very easily, especially those who are particularly sensitive to feeling frequency vibrations.

This is why it is important to allow yourself to ask questions. Your skillfulness increases as you delve deeper into the mystery of information you don't understand.

The keys are your desire followed by making time to practicing your new, developing art form. Together with desire is your willingness to release your attachment to the thought forms that are your long held beliefs about what *is* and what *is not* possible. If you are able to "color outside the lines", you will be more open to information for which you have no logical explanation.

The more unusual the information flow is to you, the greater the importance of requesting additional input. It is easy to assume you know what the information means. Yet the assumption is based upon your interpretation of what you are receiving rather than remaining neutral in your reception of it.

You are inviting yourself to use this learning in an expanded way through accessing realms of existence not normally considered to exist within the mass mind. *Your dedication and willingness are the optimal driving forces behind your success.*

This vibration will carry you into the frequencies of other dimensional worlds. Remaining within this concordant state of being creates your coherency. This is the flow of all manifested creation. It is in your coherent state that you open the communication lines to the realm of all possibilities.

Contrary to popular thinking, spending time in the invisible realms does not make you "ungrounded" or "spacey". *The actual result is just the opposite.* You become much more established in the earth plane due to your constant centering within the coherent frequency that allows your physiology, brain/mind complex and soul-driven life to thrive.

Rest assured that traveling in the Omniverse is a spirit-directed occupation and your spirit is quite invested in you remaining aligned with your physical body. You will not lose contact with "you" rather you will enhance your sense of integrity and authenticity by witnessing the spirit oriented control you have over your journeys.

The most important steps in beginning your adventure into etheric travel is allowing enough time to do so and asking questions. Setting aside at least an hour each day, consistently (same time/same place) initiates a habit that your brain/mind complex can align with easily. As you begin this practice, your personal request within your soul is reliant upon a period in which you can give unlimited attention to your intent.

For those of you who have busy jobs and/or families to care for it is important to make your intention known and to choose a time and place that does not interfere with the lives of others. Doing so will make certain that you have the unlimited time and space you request (and require) to immerse yourself in your inner practice. Since outside stimulation will be disruptive (at least at first), choose times when your home is quiet. This might necessitate getting up earlier or staying up later when the house is at its quietest time.

One added benefit to beginning your practice in the evening is the opening of the pineal gland in the dark. This area within your brain was once the master gland of the body (right now the pituitary gland is the master gland) and is stimulated by the darkness. Since it also facilitates much of your extrasensory perception, meditating in the dark has its added benefits.

As you pursue your daily practice, you will find yourself expanding within your conscious awareness. Though it often feels subtle, you will begin to find that you are less quick to anger or frustrate; that life is "smoother" and flows more evenly. This is the benefit of living for even one hour per day in this concentrated inner direction. Not only does it bring you into a fuller understanding of your own inner Presence, it acquaints you with how much more expansive the realm of possibilities can be.

If you doubt that you are ready to begin this journey, you may be more ready than you believe. The very fact that you are taking this course states emphatically that you are stepping outside the boundaries of mass conscious thinking and opening to

entirely new ways to perceive your reality. Your soul-driven anticipation, the call of your sacred heart are inevitably overtaking the programming and conditioning of your brain/mind. Not only are you affirmatively responding to your heart's request to become ever more acquainted with the Presence of your Essence, you are literally stepping out of time. You are moving from being a human being "trapped" in linear time to a being that easily plays with and manipulates time/space through your own conscious awareness.

Whatever you believe you will encounter, it will be different. Therein lays the need to ask questions. What type of information you believe you will find, the unknown will astound you. Keep pen and paper close at hand if necessary to write down any new epiphanies coming your way. A voice recorder may even be of more assistance. After you have practiced being in this quite active silence for a period of time, you will find it easy to emerge from it to record your findings and then to merge yourself back into its flowing energy.

You will not be thinking. You will be sensitively sensing your way through a higher sense-oriented world in which impressions will come to you in a variety of ways. You may see pictures, feel specific emotions, view landscapes and structures of information you have not ever experienced to date. Or you may sit in the absolute emptiness/fullness of the void feeling yourself ever so supported by the fluctuating currents that house your Presence.

ASK QUESTIONS.

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Fifth: Interpreting Information

Fifth: Observing Interpretation

Sit comfortably in a quiet, secluded space where you know you will remain undisturbed. Breathe easily and naturally without any special emphasis on your breath. Breathe and relax letting the sensation of ease fill your being. Your being is light. Your light is your being. Be conscious of your light and breathe easily . . . relax.

As you do so, feel into your body for any areas of tightness or resistance. These physical sensations alert you to places within your physiology that house your bias.

Allow your awareness to sense your physical body as flowing energy appearing as solid form within its frequency. Feel the pulse of your body informed by your spirit. The feeling of spirit in form is your experience in this moment. Allow it to be fully present within you.

As you do so, you will begin to feel a release within your inner resistance. Tightly held form is not natural to the body.

Now let your awareness expand and grow larger than your physical body. Breathe into the light that is present as you. You are inspiring this light with all of your experience in every form you inhabit. Allow all aspects of you to be present. Take your time. Feel the outpouring of your breath into the light.

Now ask a question and wait expectantly for the answer to emerge within you. You have already practiced how you receive information. Allow your natural reception to experience the answer.

Once the answer has emerged within your awareness, ask what it means to you. Don't attempt to interpret it from the standpoint of what you wish it meant. Simply ask what the response means to you in this moment.

Every aspect of your personality is present as the light you are in this moment. All attributes of you request only to love and be loved. There is only your love and your light.

Does it feel easy and flowing? Does it create fear? What do you believe about the meaning of your answer? From what beliefs in your life does it emerge? Are you ready to release this particular belief system?

The interpretation and significance you give to the information flowing within you is relative only to you. The meaning you attribute to it is important only to you. Actually, the information has no meaning except what you give to it. It is neutral in its frequency as informing energy.

The importance of recognizing your biases within any particular set of responses within you will become increasingly clear as you begin to enact the information flow within your life. The more you practice making your answers become physical expressions, the easier it is to see where you want to change your belief about what the response means to you.



Paying Attention to Meaning

What is on your mind? Stop here for a moment, hit a mental “pause” and take a minute to survey your internal environment. See what you are truly playing on the image screen of your mind. I would place a very strong bet that there are many, many mixed messages going on right now, all at the same time, rather than concentrating on one object; simply one action or thought that you grace with your full attention.

The first reflection you will receive will be the most important to you in this moment. That will be followed by the next important and then onward. Each thought you review will have a specific significance to you depending upon the experience of your life in this moment. Most of them will be part of a “to do” list of activities to pay attention to lest you forget what is significant within your present life.

The truth of the matter is that you truly have nothing special to do. You might believe you do. You might even believe that your thoughts and your actions are very, very important. Truly, you live in your own universe, one created by the thoughts, feelings and observations that you make in each second or nanosecond, when you get right down to it, and in this universe you *are* important though I know that you want to be important to the whole world first.

It is through reviewing what you believe is valuable that you come to understand your values. Knowing what you appreciate reflects back to you your personal biases. From that standpoint, you can begin to understand how you interpret all information that flows within you.

This is your state of awareness and it works, responds and reacts without your conscious control unless you decide that you will be in the driver's seat. When left to its own devices, your attention spans all of the worries, anxieties and threats you perceive in your world. You are designed to be in control of your attention – so do it ~ it's an exercise and a practice because you've been programmed to think of more than one thing at a time, to multitask, to spread yourself very thin.

The more you allow multiple distractions to influence your energy stream, the less comfortable you are with trusting the meaning of the informing patterns within you. It becomes a bit of a muddle among your beliefs, your hopes, your fears and the influence of the mass consensus.

Every human being in a physical body in this earth is here for only one reason: experience. So long as a soul inhabits a physical vehicle, experience is the result. It doesn't make any difference what occurs or does not occur, where the person is located or with whom they live or are alone. It is all experience, *that and only that*.

As you allow yourself to reflect on the neutrality of all information (energy "informing"), pause long enough to examine why any specific item might mean more or less to you. Who told you it was important? What do you believe will happen if you let go of the significance of it? Do you disappoint someone? Do you betray your mental picture of yourself?

Watch yourself drop the obvious trappings that seem to bind you and find the subtle ones underneath. **Those disappear and the awareness of other tiny attachments makes itself known.** Release those to make way for further purity, clarity, silence within . . . infinitely.

Disclosing you to You

Have you fully disclosed everything your mind thinks you are to your sacred spirit? Are you in hiding from what you believe might compromise that which brings a higher order to your thoughts, words and actions? Can you focus in on what aspects of yourself you choose to keep hidden?

Let's look in a mirror for a moment and take a measure:

You live in a world where there is a concept about how you will create your livelihood, how you will join in relationship through marriage, how you will birth and raise your children, how they will be educated, how you will work and make a living, how you will grow into old age and how you will die. It doesn't matter what country you live in because each society has its own beliefs, laws, patterns and societal mores about the correct way to do each of the items I have enumerated.

Somewhere in your mind, if you adhere to these beliefs, conditionings and patterns, you either believe yourself to be successful and worthy, religious or spiritual, good or bad . . . and, ultimately, you believe somehow you will be rewarded afterward for obeying all of these force-fed thought patterns.

What if you stepped aside from them? What if you declared it was not important whether you followed the age-old rules? What if you truly came clean with your Higher Self and surrendered to It, seeing **you** as you truly are.

What you believe about yourself becomes your identity. That is one of the reasons that it can be hard to discard a belief or beliefs – because the beliefs have become who you are – or at least, who you believe yourself to be. When you become uncomfortable enough to want to change, you begin to think about doing so. So long as life feels like it is just perking along, you'll most likely ride right along with it.

Here lays the issue with your interpretation of the information you receive from within Cosmic Consciousness. The energy informing you is completely neutral. It means nothing. You make a decision about what the definition of the message is and it becomes important to you – and *only you* since the interpretation is relative only to your present belief about it.

The more time you spend examining how transparent you are to yourself, the easier it will be to recognize the influence your beliefs have upon the flow of information you receive from within the Akashic Field. Remember, it doesn't care. *You* do.

Whether you decide to change your inner translation or not, is your choice. It will either contribute to your harmony or detract from it. Since you are the only one who can clarify the flow for you, you are the ultimate decision maker. In this instance, as in all others, you are the creator of your life's experience.

Fifth: Observing Interpretation

Sit comfortably in a quiet, secluded space where you know you will remain undisturbed. Breathe easily and naturally without any special emphasis on your breath. Breathe and relax letting the sensation of ease fill your being. Your being is light. Your light is your being. Be conscious of your light and breathe easily . . . relax.

As you do so, feel into your body for any areas of tightness or resistance. These physical sensations alert you to places within your physiology that house your bias.

Allow your awareness to sense your physical body as flowing energy appearing as solid form within its frequency. Feel the pulse of your body informed by your spirit. The feeling of spirit in form is your experience in this moment. Allow it to be fully present within you.

As you do so, you will begin to feel a release within your inner resistance. Tightly held form is not natural to the body.

Now let your awareness expand and grow larger than your physical body. Breathe into the light that is present as you. You are inspiring this light with all of your experience in every form you inhabit. Allow all aspects of you to be present. Take your time. Feel the outpouring of your breath into the light.

Now ask a question and wait expectantly for the answer to emerge within you. You have already practiced how you receive information. Allow your natural reception to experience the answer.

Once the answer has emerged within your awareness, ask what it means to you. Don't attempt to interpret it from the standpoint of what you wish it meant. Simply ask what the response means to you in this moment.

Every aspect of your personality is present as the light you are in this moment. All attributes of you request only to love and be loved. There is only your love and your light.

Does it feel easy and flowing? Does it create fear? What do you believe about the meaning of your answer? From what beliefs in your life does it emerge? Are you ready to release this particular belief system?

The interpretation and significance you give to the information flowing within you is relative only to you. The meaning you attribute to it is important only to you. Actually, the information has no meaning except what you give to it. It is neutral in its frequency as informing energy.

The importance of recognizing your biases within any particular set of responses within you will become increasingly clear as you begin to enact the information flow within your life. The more you practice making your answers become physical expressions, the easier it is to see where you want to change your belief about what the response means to you.



Sixth: Releasing Significance

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Sitting in your accustomed silent space, breathe into the moment of your presence.

Imagine any belief you have about any aspect of your life.

Ask yourself why it is important to you.

Who told you this is significant?

How does it support you to believe that is true?

Imagine living without this belief.

Does it feel encouraging to your holy spirit?

Do you feel fear?

How can you experience yourself outside the norm of this belief?

This examination does not mean you have to give up the belief.

It is an exercise in examining why you assign meaning to your reality.

Once you practice this inquiry, select a second belief and begin again.

Clarity is essential when receiving neutral information.



Examining Significance

As a human being, you operate through voluntary and involuntary actions. The most involuntary action is the beat of the heart, the voice of your soul. Whether you are awake or asleep, conscious or unconscious, the pulsing heart keeps beating and accessing information from all realms. It informs you of your true intentions, your motivations and your yearnings.

These actions are, by their very nature, neutral in energetic form. They only have meaning within your mind based upon the conditioning you have been exposed to as you grow and mature.

Your conscious actions and thoughts comprise your voluntary actions. These actions are comprised of what you want to think, what you want to express and what you want to do. If you are listening to the impulses you receive from your heart, you begin to realize where you want to change, move and bring new focus and attention to your present life.

Both your voluntary actions and involuntary actions are recorded in the record of your soul. Whether you are expressing in the world of physicality or in another dimension altogether, your soul is remembering every single facet of your experience. Your soul is not judging you. It realizes that only you can make the free will decisions that implement your experience within your reality.

Since these choices are usually based upon comparison between or among a variety of ideas that you have assigned to your reality, your brain works like an analog processor marching through linear time. It can only base its interpretation upon what has been taught to believe is true.

This information is accessible and useable. It conforms to your perception of its existence opening the doors to conscious access if you will allow yourself to know that it is possible. Since you are immersed and emerging within the Cosmic Mind,



you have access to all information pertaining to your present life. Only you can precisely and accurately access that information for yourself and decide what it means.

Living as Divinity

Within this realm exists your anointing as Source in form. It is the first experience that you had within creation and manifests itself within your soul record consistently and constantly. This is the Christos – the Spirit of God, All That Is, Source personified. It is the essence of your presence within your human body and expresses through your involuntary and voluntary actions. Its knowing is your true expression in this dimension.

When I use the word “Christos” here, I am not referring to the Christian religion. Christos means, “Anointing”. Within the sanctity of your immortal spirit, you are anointed as the sacred being you incarnated as within this life.

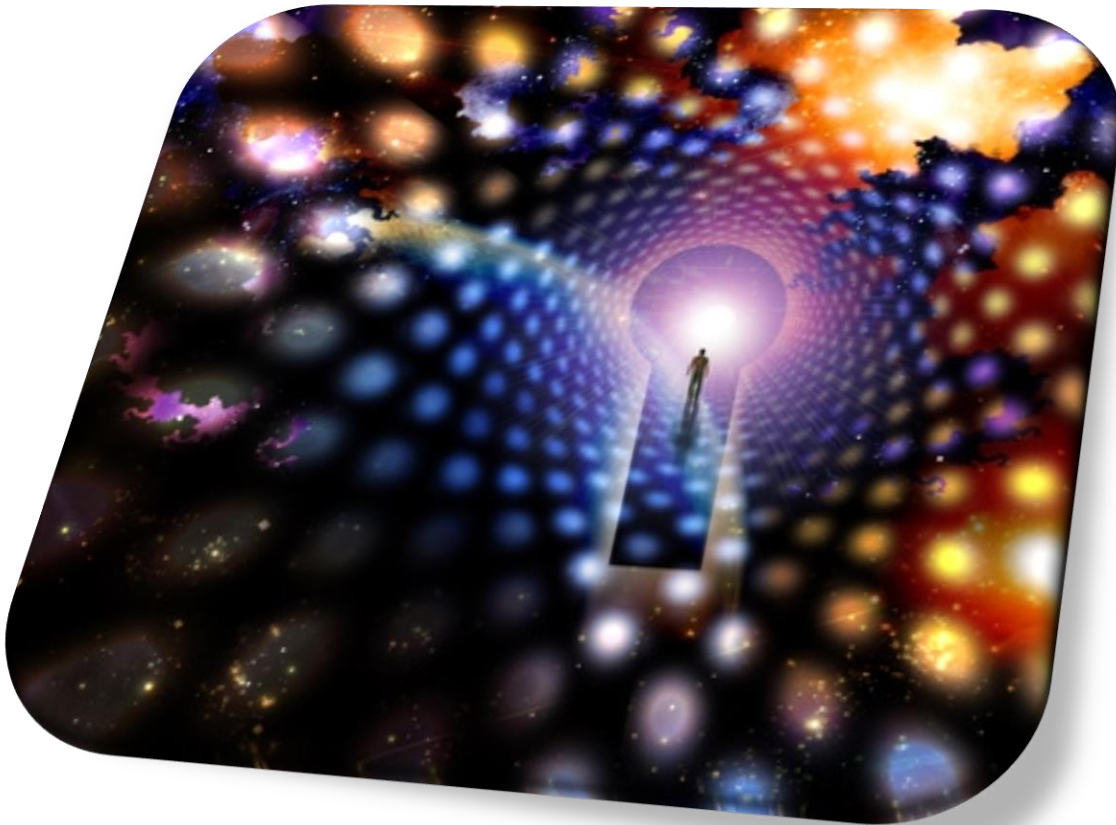
Since you have only *some* control over your involuntary responses and *all* dominion over your voluntary thoughts and actions, you project and radiate out your awareness of yourself as the Christos voluntarily, if you do so. What would keep you from the full radiance of this inherent state of being? What keeps you from expressing as the heart expression you are? What are you afraid of in life? Who or what controls your voluntary feelings, thoughts, words and actions?

While there may be many supposed answers to these questions, the most pertinent response is judgment. When you believe you know something that is separating you from another person, place or thing and you act upon that belief, you step aside from the Divine Christos that is your natural state and voluntarily take on the physical state of Homo sapiens or the "knowing man" – society's *animal*. Your judgments, opinions and beliefs will make you self-righteous, a victim or a saint or persecuted or anything else to create the sense you are right and the other is wrong. This is not the voice of your heart. It is the judging mind.

The opinions and judgments you create around any person, object or situation are always based upon what you have been programmed to believe is true in your reality. Within your anointed presence, you constantly have an opportunity to shift from judgment and opinion to neutrality about all occurrences.

There is a great deal of emphasis placed upon enlightenment and ascension in what has come to be called the New Age. Actually, rather than "new", it is a very *old remembering* if you want to refer to time and its constructs. Humanity is beginning to remember again how it knew itself hundreds of thousands of years ago. In this expression, the Christos rises to the fore and begins to take center stage, once again. Will you allow your anointed expression within your life's experience rather than assigning specific human significance to your reality?

If you desire to know your true Divine heritage, you must set aside your judgments and opinions about all people, experiences and situations in your life. Every single moment of your life is being created by you. It can be viewed as your own private hell through the ideas of separation you have decided to embrace. Or, it can be a radiation of the Divine Christos living within your soul awaiting your focus to come forth. It is up to you and only you can do it.



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