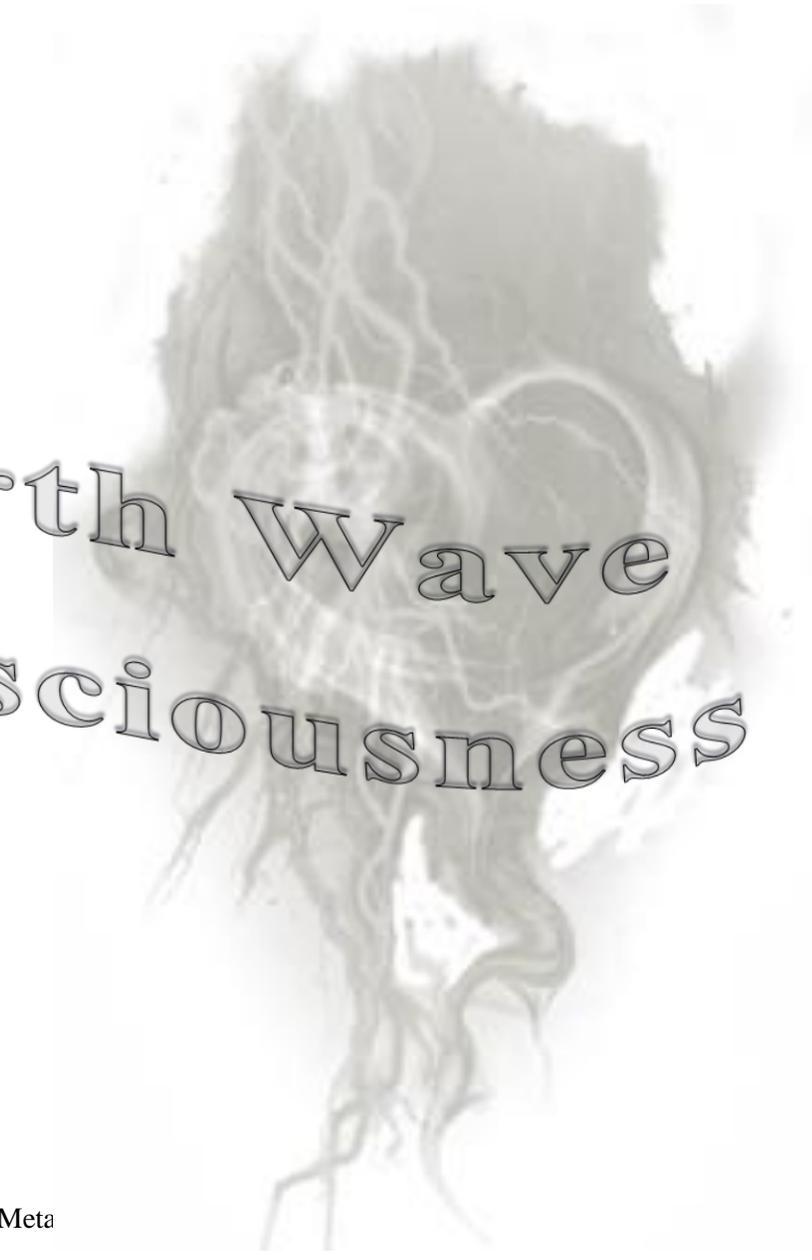


# Sacred Spaces

*Mastering the Shift*

a Heartstorm course from Master Teacher Toni Elizabeth Sar'h



Fourth Wave  
Consciousness

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Kevin MacLeod – Water Prelude – augmented with choir vocals  
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## Fourth Wave – Consciousness

### Consciousness – Its Significance

Consciousness is the individual awareness of thoughts, feelings, sensations, etc. *Or is it?* Is it something much more than what is experienced within the physical body? Does consciousness pervade eternity actuated within the soul?

Conscious experiences shift and change throughout the daily routine of being alive. From what is worn as clothing to what is chosen as food, from choice of meditation practices to preferred arenas of work and play – each is a conscious decision, a free will choice, within existence in this frequency dimension. The movement from one thought or memory to the next is so fast that most are not aware that consciousness is shifting. It often feels like simply “having a thought”.

Nowhere is the flow of spirit easier to observe than within the shifting, changing flow of conscious thought. Unless one has created a dedicated practice of meditation in which to release attention upon the rhythm of conscious thoughts, they are constantly present. Yet *consciousness is much more than thoughts; it is a state of absolute awareness of being.*

There is a basic vagueness to the idea of consciousness due to consciousness attempting to define *itself*. The ultimate state of conscious awareness within this incarnation can be referred to as *self-realization* wherein there is a realization that the *self* is the source. Once this state is experienced the play on words of *conscious consciousness* becomes secondary.

The mundane importance of consciousness exists within the waking awareness of survival as a physical being in a substantive world – a *sentient organism*. Many of the aspects of physically surviving may be relegated to unconscious actions performed by the biological systems of physiology. The biological nature of the physical vehicle is conscious of itself and uses this cognition to maintain its environment. Psychology often delineates among many types of consciousness though it all emerges within the source; it is all *one consciousness*.

## Conscious Awareness

Consciousness is self-reflective, recursive. It refers back upon itself as it reflects upon itself. It is aware of itself as a “separate *I* or *it*”. This is a personal reflection of awareness as a delineated expression of frequency in this dimension. It knows itself in “time”, in “space” and experiences itself with reference to its environment. Consciousness is a perfect *standing wave* in the experience of transmission and reception simultaneously.



Each individual walking the earth today has an opportunity to become consciously awake and aware. Most people who do not take the time to release and relax from day-to-day activities suffer from the stress and tension that is consistent with not being aware of feeling in the body. Once awakened to the source connection that feeds the soul, a person is guided slowly and accurately to that space in which he or she makes decisions about life and its events from a place of peace, calm and inner joy. Yet, consciousness is more than what is described here.

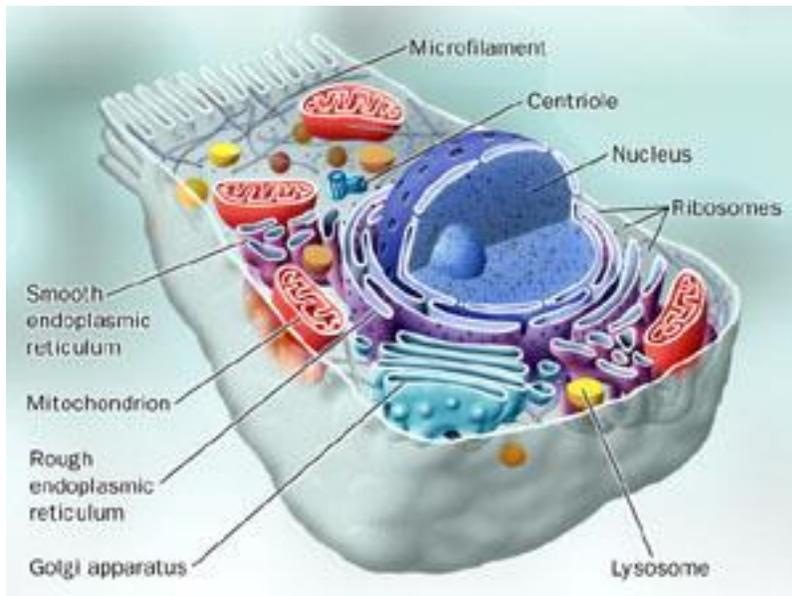
The current human condition supports, allows and encourages following mass beliefs as dictated by television, popular opinion and the newspaper headlines. There is not much present encouragement for following an individual “path”, creating idiosyncratic thought and living life according to one’s own “rules”. This

pattern contributes to humanity's state of numbness in the face of increasing complexities and stress . . . yet, consciousness is still more.

## Consciousness and Memories

The greater the self-awareness within consciousness the easier it is to make quality decisions. When acute self-awareness is not present, then many decisions are made based upon cognitive or cellular memory triggered by what is seen as past trauma. If the past is unconsciously informing the present, then the present will become a replay of the past.

The first breath of awareness at birth states, "Here I am; this is who I am".



The first inhaled breath takes in the environment and the exhalation of the first breath exhales the essence of the individual, the frequency of its assembling wave. In that moment begins the process of accumulating memories in the biological cells. Some of those memories are joyous ones; some of those memories are challenging ones. Each

experience is registered and recorded in each cell in the body. (*Cell in graphic above*)

Each birth brings additional information in a particular way into the planet. Each individual brings soul memories planted firmly in the cellular memory of the body including the commission on planet earth in this particular embodiment.

There is nothing to create here. It is already present. Remember that it's already here, acknowledge it; make intention and share in the experience of it. Nothing is being created from scratch. It is simply being resonated *with*.

Cellular vibration can be consciously reprogrammed to hold all levels of consciousness and thereby bring the cells into balance. Control, creating judgment, pushing to achieve a certain goal creates a lack of balance in the cells of the body. The pushiness creates the feeling of edema, fullness; the withdrawing from fear creates a feeling of shrinking, tightness of cells. When consciously balanced, harmony is experienced.

Harmony in the cellular structure of the body transmutes and dissolves the idea of *karma*. *Karma* creates certain expectancy in the cellular fluid, within the memory of the cells. Conscious harmony bypasses the expectancy, simply being in each moment with each breath. The cells realign themselves with universal frequency.

The breath within the consciousness, the balancing in each moment with that breath and that consciousness brings homeostasis into the cells. It affects the structure of the memory bringing harmony to the organism as a whole.

### **Conscious Spirituality**

The physical and the spiritual are one. Spirit is constantly in-forming the physical bringing into formation all that consciousness experiences. Without specific beliefs, prejudices, judgments and opinions, consciousness flows with ease and grace throughout the energy of this dimension. While a belief system appears to be inherent within the brain/mind complex, ***it is not the ideology that is the constriction rather the attachment to it.***

The *personality* expresses within this realm either aware of itself as spirit in form or unaware. As conscious awareness accelerates and expands, recognition of the inner divinity (oneness within the source) becomes the basis for existence. As consciousness exercises itself within each incarnation, building upon and including all resultant experiences, focus is eventually given to knowing what a state of being ***is – it is the awareness of enlightenment.***

Becoming aware of conscious enlightenment is an expansive, maturing experience. The courage to accept oneself as the only source of information (since each *is* the source) and to rely only upon source-based inner knowing signals the end of dependence upon the *mass consciousness*. It is movement out of *herd mentality*

and into the expression of the soul's personality without the reliance upon "exterior" support.

Within this self-directed consciousness, one dares to step away from the interpretive "wisdom" of humanity and focuses attention upon the soul's personal journey. Every human being is capable of making a decision to become consciously aware and to act within that state. ***Releasing the bonds*** of programmed belief systems and the judgments of dual contrast is the absolute focus of freedom and liberation in human form.

### **Conscious Focus**

Awareness is present, responds and reacts *without* conscious control unless a decision to be awake, aware and focused is made. When left to its own devices, individual attention spans all of the worries, anxieties and threats *perceived* in the world. Attention and focus is placed on what *could* happen based on what is heard, read, observed and experienced.

Attention is placed upon what is warded off, what is not wanted to happen because it conflicts with desire. By attempting to ward off that which is not wanted, by *placing attention on it*, resonance with the unwanted begins. It is consciously called into experienced. What is given attention is given energy . . . *infinitely*.

Looking outside of life, to anyone or anything, is not only disempowering, it prevents personal experience. No person can fulfill another's desires since they are too occupied creating their own life to be able to give conscious attention to anything outside of their personal reality. If they did so, ***they would become unconscious and unaware of what is necessary for them.***

The desire to *be* someone, to be *special* is in order to have control and power. It is *personal power* that is desired and it can only be achieved *personally*. **Someone else cannot give another personal, conscious power. It is personal.** Self-empowerment is through the conscious concentration of attention on the frequency wave of the individual. It ***defines the spiritual life because it is spirit.***

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## Conscious Intention

*Intention* is not equivalent to desire. Intention is a focus of energy within the soul. Desire is ego's attachment to a person, place or thing that is deemed to enhance physical fulfillment with reference to a belief system. Intention resonates with the potentials available in the zero point energy field without limiting or controlling the outcome based upon belief concepts.

Stepping out of the boundaries of limiting philosophies presents a blank page or vacuum within which to intend and focus. Realize that each intention is only for *that conscious moment*. Release the hold upon how things are to show up and allow the void to fulfill the resonance of intention in the perfect moment of the "just in time universe". As soon as one's intention is focused upon with *conscious* awareness and then released, the next awareness arises within following upon the previous intention. *None of them are dependent upon each other* rather they are formulating an ongoing, infinite chain of events known as life recorded through and in the soul within the Akashic Field.

*The CPU (central processing unit) is soul and consciousness. It holds memory and also uses random access memory to move among experiences. The mouse and the keyboard are free will choice based upon beliefs. When the beliefs change to **knowing** the “click” of the mouse or the use of the keyboard become much more proficient. The monitor is perception. Whatever appears upon the screen is based upon what has been “clicked” on the mouse and what keyboard keys have been pressed.*



Imagine the flow of your consciousness as the random access memory of a computer. RAM momentarily holds information within the computer’s memory as it awaits the assignation of the next task. How it holds or displays it depends upon the amount of RAM expended and the software program it is being informed through - **not any intended outcome**. Since consciousness is in a constant flux of being informed, understanding and moving on to the next stage of information, focusing upon a particular intention directs the process of individual “RAM”. It simplifies the arrangement of the outcome while simultaneously awaiting the next bits of information to flow into it. It is the flow through consciousness that causes the outcome hence attempts at control stifle that which is inherently dynamic.

The moving consciousness fluctuates within the brain/mind complex relating intention within the physical reality. Since the brain/mind is composed of various habits, beliefs and ideologies it is quite easy for the intention to be severely clouded or influenced by these concepts. Release of the need to believe and

replacement of it by a state of allowance and acceptance without attachment to outcome paves the way for clarity of intention and precision of focus.

## **Conscious Enlightenment**

*Embracing conscious awareness is the portal to the realization of enlightenment.*

In humanity's acceleration into conscious enlightenment, shifts in self-realization are happening rapidly and the energetic transformations are exponential – that is, rather than occurring in a straight, linear line, they are on a curve that continually accelerates. The scientific world as well as the spiritual community now realizes that knowing, wisdom and knowledge is unfolding so rapidly there is no linear time frame in which to calculate its result before the next occurs.

Thoughts, words and feelings are derived from belief systems about perceived reality regarding the soul and its purpose for incarnating in this world, in this dimension, in this time. Some of these assumptions assist in maintaining coherent frequencies in the body and some do not.

Each being is constantly transmitting what is *believed* to support perceived reality. The question is: *Is the belief consciously supportive or is it a habit pattern based upon someone else's paradigm, someone else's patterning?*

*Belief becomes identity.* It is one of the reasons why it can be hard to discard a belief or beliefs – because the beliefs *have* become identity – or at least, *belief* in the particular bias.

Generations of conditioning and fearful programming infiltrate conscious awareness clouding realization of enlightenment. They restrict freedom and prevent liberation. Though the concepts and ideology may feel like conscious decisions, unless there is authentic resonance with each aspect of the result, all actions are the result of unconscious behavior patterns.

The reactivity experienced within this conditioned behavior prevents the imagining of a different future thereby restricting conscious acceptance of the enlightened state. The frequency wavelength must be able to resource itself in resonance with the conscious *realization* of enlightenment. Fear, stress, worry, self-doubt, anxiety and distress distort that energy field thereby limiting the availability of a natural state within the consciousness.

Conscious awareness of enlightenment is realization that each aspect appearing single or separate is actually an integral part of the whole. Each single, individuated perception influences, informs, re-forms and transforms the whole with every breath. The underlying basis for conscious awareness is this – **the infinite informing of the whole without attachment to any occurrence or outcome.**

**The Fourth Wave is accompanied by the Fourth Wave Ritual at the Mastering the Shift audio download page. This musical audio piece is 21.30 minutes in length.**

## Fourth Wave Ritual

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Let go into the wave of consciousness riding on the sound of the music. Let it take you where it will. Do not attempt to control any part of the experience. Simply witness it. Be the observer.

