

Lighten Up! ~ An Ascension E-zine



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Unconditional Love: Appreciation for All

A few years ago I schedule a hypnosis regression with a dear friend (a trained hypnotherapist) to address fears of physical entrapment

Throughout my life I have been aware of a lingering discomfort when it comes to physical entrapment. It was, in my mind, a little slice of claustrophobia. It has never stopped me from participating in any thing I chose. Yet, I was aware of twinges at times - twinges of discomfort. The discomfort had to do with being in a room overfilled with people, more so than a personal restraint. So, I asked for help in seeing what energy I was still carrying in my field, where it came from, what it is teaching me, and how to change it.

After traveling to my “way in” place, my friend suggested I sit in a theatre and watch the movie of this fear played out on the screen. I was staring at a blank screen. Little by little images started to form before me, but not on the screen, all around me. I checked the emotion of the images to see if it matched my fear and soon enough I “got” that I had been entombed alive.

I was looking at the Earth as if it were an ant colony in a glass box. I could see a slice of the activity below the surface. There were tunnels and caves which led further and further below the surface of a large mountain. Some areas/ rooms had large boulders in front of them. There were people – alive and dead – behind the rocks. I was once of them. I had been buried alive, en mass, with hundreds of my people. It was nothing

personal, not specific to me or to any deed. Simply by virtue (odd use of the word) of being part of a social/cultural group we were entombed.

I was herded into a dark, crowded, airless space (cave) with 20-50 others. I would sit there with them until we ran out of air and died. It was genocide. There were hundreds of us in the tunnels and caves – hundreds, if not thousands – just “made to disappear” by another social/political group.

Sitting in that cave I was not afraid. I was angry. I felt helpless. No amount of screaming or digging would change our fate. I (the present me) queried about cannibalism. My other self (the one in the cave) responded, “What is the point of that?” Everyone in that room, everyone under that mountain felt helpless, angry, and doomed.

I went through the exercises of observing and merging of selves – which is an important element to shift the energy. What I realized was that I, by the time I passed, was very serene with myself. I watched my other self slowly change from form to spirit. My back against the cold, wet rock, I was repeating, “This too shall pass.”

“It is death they fear.” I was told by my guides.

Through prompting to remember that fear is a spell, I became very aware that she was not under the spell, but she was in a room, in a mountain, full of people who were afraid to die. Their fear was so strong, their pain so deep that it penetrated me – thousands of years worth. I reassured my other self that death is merely a door and I am one expression of her on the other side of that door. She was relieved.

She kept saying, “What a waste of so many lives.” Her sadness was all I felt. Tears were rolling down my face. I was crying, breathing, releasing. The emotion had been stuck in my etheric field for so very long.

I merged the other and present selves so we would have the advantage of dual/multiple perspectives. Through multidimensionality I have realized the power and possibility of shifting energy through time. I have also realized that the sojourn I am on this lifetime is about sending lighter energy to others – be it others of me, or other people.

After we merged, a helping entity appeared. Shaped much like an active star, it seemed to be wearing a sash. It worked on my etheric field to release old connections to fear and to release blockages. It used the points of its pulsating energy like hands or wands to sweep away the congested areas. All the while it was telling me important things. Things like “how to heal.” I wanted to send healing energy to my former/other self (the one in the cave). Star reminded me that I had already consciously merged; therefore there was no need to “send” anything. I had given my other self the perspective of now,

of knowing that death is not an end, and that life is not a waste – even when it may appear so. By giving my other self that new perspective, and letting my now self feel, cry and release, the anguish was gone. The shift of energy had happened. It was as simple as RE-MEMBER-ING. (Bringing the members of self back together). Poof!

Star also informed me that my choice in the other life, as in this one, was to “prompt remembering”. Not a matter of “you chose this to balance that”, more like “you chose INTENSITY so that you would remember yourself as spirit, not just a body.” Had the unpleasantness been slight, I probably never would have put forth the energy to feel better – to remember.

I was very aware the information I was receiving was specific to me, and the choices my soul has made entering the Earth plane. Yet, all of this is true for everyone - in all variety of circumstances.

**Such is your pain,
So too is your power.
Such is your fear,
So too is your love.
It is a matter of ‘conditionality’.
Source Loves All - without condition.**

“If the former/other self could change anything about the situation – had unlimited power – what would she change?” My friend asked.

“I’d like to be on the other side of that rock,” was my first response.

My extended response was, “To change the heartlessness of the people who put us here.” With that thought I became aware their heartless actions were due to their own fear - which brought up a deeper wish...

“To free mankind of fear!” (There I go with those lofty ideals.)

“What would it take?” she asked.

“A mass shift in consciousness,” I replied.

As Star continued to work on my energy field and prompt my knowing, my friend asked, “How has this helped you in this lifetime?” Star conveyed to me, “You’ve gotten yourself nice seats!”

I got the image of a baseball field and being able to see the entire field really well. I asked, “What does that mean?”

“You have good seats for the shift in consciousness,” I was assured.

The closing message from Star was, is unforgettable;

**Such is your pain, your fear,
So too is your power, your love.
It is the same. Through the depths of one you find the other.**

**For humans, it is a matter of conditionality.
You say, “I love you, but don’t put me in that small dark room.”
Or, you say, “I love you, even though you put me in that small dark room.”
Or you say, “I love you, and thank you for putting me in that small dark room.”
Love is Gratitude for All.**

**Love without condition.
Forgive without condition.
It is All ok!**

**You may still prefer wide open spaces, which is fine...
But, do not condemn those who would help you appreciate it so fully!**

As a boat Captain I am often on the water, or at the edge, looking out across vast openness. I have always loved the feeling of infinite spaces. Now, I better understand why. Each day I thank the soldiers who put me in that cave, as it has helped me to appreciate the expansiveness more. For that Awareness I am grateful. I do also enjoy a nice little cozy place to curl up and write, tucked away from the distractions of life around me.

In each instance of life that delivers a sense of pain or difficulty I look for the other side of the coin. I give thanks for each experience, especially the ones I do not understand in the moment. Then, I look past the moment I am in, to the moment it can be. In doing so, I choose to express my power as a creator. I choose love, without condition. I am thankful to be on Earth, to have good seats, for the shift in conscious we are all experiencing.

May all humankind remember physical death is doorway. Spirit is eternal. May all mankind be free of fear, and know Love – Unconditional Love, Acceptance, and Appreciation. May we all live that simple Truth every day, and manifest it on Earth in each of our moments.

As above, so below.

As within, so without.
Be the Love you wish to feel.

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