

# Lighten Up! ~ An Ascension E-zine



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## *Trust Is The Process*

Are you a bit stymied by the headline? Walk with me for a few moments down a road of abandonment so we might discover more about the great creative powers we possess.

**“There is no mental state that shuts the door against the very thing you are striving for like a feeling of distress about it. On the other hand, the proper attitude is to joyously take the stand that: ‘I AM the Presence which enables me to see and hear with the Inner sight and hearing.’” ~ ~ ~ Saint Germain.**

Are you willing to abandon, or at least suspend, your distress for just a few moments? Think of it as lifting a kaleidoscope to your eye, and be excited about the new colors and patterns that will dance before you. Everything around you will disappear and instead you will come to enjoy a fanciful realignment of Light.

Let’s face it; it takes a little trust to even begin a spiritual journey. There has to be some willingness to look upon life with fresh eyes. When the alarm bells of self awakening go off, you make a choice to find out more, or ignore it and trudge on. Of course, the further you go on the journey within the more opportunities you have to learn about Trust. In fact, for those who have put their self-discovery at the forefront of their lives, the choice to Trust is exercised in each moment.

Whether you are seeing repetitive numbers on clocks and license plates, having dreams which introduce you to curious perceptions, experiencing physical ailments not diagnosable by modern medicine, or are teacher/guide/healer/ helper to others along the path – you are never far from the choice to Trust.

**In describing the characteristics of God's teachers, A Course in Miracles explains...**

"Trust is the foundation on which their ability to function rests. Perception is the result of learning. In fact, perception IS learning, because cause and effect are never separated. The teachers of God have trust in the world, because they have learned it is not governed by the laws the world made up. It is governed by a power that is in them but not of them. It is this power that keeps things safe. It is through this power that the teachers of God look upon a forgiven world.

"When this power has once been experienced, it is impossible to trust one's own petty strength again. Who would attempt to fly with the tiny wings of a sparrow when the mighty power of an eagle has been given him?"

There is, of course, the need to develop Trust...to make the shift from believing what you have always imagined was important, to perceiving a new relevance. This happens through a gradual process.

It often begins with a period of "undoing." During this time it may seem that things are being taken away from you. Rarely do you immediately understand that it is their lack of value you now perceive. The changes in external circumstances reflect the changes your own ability to look at things differently, and begin to recognize the importance of change itself.

**Next, there will be a period of "sorting out."**

"This is always somewhat difficult because, having learned that the changes in one's life are always helpful, you must now decide all things on the basis of whether they increase the helpfulness or hamper it...It takes great learning to understand that all things, events, encounters and circumstances are helpful."

This seems to be where many people are stuck in these times of rapid and extreme change. Maybe stuck is the wrong word, as it seems that we are moving, but cycling around and around without any forward progress.

You really have to come to the place of knowing that ALL CHANGE IS GOOD in order to be o.k. with all the changes taking place. Why is that so difficult for so many? Because they are looking at the external circumstances with some form of judgment.

It is here we must come to terms within our self about life on Earth. No matter how long a person has been on this journey there will come greater and greater opportunities to examine your reflex to judge. I refer to it as a reflex because it is so very automatic in our minds. We perceive a world where the expression of mankind seems to be all there is. Yet we must remind ourselves that all of life exists within the compassionate enfoldment of the Divine. There is always more to the picture than we can see from where we are. Yet, it is upon us to expand our ability to see and hear more through the Inner, Eternal Self.

“Now comes the period of settling down. This is a quiet time, in which the teacher of God rests a while in a reasonable peace. Now he consolidates his learning... and begins to see the value of what he has learned. ‘Give up what you do not want and keep what you do.’ How simple is the obvious?”

“The next stage is indeed a period of unsettling. Now must the teacher of God understand that he did not really know what was valuable and what was valueless. All that he really learned so far is that he does not want the valueless, and that he did want the valuable. Yet, his own sorting out was meaningless in teaching him the difference....He thought he had learned willingness, but now sees that he does not know what the willingness was for...He must learn to lay all judgment aside, and ask only what he really wants in every circumstance.”

### **Practice Peace with Consciousness**

How do we take the lofty ideal of non-judgment and apply it to life on Earth during The Great Shift? By applying it to each circumstance as it arises. Walk with me down this certain path and practice applying the knowledge which dwells within.

I do not judge the natural or manmade events which are occurring in Japan.  
**I want a healthy planet to live on.**

I do not judge the circumstances of the Middle East.  
**I want freedom through peace for all people on Earth.**

I do not judge the opinions of any political group.  
**I want diversity within the fabric of every country on Earth.**

I do not judge the beliefs of another.  
**I know all of life is an expression of the Divine.**

I do not cling to vestiges of 13,000 years of grief.  
**I embrace the changes which are bringing about Heaven on Earth.**

I do not doubt the power of the benevolent source of Creation.  
**I choose to express, in every moment, the compassion which created me.**

I do not condemn the choices of those who walk the path of limitation.  
**I AM free to experience my Infinite and Eternal nature.**

Use simple Truths to express your choice for non-judgment in every circumstance of your life. You do not need to like or agree with something in order to honor the expression of it. Most importantly, by becoming distressed “against” something, you attract more of same.

Wherever you place your focus and emotion becomes your reality. Let us place our attention and anticipation upon that which is relevant to our highest Creative expression, and nothing else.

### **Why is it so important to Trust?**

“The period of achievement is where learning is consolidated...to be counted on in all emergencies, as well as tranquil times. Indeed tranquility is the result...a place of real peace...where Heaven’s state is fully reflected. From here, the way to Heaven is open and easy. In fact, it is here. Who would “go” anywhere if peace of mind is already complete? And who would seek to change tranquility for something more desirable?”

We speak of Peace on Earth as if it were up to someone else to make it happen. We have forgotten that we are linked to Earth itself through the etheric grids which sustain all life. The changes happening on Earth are a reflection of what is happening WITHIN the hearts of People.

Our relationship with Earth is inseparable. I am not speaking of industrial pollution, or radioactive waste alone. I am speaking to EACH OF YOU when I say that YOUR heart is one with the heart of Earth. If you want peace on earth, create peace in your own heart. Express that “absence of judgment” in all that you do, and see the effect it has on others, one circumstance at a time.

The earth is being cleansed of cruelty, corruption, and conflict because we asked for it. We invited it. We are creating the changes we are experiencing because we made a choice to create a world where Unity Consciousness was possible.

### **Unity and Multiple Dimensions**

We have evoked a time where the powers of creation are expressed differently on Earth. The faster frequencies and rays of light mean there is less resistance to any thought or desire. Whatever you imagine can come about quicker and with greater ease...for that is the way of Heaven. Gone are the days of wanting for something and not knowing all the effects of our wishes. In the realms of instant manifestation – where cause and effect are timeless – the desire to create is the desire of your brother/sister.

### **Your Wish is My Wish for You**

In the realms of Unity Consciousness a wanting sent forth by any aspect of Creation is amplified by the rest of Creation – without condition - TRUST. Any expression which can be imagined is supported and enhanced by All - TRUST. The trade-off for having All of Creation support your desires unconditionally is to recognize that you are a Trustworthy participant in a system of Love, and it requires responsibility.

### **Responsibility = The Ability to Respond**

Each moment offers a choice for peace or struggle. Each breath offers the choice consciousness or unconsciousness. Each emotion offers the choice of liberation or limitation. When you can respond to all situations from a place of Trust in the Divine, you are carrying the responsibility for Peace on Earth in your own heart.

Shine On ~

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