

Lighten Up! ~ An Ascension E-zine



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Three Simple Truths

“As more and more people begin waking up to the three simple truths – you are more than a body, you are intimately connected to All That Is, and the Earth is a living sentient being – your world will change exponentially. ~ ~ ~ I AM> Carla

You are more than a human body

Everything is energy in motion. The Source of that energy flow embraces and sustains All things. The energy has consciousness and has chosen to express a portion of itself in direct relationship to a human body. That expression, attached to a body, is what you know as you. It is not the entirety of you, nor does it represent the fullness of your capability.

All religions and spiritual philosophies tout that there is life beyond what we know as us. Modern science has found ways to legitimize these claims. Because there is such widely held understanding that life is more than the finite time we experience in a human body I will not go into the rhetorical arguments for or against this knowledge. (For a very simple explanation of quantum physics you will enjoy the movie “What the Bleep?”)

Instead, I ask you only to consider the moment, the instant, you wake each morning. Who it is that causes your body to respond? To re-gain consciousness? Where have you been while your body is sleeping?

If you are more than your body, then who are you and why are you here? There is an aspect of you – your essence – that is both sustaining your life and learning from it.

Imagine an intensely powerful centrifuge of energy. The energy is in constant motion. It is always moving and it is expanding. One of the reasons it expands is so that it may gather experience and integrate more knowledge, thus learning more about itself and expanding ever further into the unknown.

Imagine this orb of energy as rays of light which extend into the unknown. Different rays carry different colors, sounds, or vibrational patterns. Each is a little unique, yet all of are of the same energetic soup. Each ray, as it extends further and further from the Source is able to split itself into more rays – each with some uniqueness, and still having all of the attributes of the primary energetic soup. Way out from the Source energy, at the very tip of one of the furthest reaching rays is a beam of light traveling as a wave of energy.

At the very tip of the arrow of light, reaching furthest into the “yet to be discovered” is YOU. You, one facet of the spark that is called your soul group, are at the leading edge of a wave of light extending into the unknown - to make it known.

As part of the experiment of discovering more about who you are and what you are capable of, you along with billions of other souls, decided to forget your Truth. You chose to venture out into the void totally forgetting that you are always tethered to the centrifuge of Source energy. You, with the help of your entire soul group, knew that once you ventured as far as you could, forgot all you were really made of, and rediscovered yourself as Love, that Creation itself would benefit greatly - as the once unknown is integrated into the whole. Plus, you would get a great ride on one of the grandest adventures in the All That Is.

So, here you are. You are standing in the furthest corner of the void, in the darkness, attached to a body, with total amnesia. Why? Because, once you remember who you are – a beam of light known as Unconditional Love originating from the Source of Creation– you are no longer standing in the void. You have expanded Creation. Where there was a void, there is now life. You did that, simply by Being.

The hard part about the “simply Being” is the amnesia and the attachment to a body. Both feed the sense of being separate from Source, i.e. alone in the dark. Yes, you, we, All agreed that it was the best way to bring the brightest Light into the void. But, once you got here you forgot why you chose to do it this way. You look around and, well, none of it makes any sense at all.

The only consolation comes when you begin to remember, to recollect who you are. Gradually, when the feelings of your true essence once again enfold you, you realize that it is just an adventure and you are supposed to be having some fun at it. You become a bit more light-hearted about all of it, and POOF! Creation just expanded some more.

It is time to relax into the awareness that this is a journey. Imagine, like the Starship Enterprise, you are on a mission to go “where no Light has gone before.” One of the ways you do that is on an adventure which includes the use of a human form that causes

you to feel separate from the other facets of the spark. Your mission is to simply stand in the darkness and BE light. As you do so you begin to see more around and within you. You become aware that you are connected to All That Is. It cannot be otherwise.

You are intimately connected to All That Is

The Source of energy which moves through your body also connects to All things known and unknown. All matter and void are aspects of this vast energy Source, each resonating with a unique and harmonious frequency. Every wavelength ripples in ways that affect the All.

In explaining the difference between perception and knowledge, *A Course In Miracles* states,

“In the realm of knowledge no thoughts exist apart from God, because God and his Creation share one will.”

Here, in this simple statement, we see two important Truths,

- 1] Everything is a thought of God, and**
- 2] You can never be anything else or separate from God.**

It is important to embrace the Truth that you, as an aspect of the All, are a thought form of the Creator Source, and life itself is a web of resonance and circuitry.

Elizabeth Roberts and Elias Amidon begin their significant collection of *Earth Prayers* by identifying the Ecological Self.

“Earth prayer begins with our intuition of the oneness of all life. We recognize that our identity is inextricably entwined with lives beyond our own. This sense of expanded identity goes beyond human relationships. We depend upon trees, trees depend upon grasses, grasses depend upon animals, mountains depend upon oceans, the dolphins depend upon the farthest star.”

How do you increase your sense of connection to The One? Through your connection with other people and your connection with Nature. It is not enough to simply nod at the “facts” without integrating these Truths into your life. The time has come for each of us to consciously acknowledge our connection to All That Is, and to embrace the gift in each exchange.

The Earth is Alive with Consciousness.

One of the most incredible expressions of the energy Source is the planet known as Earth. She is the receptive polarity of the Creative Source – Father Sun and Mother Earth. She, like you, consist of billions of micro-cosmic systems all functioning from the same Divine blueprint, to grow the whole as part of an infinite cosmic system beyond our present ability to comprehend.

Indigenous cultures around the globe practice a Way of living which exemplifies the understanding that everything is created from Great Spirit and all things, seen and unseen, are within the Sacred Hoop of life. In this Way of being, crops are planted based on the alignment of the stars, certain stones carry specific attributes to be used for healing, animals offer unique teachings, and every plant you consume contributes to the energy of the Wheel of Life. All of this is facilitated through the interaction of human thought and intention being aligned with the energies of the Earth herself, and beyond.

How can a sunset take your breath away? Surely that is not a mental or physical reaction alone. The expression of the energy flow from Source which you consider to be you is also intimately connected to the planet you live with. If the sight of the night sky filled with stars entices you to make a wish, you might consider that you are intimately connected to them as well.

“Physically and spiritually, we are all woven into the living processes of the Earth. When we ground our spiritual awareness in this ecological context then the strength and wisdom of the living Earth, in all its manifestations, flows through us.”

-- Earth Prayers

Once you come to know these Three Truths about life on Earth, your outlook on everything which happens in your life is bound, by the laws of energy, to change. The laws of energy in motion, and actualization of probability, declare that once your perception of anything changes, the thing itself changes. This ancient Truth has been most recently explained through the quantum theory of physics.

As more people accept these Truths, the resonance, the music of the entire planet changes. Likewise, as the resonance of the planet shifts it becomes easier for more people on the planet to perceive these Truths.

Now is the time of The Great Shift

One of the best things each of us can do to ease the stresses of the changes is to intentionally link ourselves with Gaia. Do your daily meditation out in Nature. If this isn't possible, then enjoy walks in nature taking the time to notice the various elements around you. I'm not referring to walking outside along a busy street. Specifically, you are to put yourself in a place where there are fewer people and more other types of life. If you are someone who walks outside regularly then take a different path this time. Incorporate a different routine.

Sunlight, cloud shapes, birds, sounds, insects...there are a myriad of things going on in every cubic yard of nature. Take the time to pay attention to some of those activities. Allow yourself to be mesmerized by the effects of these elements. What feelings are evoked by your time in Nature? Nature reflects the magnificence of you.

Know that every step you take leaves an energetic impression upon the Earth. Your energy signature is incorporated into the consciousness of the planet; as your awareness expands your energy signature changes. The more you can honor this connection and allow its influence in your daily life, the more rewarding and fulfilling your journey will be.
~ ~ ~ I AM > Carla

Take time to write about your sense of connection to, or separation from others. Do you have a connection to a particular animal? When are the times you feel most alone? Explore with yourself the idea of being intimately connected to every one and every thing. Do you believe it? Do you ever feel embraced by life itself?

We have reached a point in our shift of mass consciousness where those of us who have experienced – even for a moment - a sense of Oneness are encouraged to embody it:

- To recognize that every single thing is sacred and to treat it accordingly.
- To practice reverence and non-judgment for all beings.
- To align our physical with our non-physical and feel the synchronicity of life.
- To center our selves and ground our energies into the Earth.
- To visit the hollow earth realms in our meditations.
- To notice the beauty in each expression of life.
- To be open and willing to see and feel more each day.

Enjoy the Ride ~
Carla

NOTE Information shown in italics is channeled through the I AM Presence for the purpose of increasing the awareness of All.*

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