

# **Quantum Energetics and Spirituality**

*Aligning with Universal Consciousness*

**Volume 5**

**Kenneth Schmitt**

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## Introduction

My books are essays that arise in my intuitive knowing. I write about my inner experiences, and the process that I go through in being able to realize expanded consciousness. I write in the plural, because we are all the same consciousness playing the human drama with our personal experiences. Realizations come to me, penetrating deeper into my limiting beliefs, and I write about the process I go through to enter greater awareness.

Many of my realizations are based on quantum physics and are logical extensions of physicists' findings in the existence and pervasiveness of consciousness. Ancient esoteric spiritual teachings also prompt my deeper understanding. What I most love is writing about these things at this time of transition for humanity into a brighter expression of life. The cosmos is inviting and propelling us into expanding awareness of Self-Realization.

Born with innate knowing of our essence, but without a clue of how to live in the energetically dense, largely negatively-polarized world of humanity, we telepathically pick up the perspectives and beliefs of our family and society, enclosing our awareness within the limits of human belief systems. We develop our ego-consciousness to enforce these limitations, so that we can have an authentic human experience without higher guidance. But no one beyond our

own consciousness enforces our limitations. Innately we are completely free with infinite awareness and unlimited creative power. We are fractalized extensions of universal consciousness.

Once we realize the truth of who we are, we can no longer be victims. We become masters of our lives. We can understand the play of consciousness that we are involved in. As we direct our state of being and act out our destined roles, we create the qualities of our experiences by the way we are, primarily how we feel and what we believe about ourselves.

Realizing the dualistic, empirical world as our reality, and believing that nothing exists beyond our empirical experience, prevents us from awareness of a greater reality. If we want to open our awareness to a greater understanding and mastery of life and knowing our essence beyond time and space, we must pay attention to the consciousness of the source of our life-force. This helps us transcend dualistic limitations and open to infinite consciousness. These are the impressions that I discuss in this book. The essays are presented in the order that they came to be. There are no chapters. It is all a chapter in life.

Sending you deeper insight, joy and fulfillment in every way,

Kenneth Schmitt  
September 15, 2023

### **Why We Must Become Fearless**

To be the best and most potent versions of ourselves, we must become fearless. We can transform the contracting energy of fear into the expansiveness of joy by our personal choices. We can learn to use our free will creatively and without limitation. We have learned to choose to live in doubt and fear, and we have made conditions that express the vibratory level of doubt and lovelessness. This is not a natural limitation. We have created it, and we can transform it. For us, it is a conscious choice. Once our sub-conscious is imprinted with our choice, regardless of why we made the choice, it establishes the polarity and vibratory level for our state of being, bringing our thoughts and emotions into alignment with its energetics. As long as we harbor doubt of any kind, we are experientially enslaved to its polarity, which is negative.

We can choose love only by being fearless. When we feel doubt about anything arise in us, it is a signal for us to pay attention to what is going on. Instead of letting our ego-consciousness direct us into a situation in which we compromise our intention to be grateful, compassionate, loving and joyful, we have the power of choosing our vibratory level. In any moment, we can choose to be however we want mentally and emotionally, regardless of how imposing conflicting energies may be.

In realizing that the power of our free will is an important ability, our intuition is our assistant for higher guidance. This is our heart-felt inner knowing, and it is constantly flowing wisdom

and guidance for us to maintain the most positive perspective we can allow for ourselves. We all have it. We just need to pay attention to it and choose to follow its guidance. It is what we really know. The truth is self-evident in how we feel about it. It's always a choice between what is life-enhancing for all, and what is life-diminishing.

If we decide to be positive, we cannot be negative at the same time. This means that we either participate in the world of duality that is the human experience, or we transform ourselves by creating vibrations that result in our physical, mental and emotional processes, as well as our environment, becoming uplifting in every way. Because of our perspective, based in gratitude, joy, compassion, and love, we can have wonderful lives in every moment. Essentially, we can live in a parallel density, but in a higher dimension.

Negativity can exist only if we create it within ourselves, which we have done for eons. We have believed that it is inherent to the reality that we recognize. It is. Duality requires both positive and negative. It could not exist without the light, because light is the source of existence. It is our conscious life force. The negative consumes light and blocks its radiance, converting its energy into self-destructiveness. All of this may happen in subtle and even confusing ways for us, because it is different from the way we have learned to expect to experience life.

We have been fearful all the time, creating fearful experiences for ourselves. To be fearless is to know and trust our intuition absolutely. By following what we innately know, that stimulates us to feel gratitude and joy, we can trust that we're aligned with the highest vibratory level. This is where the desires of our heart become clear. By following them, we enhance our lives in every way that we allow. With absolute confidence we can choose the energetics that we want to express within ourselves and radiate into the quantum field for manifestation among humanity.

### **Living in a Parallel Reality**

If we want to experience living with the most wonderful feelings and visions, we can open ourselves to the highest positive vibrations that we are capable of receiving and sharing through our heart. In our creator essence, we receive awareness of energetic patterns that we open ourselves to. These energies we can modulate into our personal vibrations in alignment with the enhancement of all life. Every scenario in our experience has this potential. Our experiences are created by our choices of energetic alignment in our thoughts and emotions. Divine magic occurs when we choose to live in the dimension of gratitude and joy in every moment.

We can enter an energetic world that is the same as the dualistic energies experienced by most of humanity, but our personal experiences can have the quality of strong expressions of our heart-consciousness. We do not suffer in the realm of duality, even though we are aware of it. When we intentionally create our personal reality through our realization of it, our lives can be filled with wonderful experiences.

Since everything in our lives is an energetic expression of consciousness, our world arises for us from our realization of it. With our open imagination, and with clarity in our emotions, we can create our energetic state of being, expressing the radiance of energetic formations through our full consciousness. As we learn to penetrate the hidden, self-imposed, energetic patterns in our subconscious, we can fulfill our deepest needs for acceptance, love and absolute support in every way. We can intentionally open our awareness to our heart-consciousness by aligning with its vibratory resonance in gratitude, joy, compassion and love.

The hidden fears, doubts and all negative energetics in our subconscious self are within us, because we have become attached to them, often through trauma and our family energetic inheritance. They live off of our life force, and are waiting for us to accept them and thank them for allowing us to have experiences that are impossible for us in our true infinite awareness. As a result of negative experiences, we are wiser and have greater compassion. Once we realize this, we no longer need these experiences and can release them in realizing our infinite Self in our eternal presence of awareness.

By intentionally thinking about and feeling life-enhancing scenarios, and transforming negativity into positivity through our imagination and emotions by intentionally resonating in alignment with our heart-consciousness, we can transform our lives into experiences that we are truly grateful for in every way, and that manifest joy, love, abundance and freedom in ourselves and all around us.

### **A Path of Transformation**

When we're enveloped in the wilds of nature, perhaps high in the mountains with panoramic views and silence all around us, and feeling great gratitude and joy, we can ask the angels of the air to brighten our experience even more, which they love to do, when we ask and are open and receptive in complete confidence, because of our resonance with the nature spirits, the Spirit of the Earth and our heart-consciousness. When we are in alignment with our heart-consciousness, we can communicate telepathically with all beings and with the consciousness of all things.

When we align with our heart-consciousness, we can be expansive and ecstatic in the thorough enjoyment of being who we are in the magic of our powers of awareness and creative expression. This is our natural state of Being and is our experience, when we resolve and release our limited beliefs about ourselves. We can then enter the vibratory spectrum of absolute confidence in the creative impressions and expressions of our focus of attention. By aligning our perspective on life with the vibrations of joy and compassion, we can deeply understand every moment and live in our connection with universal consciousness and enhancement of all life.

By opening ourselves and wanting the awareness of our heart-consciousness, we can leave the world of duality and enter a higher dimension of expanded conscious awareness in unconditional love, personal fulfillment and infinite creative ability with our mental and

emotional expressions. We can learn to use the power of our imagination to receive the expressions of heart-consciousness. We can call up emotions that feel the qualities of the vibrations that we are paying attention to, and we can be present as much as we desire at this vibratory level.

Living in the realm of gratitude and joy, we can be exempt from all negative experiences, because we realize that in the vibratory spectrum of heart-consciousness, there is always quantum support for us to achieve what our heart desires. The quantum field manifests our experiences in resonance with our predominant thoughts and feelings. As we learn to direct our thoughts and emotions to life-enhancing visions and scenarios, as well as just being present in gratitude and love, we leave the realm of duality and enter the realm of life experiences that become magical and wonderful. In this way we can transform our lives, and it can happen whenever we choose with strong enough intent of our entire consciousness.

### **Aligning with Ascension Energies**

Our world of dualistic reality is being transformed into a higher, more positive vibratory band of energetics. Dualism is dissolving. Our world has been freed from negative control, and the energetic environment that we share is becoming a shared consciousness of the awareness of everyone. We can telepathically realize our natural state of Being as luminous Beings of eternal presence of awareness, endowed with infinitely powerful creative ability. We are fractals of Creator consciousness, awakening from the hypnotic trance of humanity.

By paying attention to our intuitive knowing and aligning our feelings with the energy of our heart. In a very expansive way, we can elevate our own vibrations into joy and compassion. We can merge into our subconscious and resolve our limiting beliefs about ourselves. As we intentionally raise our vibrations positively, fear and doubt transmute into another dimension. We are now stimulated only by our own conscious awareness. We no longer need to stay in the compartment of consciousness that we have lived in.

As we resolve our limiting beliefs about ourselves, our ego-consciousness disappears, because it has been based on the negative vibrations of fear and doubt. Aligning with negative polarity, we could not be aware of our heart-consciousness and higher guidance. It is now easy to release our attachment to the limitations we accepted in our subjection to strong negativity, which no longer exists on this planet. What still appears to be negative governing power is only a show. It has no essence any more and can control us only if we believe it's real and engage with its energetics.

Instead of reacting in life-diminishing ways to negative situations in our lives, we have the choice of paying attention to our heart-consciousness and being in gratitude and joy, even in ego-threatening situations. We can understand the energetics that are present and can transform them in our imagination and emotions by intentionally aligning with our heart-consciousness in awareness within universal consciousness. Because this vibratory level of awareness is in a different dimension from negativity, we can choose to be brought into

alignment only by positivity. This is life-transforming for us. Our experiences manifest the energy of our heart, bringing us expanding joy and fulfillment.

### **Becoming a Spiritual Super Athlete**

Super athletes are able to keep being more daring and to keep pushing human limits by convincingly imagining themselves doing it. This is also how we can achieve expanded consciousness and mastery of the material world. It is available to all of us. We just have to convincingly imagine and feel ourselves living in scenarios at its vibratory level. This is a challenge for us, because of the depth of programming that we have accepted about ourselves as limited in our ability to realize our true nature and infinite presence.

Imagining ourselves doing something extraordinary beyond physical feats and even psychological feats, is part of our creative ability. As we express our thoughts and emotions, their energetics radiate within and around us, attracting compatible energy patterns to provide experiences for us. When we are confident and assured, we modulate the energy patterns around us and within our awareness into resonance with us. Apart from any other influences or circumstances that we may be participating in, we have the ability to direct our thoughts and emotions through our imagination into alignment with our natural vibratory level in infinite presence of awareness.

Achieving infinite awareness comes naturally for us, once we free ourselves from believing that we are incapable of it. We have to resolve our limiting beliefs about ourselves and move beyond them. This is what makes a super athlete. We can all do this, once we can convince ourselves that we really are limitless.

A good practice can be examining our personal beliefs. What is their essence, what are they based on? We'll find that all limitation is based on fear of some kind. It is produced in our own emotions. It does not exist outside of us. Because of the belief in suffering and mortality, fear is a necessary component of the human experience. The clue here is mortality. For a person enclosed within the conscious limitations of duality, it can be helpful to read accounts and watch videos of people who have had convincing out-of-body experiences and have returned to their momentarily dead bodies to tell us about what happened.

Our conscious awareness does not die; instead, we become much more expansively aware and without personal needs to satisfy. This is our natural state of being. In our essence, we are our presence of awareness. We have absolute control of our own energies always, whether expressing ourselves through our physical bodies or beyond them, but we must learn how to direct our attention and how to align emotionally in every moment with the energetic levels that are enhancing for all life, and not have interference from our ego-consciousness.

### **Being the Persons We Really Want to Be**

Within the realm of our participation in duality, the negative force became strong enough to be much greater than the dimension that we recognize. Negative-creating beings learned how to enter our consciousness and find vulnerabilities that could cause us to compromise our intentions. These are vibratory levels that we experience when we assimilate the belief that our consciousness will ultimately be terminated. This is the fundamental belief that is the basis for all of our other limiting beliefs about ourselves. This is the basis of all of our fears, and we must resolve and transform it into the experience of our true essence as our infinitely-powerful-creator-presence of eternal awareness.

It is impossible for us to be terminated. In the world of empirical duality, our awareness is limited to one dimension of density in consciousness, but our physical presence is only a partial expression of ourselves. We know from the reports given by those who have died physically, but then came back, that our awareness expands greatly upon disembodiment and unattachment from limitations. Without the body we are our pure essence of conscious awareness, unlimited in every way and able to express ourselves in any way that we imagine. We can know everything about everyone and everything. Our consciousness envelops the cosmos and beyond, and universal consciousness is our realization.

Once we learn to release attachments to limitations, we are truly free to be the persons we deeply long to be. We must face our belief in personal termination. We can know that we exist beyond all energetics, and we express our vibratory presence energetically. In our presence of awareness beyond time/space, we have free access to the consciousness of the Creator and the awareness of all conscious creatures. At this point, we participate differently in the world of human experience.

We can be aware in every moment that any presence of negativity in our personal experience is a result of our mental and emotional recognition, alignment and engagement with it. When we do not give it reality through our realization, it cannot exist for us. Every scenario in our experience has an infinite number of ways for us to experience it, and we are free to choose any of them. Without fear and doubt, we are free to create all the desires of our heart for our experience.

When we can live in the realm of gratitude, love and compassion, we can have confidence in our absolute creative ability just by our state of being. We create our personal energy signature, which then attracts and repels other energetic patterns. The ones that resonate with ours provide our experiences. Any of us can become masters of our lives, and we can experience the most wonderful relationships in deepest love and complete sovereignty.

### **A Path of Personal Transformation**

As humans living in the spectrum of vibrations that we realize as real, we have a great challenge to realizing a more wonderful reality. Once we decide that we want to elevate our energetic expression, and live in a realm of love and joy, we have many options to expand our realization beyond our current limitations. If we feel imposed upon by a great force of negativity that

threatens our physical lives, we may want to dissolve this experience, but we have trained ourselves to realize its reality, whenever its vibrations grab our attention. We feel compelled to engage with it. This brings our own thoughts and emotions in alignment with it, either for compliance and support or for resistance and anger. Both of these perspectives are the same kind of energy. It is restrictive and diminishing of life.

Until we are able to master the dualistic empirical world, we are governed by our ego-consciousness, which must protect itself from its believed suffering and mortality. This happens in us when we focus on the negativity of fear and doubt. We feel that we have no choice, and that we must deal with negativity on its own level. The more we engage with it, the more we give it control of our awareness. Our ego-consciousness feels that we must suffer in some way in order to survive and live comfortable lives. When we have no awareness of higher guidance, this is a true situation.

If we want awareness of our true intuition and divine guidance, there is a shift in our awareness that we must initiate intentionally. If we want expanded awareness, we must align our own vibratory level with gratitude, compassion and joy. We can recognize the quality of energies that we face, while maintaining our inner awareness as well. This is how we can realize and align with our inner knowing. Intuitively, we can participate in the consciousness of the Creator, and we can be unlimited in every way. When we can continue to feel unconditional love for the consciousness of everyone, regardless of their state of being, we can live in miraculous ways, while resolving and releasing our own negativity, which transforms our lives into experiences of gratitude and joy. We receive the feedback from our own vibratory level of love.

When we can stay completely positive in gratitude and love in every moment, while being in alignment with the vibrations of our heart-consciousness, we are free in every way, and we can choose to create without limit the experiences that resonate with our heart's desires. This is how we transform our lives when we intentionally use our imagination and emotions to create experiences in alignment with our realization of the reality of love and light in the conscious life force of everyone. We can become master modulators of all patterns of energy by the power of our realization.

### **Choosing the Dimensions of Our Experiences**

The quantum field of all potentialities contains the vibrations of every experience for us to have in our lives in any moment. Our destiny is to live in positive, high vibrations that we realize are real. These vibrations are life-enhancing and enriching in every way. They bring us closer to being able to realize unconditional love in our connection with all conscious beings. Every entity from the smallest sub-atomic swirling essence of life, to the universe itself, exists within our own consciousness. We participate in the consciousness that creates everyone and everything.

Our personal intuition comes from universal consciousness through the consciousness of our higher chakras, primarily our heart. When we imagine and feel their vibratory range, we can align with them, but when we are misaligned, we cannot know our higher guidance. Our ego-

consciousness then controls us from its limitations based on fear of suffering and survival. These are imaginary.

Always we experience the best situations that we allow for ourselves, along with course corrections directed by our unseen guides, who know what we truly need in order to help us to be aware of our purpose and goal in this life. We can be aware of the symbolic meaning of everything in our experiences. We can awaken from the hypnotic trance of humanity that is focused on dualistic empiricism. When we choose to entertain any kind of fear or doubt, we align ourselves with negativity and cannot create positive experiences. Duality is a range of energies that allow for the focus on negativity. If we want to live in a realm of love and joy, we must be aware of these energies and feel them within ourselves.

In our essential limitless presence of awareness, we can easily resolve and transcend our limitations through acceptance of our experiences and gratitude for what happened to us as a result. When we haven't taken the small prompts that our guides give us, they resort to more powerful guidance. We are the ones who make all the decisions about the energy that we align with and experience. When something major prevents us from living the way we have, it's an opportunity for us to reevaluate our life path and open ourselves to our inner guidance.

We live within the energetic spectrum that we resonate with, and while we continue to choose to allow negativity to control our awareness, we cannot be aware of the joy of the higher dimension that we coexist with. Once we consistently and intentionally choose to feel and imagine experiencing what we truly want the most in our deepest consciousness, we open our awareness to the vastness of our unlimited essence. We become aware of our entrancement in dualistic empiricism, while opening our realization to a greater spectrum of energies and experiences.

### **Living in Intense Situations**

When we are in intensely magical situations, and sometimes very dangerous ones as well, we are released from our normal human trance. We are brought face to face with the belief in our mortality. It's exciting and terrifying at the same time, and we can choose which it is to be. We have an opportunity to choose to vibrate in resonance with the fear of death or with the joy of life.

In intense situations, we are filled with compassion and gratitude as we help one another. In these situations we are able to transcend our limitations and to follow our heart-consciousness. We may feel a deep bond with one another to have transcended ordinary life in the face of imminent death. When we're ready to drop our attachments to personally-limiting beliefs, we may experience this kind of symbolism to jolt us into a greater realization of who we are as Self-Realized, eternal presence of awareness with unlimited abilities. Our ego-consciousness cannot imagine this, and words cannot convey our greatness. Mastery of our lives awaits our realization, and intense experiences direct our attention toward transcendence.

When once we have an experience of transcendence beyond ego-consciousness, we know what it is, and we can align with its positive, high vibrations, while opening our awareness to it. There is no requirement for us ever to leave our Self-Realization, and we can continue to live our human life in a profoundly different spectrum of energetics, in which life is enjoyable and easy. Our environment is designed to support and enhance life. When we are in alignment with these energies, we are provided with everyone and everything we need and love. The energies of life-enhancement radiate from our physical and psychic presence.

Situations arrange themselves in our personal lives to bring us experiences that we resonate with. Our physical bodies also collaborate with our personal energetics, resulting in either life-enhancement or life-diminishment. Our personal choices determine which kind of energy we experience. Even our DNA can awaken in response to the stimulation of greater light in our awareness. Every aspect of life offers us an opportunity to contribute to its enhancement by our conscious connection. All we need is a high state of being in transcendent awareness. Everything around us comes into resonance with us. Instead of submitting to limitations and negativity, we can choose to realize a higher dimension of love, compassion and joy. Whatever quality of energy we pay attention to and recognize feeds our realization of what is real in our experience.

### **Transformation is Our Choice**

When we pay attention to the highest feelings that we can imagine in our heart-consciousness, we can feel the greatest love and joy. At this level of vibrations, we are beyond negativity and any kind of fear or doubt. How much intensity of love we receive depends upon our ability to stay open and receptive to it. This is an intentional journey that we can pause at any time and reorient ourselves. We can be in the process of taking on a completely positive perspective, knowing that we are cared-for by universal consciousness, which wants to give us everything we love. We can open our awareness to this knowing, resulting in the transformation of our lives as much as we allow in every moment.

By living in positive, high-vibrations of compassion, joy, and gratitude, we can realize our presence beyond the physical world. The dualistic energetic spectrum that humanity inhabits consciously has no power over us, unless we align with it. By paying attention to the energetics of our heart-consciousness, we can open our awareness to our eternal presence of Self. We live in a consciousness that is beyond energetics, and it commands them. Even now, even if we don't understand or know about this, we are continuously creating experiences for ourselves by forming vibratory patterns of electromagnetic waves as expressions of our thoughts, emotions and of the realizations in our consciousness.

As we transform our lives, we learn that we can modulate the energetics of every situation that we participate in. By following our inner knowing in every moment, we enter a dimension of love and beauty. This is our natural state of being, and we are being drawn into it by the increasingly powerful environment of Light, in alignment with the energy of our heart-consciousness. It encompasses the Earth and beyond, even beyond time/space. It is universal

consciousness, and we participate in as much of it as we can open our awareness to. This is part of our intentional alignment with higher-dimensional energetics in greater love and ecstasy.

We can become intentional in every moment, and aware of our inner guidance. By releasing our attachments to limitation and fear, we transform into transcendent Beings. Even our DNA changes on an etheric level and then manifests in our experience. As magic and miracles become normal experiences in our lives, in alignment with our energetic expressions, ego-consciousness becomes our servant, rather than the master it has been. Our heart-consciousness shines brightly in our awareness and opens areas of consciousness that we had closed off from ourselves. As we go about our lives, everything changes for the better, and our radiance elevates the consciousness of humanity.

### **Transitioning through the Precession of the Equinoxes**

As we transition from one 25,920-year era to the next, we are facing a shift in consciousness that is more massive than almost any of us can imagine. We have been thoroughly trained to accept and even embrace negativity in every area of life. Facing life without negative control is cause for great celebration and rejoicing, but how can we know that we have been freed from negative control, especially when most of the media continues to announce even greater limitations to our freedom? How can we know that those limitations and the tyranny that they arise out of are no longer powerful?

As with transcending all limitations, freedom comes through realizing the energetic influence of our heart-consciousness. This is the only stimulation in our world that is real. It is our intuitive knowing. The energies of this transition are subtle still, but the trend that is emerging is becoming unmistakable for those who are sensitive. The goodness, the regeneration and the richness of life that we are entering energetically is so profound, that it is changing every aspect of our lives. The Earth is being renewed, and human abuse of nature is ending. All is being purified and returning to its divine design.

No longer are we being forced to work as slaves to negativity in jobs we do not want or to invest in projects that negatively impact others and other life forms. Our hearts are prompting us to pay attention to our inner guidance and to recognize the abundance that is becoming available for us to participate in the renewal of life. We are incredibly expansive Beings, having unlimited creative powers that we can realize, once we are able to trust ourselves implicitly. The timeline of focusing on our ego-consciousness to guide us through life is not our only choice. We have the option of expanded consciousness by opening our awareness to the higher energies in our conscious essence coming through our higher chakras.

While experiencing everything that is happening around us, we can practice inner awareness. Our heart has only acceptance, compassion and support through the conscious life force that constantly enlivens us. If we can align with this energy, even in the face of outer drama and threats to our well-being, we are protected and empowered in Light and Love. This is not casual energy, and the desires of our heart are not frivolous. Our essential energy is powerful and life-

sustaining and enhancing. When we initiate the process of transcendence, we can stand tall and be confident in the unconditional love that flows through us from universal consciousness and enables us to live miraculous lives in gratitude and joy. This is our destiny and is the quality inherent in the new era of human history.

### **The Transformation of Humanity**

From the quantum sciences, as well as from higher mathematics and esoteric spirituality, we can learn that consciousness is everything. There is nothing apart from consciousness, and consciousness includes awareness and realization. We have also learned that everything that exists is a fractal of something greater, and all fractals contain minute fractals of themselves, which contain even more minute fractals of themselves, and all are conscious entities, having awareness and realization. Everything that exists is conscious, from sub--atomic entities to entire universes. All are included in universal consciousness, which we may know as the essence of the Being that we may call the Creator.

As fractals of the Creator, we have all the attributes and abilities of Creator consciousness. In our deepest awareness, we contain everything from viruses and protozoa to stars and galaxies and beyond, but in our incarnation as humans, we have no grasp of our own vastness, and this is intentional on our part. We chose to experience our limitations. In this lifetime, many of us chose to be here in order to transform the consciousness of humanity, because humanity has been on a destructive course and is in dire need of a course correction.

It is through our ability to modulate the energies in our awareness that we can change the consciousness of humanity. What we do physically can be helpful, but it is what we do in our consciousness that is what shifts the polarity of humanity to life-enhancement. We must be the ones who can realize living in gratitude and joy for no other reason than that we know this is how we truly want to be. This kind of envisioning and emotional expression purges us of our limitations and creates clarity in our perspective. Everything we do can arise from the energetic level of gratitude, compassion, love and joy. In this perspective, we can exercise and care for our bodies, we can dance, sing, go shopping, interact with one another and enjoy being in nature.

We can establish a way of being mentally and emotionally that is life-enhancing in every way. By aligning with our inner knowing of what we love the most, we can transform our lives beyond the wildest dreams of our ego-consciousness. We are here to transform ego-consciousness into limitless awareness and unconditional love for the enhancement of all life, beginning with ourselves. Only by actually living in gratitude and joy can we understand how higher consciousness works. It elevates everything in our experience. We can no longer work in meaningless or destructive jobs or live in poverty and oppression. We can attract as much abundance and love into our experience as we can allow. Our consciousness has no limits, and when we can thoroughly accept this in our realization, we transform our lives and the lives of everyone around us.

## **Making a Leap in Consciousness**

In learning to be aware of our inner guidance, we can choose to transcend ego-consciousness by eliciting the higher-dimensional energies of gratitude, joy and compassion. The vibratory spectrum of these feelings and their way of being is the kind of energy that comes through the conscious life force that flows through our heart and our higher chakras. Our guidance is what excites us most at this vibratory level. Our guidance is the energy we are being attracted to as much as we will allow. If we do not resist it through our limiting beliefs about ourselves, it draws experiences into our lives in alignment with our gratitude. Without our resistance, fulfillment is our natural state of being.

When we can direct ourselves into a state of gratitude and joy, opportunities arise for our participation with mutual love and delight in our encounters. Everything we need comes to us when we can realize its vibratory quality in our attention. We are naturally fed well, clothed as we desire, housed beautifully and transported in style. This can happen when we use our consciousness for the enhancement of all life. Taking the initiative to maintain an emotional and mental state of gratitude, joy, compassion, acceptance and love gives us access to greater realization and opens up our experience of magical living.

When we have confidence in our creative ability, we receive flashes of insight and knowing. Things happen in alignment with our own state of being. The qualities of energy that we pay attention to and align with are the qualities that manifest in our experiences. Only our limiting beliefs can keep us from realizing fulfillment for ourselves and for everyone. Our lack of Self-Realization can keep us from being our true Selves. This is our great challenge. In transcending our limiting beliefs about ourselves, we must change our attention from stress and lack of fulfillment to the enjoyment of what we love.

Making this leap in conscious realization happens in conjunction with our ability to follow our most attractive guidance. We can be aware of what feels most fulfilling in every moment, guiding us in every way. We can train our subconscious self thoroughly by much practice in learning to realize our infinite presence of awareness and creative ability. We are inherently masters of this dimension and any other that we want to participate in. Our Creator has endowed us with everything we could need and want in order to participate in experiences of all kinds in the expansion of universal consciousness. We get to choose how we want to experience our lives as expressions of Creator consciousness. We are the Self-aware ones, the ones with infinite creative ability.

## **Living in Our Increasingly Intense Energetic Environment**

Because we have had deep resistance within our ego-conscious mind to allowing our innate divine life force to guide us, we have struggled with ourselves in our endeavors to manifest our desired creations. We haven't been able to allow our natural creative power to work properly. Living with the ego-conscious part of ourselves as our master, we've become comfortable in the world of duality. This does not allow us to realize anything greater. From within this portion of

our consciousness, we have acquiesced to these limitations and have incorporated them deeply into our memory.

Now the increasing intensity of our energetic environment is causing our own ability to stay in limited conscious awareness to destabilize. For humanity, life is becoming increasingly chaotic and difficult, with the threat of world-wide break-down of our civilization. It is as if we are living energetic capacitors, with our positive charge building in intensity, until it overwhelms our ego-consciousness with realization of our infinite presence of awareness. This realization opens us to make a leap in consciousness that transforms our lives.

As we traverse our inner journey of Self-discovery, we become aware of the quality of our own mental and emotional state of being. We are beyond time/space and fully aware of our human presence. We also are aware of the etheric presence of other conscious beings. We feel their energetic signature, alerting us to the quality of their thoughts and emotions.

In our self-awareness, we have the freedom to feel however we want. We do this with our attention and mental and emotional alignment in energetic resonance. How we feel in the moment has been directed by alignment with our attention to the polarity and frequency of our encounters and environment. We can have this awareness while being in alignment with anything we choose. We can freely choose our own state of being, according to the positive, high-vibratory expressions of our intuitive knowing.

When we make the connection to our inner knowing, we can practice and gain confidence in opening ourselves to it fully. This process allows us to understand that our limitations are part of our self-created ego-consciousness. We can now expand this spectrum of energetics into greater consciousness, until we realize that we are aware of our creative essence, and we can know we are the creators of the quality of every experience in our lives by our modulation of the energies of our own vibrations. Our thoughts and feelings about ourselves express themselves as energetic vibrations that radiate from our conscious presence into the quantum field of all potentialities for manifestation. By our state of being we attract energetic patterns of experiences in alignment with us.

When we realize that our presence of awareness is beyond doubt and fear, and we know how to express the energies of life-enhancement, we can realize we are free of any requirements outside of ourselves. We can follow the expressions of what gives us the most gratitude and joy. This is what we feel most attracted to and what we most love.

### **Creating the Life We Truly Want**

We can accustom ourselves to living intentionally in good vibrations. As soon as we open ourselves to it, we already know our intuitive guidance. We can have full awareness of the energy constantly flowing to us in our conscious life force. It can feel like life-enhancing love, compassion and joy. It inspires musicians, artists, poets, mathematicians and inventors. When we are clear and beyond self-limitations, our inner guidance is the feeling that we are most

attracted to. Until we achieve this state of Being, we can use our imagination to align with our most elevating feelings and visions.

From the energetics of duality to a dimension beyond polarity, we are living in the time of change, and we are being attracted to transcend our ego-consciousness and our personally-limiting beliefs. We are being guided to live in love and confidence, beyond fear and doubt. Our social, family and cultural expectations can keep us from expanding our awareness, but we have absolute control over the focus of our attention and energetic alignment. It's as if we're playing a game of strategy in finding clues all around us and following them as we awaken to what we truly know within. Our guidance is what remains in our awareness after we have eliminated all of our personal dramas and limiting beliefs about ourselves.

Until we can resolve and transcend the extraneous attachments to our ego-consciousness, we restrict our intuitive awareness. Even though we are designed to be natural creators, we have doubted this ability and disabled ourselves. We have imagined that we are subject to conditions and circumstances outside of ourselves, and that we need to receive sustenance from others. This is all imaginary. We create our reality just by our being present in any moment. The vibrations of our imagination and emotions attract compatible, resonant energetics and circumstances for our experience. The circumstances of our lives come about as a result of our beliefs, thoughts and feelings about ourselves.

There is nothing esoteric about this. These are simple energetic principles of interaction. Our energetic modulating ability is always operating and radiating the expressions of our psyche into the quantum field, forming our experiences. When we are completely clear and present in our attention, we are in a neutral space. When we have thoughts and feelings, we are creating patterns of energy that are positive or negative and somewhere in the range from deep depression to ecstatic excitement. Where we are within this range of energetics is our personal choice, regardless of what we may be encountering in the moment. We can learn to be creative in ourselves for no reason other than to experience what we love the most in every moment. If we make a habit of paying attention to the most elevating and life-enhancing thoughts and emotions that we can elicit within ourselves, we can keep expanding into better and better conditions, until we realize that we are in a higher dimension of living.