

## **UNIVERSAL MIND HAS TAKEN A BACK FLIP**

I will get to the bit about back flips and 2012 so stay with this.

Before we get there, this is how we see the simplicity of life working for self as energy and awareness.

We all have a mind. It creates beliefs and thoughts and we follow paths and constructs that have become our collective mind consciousness.

We all have a physical body.

Inside of the physical body are emotions coded by the mind, we once thought this was vibration and/or energy now possibly this is not real, nor true?

Between ages 0 -21 years we have experiences and we code the experiences through the mind consciousness we have and code this as an experience, which becomes an emotion. This is loaded as an energetic thread that sits in various organs, cells and body parts and affects our life experiences. This is why when we tell children what to do they react to the vibration we have and not always the words we speak. We absorb one another's mind consciousness and emotions.

We venture into life as a young adult and based on our life experiences, environment, ways we have coded them and the genetic coding of our parents we live out the patterning of our mind consciousness and our physical bodies emotional coding.

We may as we go forth decide we don't like our experience so we try personal development to change our reality.

This may look like for example: landmark education, wealth creation seminars, spiritual faiths, a religion, yoga and/or NLP to list a few.

Most of these constructs all promise us something at the end. They also focus either on mind and/or a faith in something other than self. We follow diligently and believe we will one day experience a new reality.

We often do experience a new reality along the way. Some of us will be comfortable with the path that fits best with our mind consciousness for a lifetime never challenging this - very content!

For others right now we are being AWAKENED. Most of the spiritual faiths have what they believe to be truths of what is going on now for people. For example some include: we are moving towards unity consciousness so we are to become more whole merging our feminine and masculine energies. We are entering the dark ages and a renaissance period so we will become artists. We are being ignited with more light so our bodies cannot hold the light vibration hence large volumes of people with illness and depression. We are becoming as Jesus once did, many people with wisdom and goodness walking the earth as Earth Angels. We are crossing over to a new dimension so will be united with our souls brothers and sisters.

I could go on here and list the interpretations of what we are in as we lead up to 2012. It is exciting I don't doubt that yet we have a perspective on this energetic shift that we would like to add to the many above.

Just maybe all the future predictions are not real. 2012 may come and we will be like "what the?" We tend to as human beings set forth goals and intentions, dates and future based opinions yet we forget we are the creators. All that is written and spoken about for 2012 will depend upon what we do in this physical world.

### **ANOTHER IDEA** *(and, it is just that an idea so it is NOT real)*

Imagine if the inter dimensional energy that has always existed as dark matter in our galaxies that extends beyond universal energy is now compacted in our universal mind as our collective consciousness. Therefore it does not exist as an 'inter subjective field and/or matrix.' It is inside of each and every one of us. It is not consciousness, light, love, it is information that is a sound an expression of sound felt as a sensation and interpreted as inner wisdom/information.

Imagine this as a visual - you're a kid and you have decided to do a back flip for the first time into the pool. You are on the edge of a pool, with your back to the water and this is the first time you are going to take a back flip into the water. You jump up and throw yourself backwards and

you go head first into the water. It feels fantastic you cant believe your body can do this so you get out and back flips become fun and easy. Yet when you first did this your world feels like it has been turned upside down then it feels so natural.

That is what has happened, this information that existed beyond our mind consciousness is now inverted backwards through us.

The universal mind (collective consciousness) is an expansive source of information in us all as collective information. With one purpose – for us as individuals to SEE self and what we create/have created. It maybe present as 5%, 55% alongside of old constructs and latent mind consciousness. Depending upon your access to this will determine the effect this shift has for you and your life.

In this new collective vibration is the wisdom of not only all that has gone before now on earth but also what has existed beyond this earth. This becomes an expanded sound that many people have accessed unconsciously for a long time, yet have not been conscious. We may have sensed this but have not been able to experience this through our bodies as truth until now. This adds to the mind consciousness we already know yet this sound/information brings with it self honesty. It brings with it new mind consciousness that teaches us to live transcending old mind constructs to live with a body mind that is connected, still, relaxed and as we innately were built.

What this has done though for the people with inter dimensional access is we have now access to this all the time. It has meant as well that the structures and constructs we live within are NO longer a fit for us. It means we want a new physical reality. It means we become like Truman in The Truman Show and we do feel like we are leaving a world behind. Yet in this leap the world is NOT left because the energy is compacted through us as one whole. We go nowhere we live here in this world as energy and awareness. Fully immersed in all things normal yet who we are in this is ourselves. Our true selves, we now can be all of who we are here. No longer pretending to be something we are not. The world and the collective universal mind now support this mind consciousness. The children of today naturally resonate as this and thank them for they lifted this so we could build new structures.

As this universal mind is experienced it is bringing awareness to people, SELF is being able to SEE self like never before. This is bringing up self-honesty and reflection. This is also opening up the reality of what we have followed and the dis-truth in many paths and givens we once believed to be what we wished to follow. It has meant for many their mind is rattled because the mind cannot fathom this change and what is happening. For other people their body is showing them with high stress levels, weight gain, fatigue. Most people now are uncertain as to what is real.

Whatever is your sign post its saying ONE thing: **CHANGE.**

Change at a level that is not a small step but a BIG LEAP. The constructs you are living in do not work for you anymore. They are null and void. The identities you believed to be your destiny and/or souls path are just that – old identities that do not come with you as you stand for what you know to be true.

The fear this is invoking is huge and the crutches we are clinging too are strong. For many it feels like disappointment and a feeling of being lost and where do I belong. For us what we have found to be constant and stable in this is to embrace life to date and the many constructs we have followed and believed in. They all got us here. At same time go to NOTHING. There is no sanctuary in anything anymore. It all comes back to equality and oneness with self. If you are still experiencing pain/struggle then it reflects the compounded emotion locked in the body. It may also reflect the rigidity of your mind consciousness and your inability to cease to control others and your experience. It could also be that your linked into unconscious beliefs regarding god, family, money etc that keep you in lack and limitation and offer you no freedom so you feel absolutely stuck. It maybe you give your power away therefore you have no sense of self- direction and 'how to move forward'. Follow your innate truth even if it seems radical. We have created a society that so rarely does this yet so many people know they want out of structures and constructs yet lack the courage to follow themselves. I say BACK YOURSELF.

Often this affects us at many levels when we are not backing our inner truth and its because we want to rationalise our choices and/or we cant let the mind stop and/or the body is racked with emotional fracture. We may experience all to various degrees and as we learn self-honesty and

self - trust we walk out of such compounded mind/body states to experience more natural relaxation and stillness. Then living as simply energy & awareness becomes possible. You may still work in same you have done yet the person being this is different so the expression and way you work and live is one in flow so your experience of life become more enjoyable.

**Some of the truths we have followed that may no longer fit:**

**Love.**

Maybe we just made this up because we so wanted to be loved, beyond love is just an expression, we meet in and share our expression at many levels and we code the experience as what it is, not defining it as love

**Soul.**

We may have one we may not, we don't care so we only come back to self with self - honesty and self – forgiveness. Opening our life up to meet and share life beyond learning & lessons

**God.**

We don't believe there is anyone outside of self, nor anywhere we go to, there is THIS LIFE and this life to LIVE - so get into it and enjoy it NOW!

**Energy.**

Maybe energy is not real in the way we have thought – meridians, charkas etc. Maybe we are just sound expression. We have a mind & body & emotion. Plus this is not who we are, who I AM is simply self.

Instead of me continuing to write as if this leads to somewhere I cant do that anymore either. How can I – I don't really know all I am reporting on is my own experience and the people I work with. What I can see though are some patterns and what seems to be similar paths many of us are experiencing. I don't know what we get. I know it is relaxing and there is stillness of the mind with less compounded energy in my body. As for what we co create I think it will depend on who takes the ride and what each person brings as to what we will experience in our lives.

Its purpose is simple – as human beings we have lived in deceit with power struggle our whole lifetime. Repeating the past creating more darkness for centuries. The time has come for us as self - directing individuals to take a stand for basic values, live them, be self honest and cease to continue to create fractured existence as if it is normal.

This brings a new perspective on what UNITY consciousness means? It is really not a concept that has any real comprehension by us. It is possibly just all about bringing self back to equality and oneness with self. Forgiving self for the feminine and masculine ego that has dominated us as a truth and kept us attached to identities that are not real and away from genuine companionship with one another.

Then unity consciousness is not real, what is real is what you experience each day in your physical existence. There is no white light and/or matrix that exist beyond this world. All exists within us and that's the bigness of living here and now as a human being, YOUR IT and this calls forth absolute self -responsibility.