

Notebook Excerpts

(2001-2009)

Margot Collins

Introduction (2015)

A big reason I decided to go through my old journals is that I'm ready to move on to a new phase of life. So many repeated patterns of thinking and doing are revealing themselves as I review the pages. It's time to evolve, to move on & up.

Several of the years covered in this period were spent not working much, meditating upwards of 4 hours a day, and spending more time alone than is healthy for anyone. While these conditions weren't ideal, in these circumstances a good deal of wisdom seems to have come through, even if I didn't always know it at the time. Much of it seems to be "notes to self" for my future me, now.

I also didn't like the idea of someone finding these volumes after my death and being confused (or worse, uninterested) in the contents. If there is any wisdom within, why wait until my death to share it? In my heart, I imagine that day will be many, many moons away but one never knows, really.

Not every quote is original, but I have credited things where I could.

I'd say at least 80% of the text that was written down by hand has not been included here, such as:

- notes from books I was studying
- obsessing about diet and/or health problems
- brainstorming about searching for work & money
- promises & rationalizations about quitting various substances, e.g. coffee
- mentions of other people & gossip
- angst about relationships or lack thereof
- I-ching reading interpretations
- boring parts of rambling stream of consciousness "morning pages"
- going on about "I'm gonna do..." regarding things I never followed through on

That said, here's what's left that I felt comfortable sharing. Forgive my naiveté at the time I was writing.

Love,

Margot

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Toronto

October 13, 2001

I have been wanting to write about the spiritual lessons I have been learning but not in a preachy way.

October 26, 2001

The bad things that happen to us and our emotions serve as guideposts to how we should be living our lives. As we get more in touch with "going with the flow" we find that bad things happen less frequently, and when they do we can understand why.

Every moment in infinite time and space is always happening for all eternity.

November 10, 2001

Many stories in the Bible were just fables meant to teach lessons and were not meant to be taken literally. Many of the older ones also appear in Buddhism, and some people think Jesus was studying in India during the "missing years" of his history.

November 18, 2001

Realizing that everything good and bad that has happened to me so far is all PERFECT because it has led me to this perfect moment.

I choose to sit, reflect, and revel in EVERY moment as a perfect moment, especially the more difficult ones.

Nov 19, 2001

How would our society be different if humans only had one short mating season per year like many animals?

Nov 21, 2001

In many ways, my life is completely unravelling right now. This seems sad at first, but now I see the hope and potential in it - a type of rebirth!!

Nov 25, 2001

There are multiple and perhaps infinite paths to THE TRUTH. Some who see THE TRUTH don't realize this, and tell others that their path is THE PATH when it is only a path.

It is important to study others' paths to THE TRUTH to learn important lessons for yourself, but you should always be skeptical that a lesson is worth following, yet open minded while pondering it.

- kindness to others
- respect of the Earth/Divine
- meditation/prayer

Simple.

On free will: I do not believe that once we accept that time is infinite in all directions (i.e. fate exists and what you're going to do has already happened, is infinitely happening) means that we don't have free will. Instead, each possible decision extends infinitely in alternate directions. We do have free will, it's just that infinity can see what we're doing Now.

Heh, scribbings. Did that make any sense?

December 4, 2001

We are creatures of habit -- we can use will power for a short time to give ourselves new habits, which then eventually will "stick" and we won't need any more will for that particular task.

The things I must always remember:

- that I am cared for, all is happening as it should
- to have sympathy and compassion for all other people and creatures
- to never speak badly of someone
- the infinite nature of the universe and thus how small this world and even this life are
- that the Universe is accessed through going inside yourself

Deember 12, 2001

Being conscious of the emotions tied to food - liking something because Mom served it or thinking something is "sinful."

How people dissasociate themselves from the origins of their food.

December 13, 2001

I promise myself that I will stop focusing on my weight and concentrate on what is really important, my health. I promise myself I will take the first step on this journey today and will continue to persevere, no matter how slow my progress.

December 16, 2001

Ancient people saw the Moon as having magical powers over living things and the Earth. Today, we know it is the force of the moon's gravity that effects our tides and seasons. But if you think about it, isn't gravity magical?

December 23, 2001

Talk about doing good for others as a way of increasing your own feelings of love and getting rid of depression. The importance of perspective!

December 26, 2001

Need to cultivate forgiveness, get rid of anger, guilt, fear-- need to think of things we can do to improve our own lives... free ourselves of negativity, also cultivating understanding that there's a reason people are the way they are -- even the worst dictators!

December 29, 2001

Maybe suggest people write things first in a notebook, ask themselves questions and spend quiet time doing this -- it would be a baby step into meditation that might work for some who wouldn't respond to suggesting meditation. Maybe they could burn certain writings ceremonially?

The importance of not focusing on or defining ourselves by what others think.

Loving yourself isn't being "egocentric" (that's only when you think you're better or more important than others.)

December 31, 2001

The importance of QUESTIONING everything you learned as a child. Understanding your parents did the best they could but that they maybe didn't know how to teach the right things.

January 2, 2002

The importance of feeling dark emotions, riding through them rather than suppressing them or taking them out on others. Best done when alone?

January 7, 2002

I think we all have creative energy and there are infinite ways to apply it -- art, music, or even in just creating clever solutions to problems! It is a key to happiness.

Creative geniuses are often maladjusted, perhaps that much sensitive emotional energy can go either way. I always think of Glenn Gould, such a strange person, such a beautiful soul to have played like that!

January 13, 2002

Giving up TV has been so amazing! I feel as if my IQ has gone up 20 points. Wild stuff.

January 14, 2002

Stores are starting to carry more organic foods! This is not out of altruism, but because more consumers are demanding it.

Jan 16, 2002

Nothing you THINK or FEEL can make you a bad person, it's what you DO that matters.

Jan 23, 2002

If the state of the world seems depressing (I got pretty sad about it last night) one must realize that this one person at a time change is the only way to do it and it IS happening. Little choices make a difference.

Despite our best efforts, evolution continues.

Jan 24, 2002

When you're caring about your health instead of your weight, you don't ask, "is this fattening?" You ask, "is this good for me?"

February 26, 2002

There is more to self-worth than getting compliments from others. So many seem to LIVE for that & need constant approval and reinforcement. It's better to be self-validating.

The importance of monitoring your own behaviour -- if you lapse don't beat yourself up! Analyze why you did what you did, let it go, and resolve to change.

Hunger is our primary need and the economy is based on control of it at the most basic level! The way it affects people in a "land of plenty" where over-consumerism has made us grow fat. The psychosis women go through & the amount of time women's POTENTIALLY POWERFUL energy has been wasted worrying about their weight.

April 1, 2002

I am in California visiting my brother. Today, I am alone and having a nature hike while he drives our Dad to the airport, which is several hours away.

I'm sitting in the shade by a river on stones high above it. The water is a clear blueish green rushing quickly over giant white boulders. This is old gold rush territory, echoes of old prospectors exist here, their hopes and desperation. Their love for the forest, and the beauty which made some stay behind even after the gold seemed to be gone.

I accept my path as it is presented to me, I trust that each negative experience will be both educational for me and/or beneficial to humanity. I am willing to take on greater pain for the greater good if it will actually help people... but I must be careful to keep myself healthy and able to work. I choose an active life, a rich life. I may not know what happened on TV last night, but I have other, more genuine experiences.

June 6, 2002

Relax and be your higher self!

August 22, 2002

Some think that natural disasters are punishment from God but let it be noted that in general these events can bring people closer together.

The human race is probably going to make it through this, but it's going to be a close call.

GROW TOWARDS THE LIGHT

In the battle of "good" and "evil" the real enemies are denial and indifference.

FOOTPRINTS AND LEGACIES

Undated, assumed 2002

I INTEND:

- to have a life of love and abundance
- to help "save the world" if I can
- to leave a positive trail wherever I go
- to experience adventure, friendship, romance
- to have an abundance food and water
- to write and to be read
- to dance, sing, and play
- to help others find their "path"
- to have long life, good health, great sex

- to cultivate community and friendship
- to become wise

November 29, 2002

THINK OR SINK

February 3, 2003

Work on your character! This is as (or more) important than keeping your skillset up to date (both are advisable in this disposable employee world.) Watch what you say & be honest.

February 10, 2003

This is not a protest, this is a CELEBRATION. Our numbers are growing.

February 28, 2003

I'm having trouble deciding what to write about.

April 3, 2003

YOU ARE A HISTORY MAKER

April 7, 2003

Just as the television industry becomes monopolized by a few big money interests, the Internet appears.

Ask yourself: how do I want to spend most of my time? What do I want to accomplish?

April 29, 2003

Stop listening to those who discourage you, saying "you're a dreamer," etc.

July 9, 2003

It's more than "taking the road less travelled" it's making your own road / creating a new road / forging a new path. More than ever before, the future is unknown territory.

Let dissatisfaction become motivation.

What makes you different makes you special.

Examine your motives.

I NEED TO FOLLOW MY OWN ADVICE

August 15, 2003

Yesterday around 4:15 PM the power went off at work, computers, lights, everything except the phones. A few phone calls verified that it was widespread, all over the Eastern seaboard!

I thoroughly enjoyed the experience - everyone walking home, beer patios full of people, and being able to see the stars in Toronto! The moon was almost full and Mars is very visible right now, I also just loved the genuine mass experience -- the lack of radiant energy!

I think this is going to affect some political change, people will start to pay more attention to our energy gluttony and how messed up the system is.

It's broken the ice among many neighbours and everyone has something to talk about, if only "where were you when the lights went out?"

August 27, 2003

First real drum lesson tonight. EXCITED!

December 29, 2003

I'm facing a big choice, where to go & with whom? When? Have decided to try to relax and wait and see without worry.

FAITH TRUST LOVE

March 1, 2004

I have been thinking a lot about B.C. [British Columbia] and have been torn about whether to go there and leave [live-in partner] or not.

It's going to be intense for awhile, but I can see the light at the end of the tunnel and all is going as it should.

March 3, 2004

We have decided to go our own ways.

April 5, 2004

In 2 weeks I will visit B.C. for the first time. I haven't had a real vacation in quite some time and I'm very excited to go out there and see what's happening on the left coast. The next phase is going to be all about preparing for a big life change.

April 15, 2004

2 more sleeps! I have been counting down for 50 days. I have not had a vacation in 4 years! I'm thinking about moving. This is also a scouting mission.

I am feeling very good about the next phase. My plan is "simply" to sell my house, separate from my partner, and pay off my debts so I can afford to become a laptop nomad.

I am almost certain I will be going to B.C. but I will stay in Toronto until the house sale closes. Right now, I just need to break free of debt prison, being house poor, and cubicle jobs. I'm starting my own consultancy: Internet and other research, analysis, and communications. I'm still working out how to describe it, but I own the domain name informationdistillery.com.

It's going to be great and I will have the money to make it work. I also have the opportunity to live anywhere with Internet. Why not paradise?

I am just an explorer, just a paradise chaser, but I try to my best to be a soldier of beauty & truth.

Blablabla anyway, I am excited about the trip.

That pre-vacation bliss where you feel alive because anything could happen. I'll be working on making my life always feel this way.

Down with monotony!

First Trip to British Columbia

April 17, 2004

Today I woke up at 6 to get a streetcar to a subway to a bus to a plane to a bus to a ferry to another bus to another ferry to a taxi! I'm currently still in the air.

The prairies are laid out in a vast grid of plots so far. Large scale farms leave uniform circles, squares, and stripes but there are occasional rivers and hills between. Soon: the mountains.

And as I write that, they appear.

April 19, 2004

Coming back from Gabriola, we certainly took our time. I met many amazing people, but have noticed I have to slow down a bit, relax, and talk a bit less. The last item is something I could use a little practice with.

It's good for me, I've wound down a lot. The air is delicious.

I'm on the way to Roberts Creek... should be more adventures waiting there.

April 20, 2004

It's so laid-back here and the scenery is breathtaking. There is so much art and music being created too, I would definitely be catalyzed here.

April 21, 2004

It's amazing here. In most respects, a normal small town, but the people are different somehow. I can get organic food, dance, and indulge both my techno and country music tendencies.

I thought finding my ideal place would feel like angels voices going off, instead it's comfortable. Ah!

This place has made me realize it will be sweeter than I'd ever expected. I can also see myself getting into local politics and building Coastal self-sufficiency!

April 23, 2004

The leap I'm about to make is BIG but not taking it is not really an option.

The details and logistics will appear in time...

April 24, 2004

My whole being is energized, I am coming to an amazing crossroads but the choice is pretty clear.

LESS TALK MORE WALK

April 25, 2004

I'm starting to understand that there's always the possibility of a change of plans, but I'm definitely going somewhere, and I can't think of anyplace more fabulous in this moment.

May 1, 2004

Going home today :(

I will be writing more about the trip but right now I feel a bit blue. I will get going on my escape plan in an accelerated way now...

In general I am feeling re-energized, motivated, optimistic, and excited about life again.

Back in Ontario, planning to move to British Columbia (sparse)

June 29, 2004

Just two more months left, then freedom!

Happily this is a short week due to Canada Day.

I have been enjoying the summer so far. My house is set up to be sold and the closing date is August 31. My job ends a few days before that. Time is flying by fast.

In general, I am feeling very happy and excited about life again. I am LUCKY.

September 13, 2004

I'm leaving Toronto on Wednesday!

Moved to British Columbia

November 11, 2004

I am falling in love with the cabin and settling in but still have no furniture except my drumset and some camping chairs.

January 17, 2005

"Bad guys" always get tripped up by their dumb and/or weak-willed minions.

It is not enough to be smart, you must PAY ATTENTION and BE IN YOUR BODY.

Fear is the hype.

January 19, 2005

Must forgive myself for the years I spent disconnected from myself. Sure, there was wasted potential, but it's all lessons. I AM SO BLESSED! Never forget this.

Need to make work a sacred intentional activity every day.

Your MOOD is a broadcasting signal, there are many attempts to fuck with it.

January 31, 2005

If something someone says or does makes you feel paranoid, first calm down, second think about whether there are any important lessons in this, and 3rd realize it's probably not fully about you.

HEAVEN ON EARTH IS BETTER THAN JUST HEAVEN

February 4, 2005

I am finally feeling clear and open. The key:

THERE IS NO SEPARATION. EVERYTHING IS ME. I AM EVERYTHING. YOU ARE EVERYTHING TOO! EVEN THE DARKNESS.

February 28, 2005

Be your own finishing school teacher.

Sing and dance. Don't freak out.

March 22, 2005

I want:

- to be of service to Earth & humanity
- to have a lot of time freedom
- to avoid "normal" jobs
- to be a positive influence
- to be safe, happy, and have abundance
- to make music

March 28, 2005

sometimes
the sincerest of love poems
get taken totally the wrong way

and sometimes
putting someone on a pedestal
only causes them to fall

April 21, 2005

It's funny to go back through these old entries where I say I'm feeling "clear" etc. when I've gone up/down/back/forth so much. I really am on it despite all that noise.

However, I am no longer going to say that I actually know what's going on. I'm getting more comfortable with that one.

I no longer claim to have achieved some level of "figuring it out" as there will be infinite levels of it, forever.

April 29, 2005

I am feeling that emotion I had at 17 again, ready to commit to learning, to the future, it's time to let go of stagnant patterns & coping mechanisms which served me well for many moons. It's time to grow and evolve.

This is the path of joy, not some stodgy "reality" of grim & sour proportions (i.e. "normal") and I embrace it! I want to stay in tune and learn what I need to know one bite at a time. I see many exciting possibilities but am not attached to any of them.

I love unconditionally as best I can and I seek to train my mind and aspire to become a beacon of light. I am not attached to playing a specific role. I am no stranger to adaptation. I accept my responsibilities and carry them out as best I can with a developing sense of grace.

How can I centre myself and keep my mind calm in the storm? How can I return to my body and give myself more "control"?

Do I need to re-assess my "mission" to connect with the general public? Should I stick to music? Would "sticking to music" really change the essence of this at all? Either way, music must be done, words must be used.

SELF-MASTERY AS A VIGOROUS ACT OF LOVE AND AS SOCIAL RESPONSIBILITY.

I seek greater awareness of my own energies and more control/sway with how they interact.

May 14, 2006

PROJECT MANAGE YOUR LIFE

May 25, 2006

I need to stop feeling like I can't fit in with this crowd and just be myself. I've realized that a lot of the weird interactions I've had with people were related to meandering thoughts,

but especially related to me judging myself constantly for feelings I “shouldn’t” be having. I am learning to let these judgements go.

I have all the tools I need, I just need to devote the time to those things that are truly worth doing.

WHEN I DECIDED TO DEDICATE MYSELF TO MY OWN INTEGRITY THE CREATIVE BREAKTHROUGH THAT CURED STAGNATION CRACKED OPEN THE DAWN OF A NEW ERA.

June 3, 2006

Slow down and relax.

Life is temporary, don’t get too caught up in it, but get what you can from it while you’re here and do what you can to make it a better place.

Be a friend to yourself.

You can’t control everything that happens to you, but you can learn to control how you react to it.

Take strategic risks.

Your life is how you spend your time.

Ride your “learning edge.”

Delight in the success of others.

Fate enjoys a good plot twist.

Beauty comes in many flavours.

Progress, not perfection.

A culture of dissatisfaction.

“Spirituality” = realizing interconnectedness

Troubled? Make some art!

Money vs. having what you need.

Don’t let your job be your identity.

All successful people have experienced failure... they kept going anyway.

June 7, 2005

Script idea: someone does something crazy to wipe out their consumer debt. This would resonate with a lot of people.

June 8, 2005

So much of my “stuff” has been about negative energy towards the self, triggering feelings of the PERFECTIONIST who also used to be super high-strung (still am by B.C. standards) but I really do feel new again. I am content to let this process happen as it will and RELINQUISH RESISTANCE to the work/issues/interactions that will come.

Awareness is more flexible than belief.

June 13, 2005

We are social creatures not meant to be boxed up in cubicles and TV. Give up escapism take up activism, you can participate in reality more than you think.

I’m looking for more information about how thought and word and affect 3D reality, especially in terms of vocabulary and syntax.

Overstimulation results in disconnection from that inner surge that knows to move you in the right direction.

The best way to “help others” may be to work on yourself.

Though I know I have a long way to go I embrace Now (a perfect today) remembering always: I chose it this way.

June 21, 2005

This past weekend was the “Terraform” party, which was very small due to rainy weather. The site was “Mile 36” in the Elaho valley -- the most naturally beautiful place I’ve ever seen.

Today I have been having an attitude adjustment -- realizing that I am much stronger than I ever knew. I realized a lot at this party over the weekend --how much I can control moods, etc. by working on balancing my body & breathing -- realizing that everyone is imperfect and part of the Self. I have “known” these things for a long time, but am now feeling them more deeply.

I am feeling that attitude of being in SCHOOL -- but in a much better way than ever before. What I am recapturing is that feeling of GOING SOMEWHERE and the attitude that it's worth doing the hard work.

June 24, 2005

Overheard on the bus, "Oh, that's just inertia. When that happens, grab whatever is available and SWING from it."

The hardest thing about the stagnation has been feeling guilty of being a slacker and feeling how much I COULD HAVE done in those lazy years. Now I realize these are the lessons I needed to fulfil my PURPOSE here.

June 28, 2005

Synchronicities and hidden helpers.

July 1, 2005

there are people
who understand

the illusion
that really
it's all always OK
but there is work to be done
serious work
(the Earth is in trouble)

luckily this work
is rewarding
beyond compare
in fact
you can't be truly happy
(in an "in love with every moment of my past, present, and future with acceptance & awe kind of way)
without "right livelihood"
it's part of why you're here
PURPOSE

The good good news
is that the idea
is simply to teach others
about this oneness experience
after tasting the magic of One
no textbooks are required

just music
and art
and love

SMILE

this is better than winning any dying economy's lottery
(spread the sound)

July 29, 2005

Present moment orientation + love vibration (everything else blossoms from this)

July 31, 2005

Today I went to a didjeridoo workshop with Ganga Giri. It will greatly revolutionize my flute playing.

August 19, 2005

I've been in BC 10 months and am not very far in terms of figuring out how to make money.

I am working on conquering fears in this area (I've been through it before!) but I know it's time to focus. I've accomplished a lot of learning and self-development but I need to get "grounded" and figure out how to make this all work in 3D.

August 21, 2005

I admit to being sexually confused (mostly relating to needing more information about the metaphysical implications of fucking) but I am not ashamed as far as body stuff goes. Time will reveal the right way to flow.

August 22, 2005

If it's not happening right now, it's not real!

What obstacles are you likely to put in the way of fulfilling your goals?

Quitting is the only failure.

August 27, 2005

From G&S: "only talk about what you want and what you know"

September 5, 2005

I am moving along quickly now in my personal journey, but I still have many questions.

I have started seeing visions of a dramatic end to my “life” and am not sure if they are ego-created or some kind of real fate-based thing. I embrace this IF it will help with Earth ascension, but I would also welcome a long life.

My basic goals are to write the book & market it & make a source of income for whatever “tribe” ends up being the right one for me. I would also like to make & promote conscious music.

I am also open to something better.

Tonight I saw a UFO. It started out looking like a bright star, then it pulsated and changed colour and flew away in a zigzag pattern.

September 25, 2005

Calm in any port.

September 28, 2005

I’m on my way to a Vipassana “retreat” where the rules are:

- no talking
- no eye contact
- no music
- no yoga
- no computer
- etc.

For 10 days! It should be interesting to see what happens... I’m also not supposed to write or read.

October 9, 2005

Everything we pick up as part of our personalities growing up can be dissolved! When we lose attachment to these identifications the exalted sacred self emerges.

October 10, 2005

notes from Thanksgiving with G&S:

Real self-love is being able to release any emotion into loving compassion fluidly.

Behave as a foreign diplomat.

The myth of a new Earth?

Life = “being schooled”

Embrace the flow of roles you are given to play, something that seems “wrong” is full of lessons for everyone involved and must be embraced fully.

The more people that can get to the place where they can “come along” when the shift happens, the better it will be for all of us.

Stay calm in the light of any information.

October 20, 2005

Getting over the need to always free associate with the library of the mind as everything unfolds.

Bliss vs. serenity.

THIS IS MY PROCESS FEEL FREE TO LAUGH FREELY

Behave as if there are no secrets.

Let surges of energy from other people flow through you.

The more i learn the less I’m interested in “figuring it out.” The stronger I get the stronger the tests get (& the larger the rewards.)

October 24, 2005

Going to the next level! It’s an infinite process it keeps getting faster (you don’t get a recess.) it’s often disturbing to face your full truth but embrace it (& laugh!)

Opinionated, but not stubborn.

October 25, 2005

I’ve been in a space post-Vipassana where I’m able to observe my bizarre mental and behaviour patterns but am still dialing-in control of it all. It was certainly “easier” when I was completely oblivious to things, but in reality it’s an evolutionary step and there’s no going back now anyway.

The current process is keeping the remembrance of the perfection of it all despite everything that seems to the contrary. It is all going just right, but that's not hard to see if I can just relax and remember.

October 31, 2005

I'm not getting entangled in focusing on the current drama too much (I'm wanting to focus on CREATIVITY, PRODUCTIVITY, and USEFULNESS.)

I've been facing up to a lot of my inertia issues and some of the strange drama has really accentuated the fact that a change of routine is called for.

Decide what I want to be and start being it!

November 7, 2005

BRING IT BACK TO PERFECT

More allegory, less advice.

We all have unique sensitivities and blind spots. Every person has a different combination, and dramas happen when we all get together and reflect each others' absurdities.

If we can learn to understand that we're essentially all going through the same experience in different ways we could get along better.

November 11, 2005

I am going to a small invite only party on the Coast -- I am not sure what to expect and have some fear surrounding entering this realm, yet part of me feels that I will find it to be home if I can relax into it.

Tonight I am as a diplomat: curious but cautious, open but aware, honest yet respectful, and always in flow.

December 16, 2005

JOY IS THE PURPOSE OF LIFE

FAITH IS THE PATH TO JOY

WISDOM IS THE PATH TO FAITH

AWARENESS IS THE PATH TO WISDOM

December 18, 2005

I came out to B.C. to write a book on some topic -- I've done a bunch of work but don't really have a solid theme yet. I know I have to write, but I'm not sure how things will develop. I also suddenly feel like my entire outlook on life, my entire understanding of the world is changing so much right now.

I ask for support in my journey and guidance on what topic I should choose -- whatever would reach the most people -- whatever would have the biggest impact out there.

It has been interesting getting to know people in B.C. Everyone is so "vibey" but in recent weeks I've realized that doesn't necessarily mean that someone's alignment is correct!

December 19, 2005

New paradigm cultural differences:

- ESP (no privacy anymore & the need for honesty)
- Relationships
- Family
- Now-orientation (forgiveness & newness)
- conversation and language
- work & economics
- technology
- transportation
- architecture & agriculture
- thoughtforms & mood maintainance

January 3, 2006

Travelling and talking, exporing and seeking, I've done my share of them all, but somehow it all leads back INSIDE. The outer world, the people we meet all as projections, reflections, refractions of the Love that exists inside.

Really, there's nowhere to go (though it's beautiful to explore) because it's all HERE, NOW. Somehow these ideas resonate but I know my understanding is limited at this juncture in so-called space and time.

The key to me it seems is Presence, being here now, paying attention, bringing the multislacking mind back to the centre, the light (whatever we call it, however it's experienced) and embracing it all (including our pain and transgressions) as Perfect.

There are no mistakes on the journey.

January 8, 2006

I called out to the Universe
asked to be cleared and cleaned
from everything that no longer served my evolution
offered myself up to spirit
“Really, I want to be of service... I’m willing to take on a bit more in this crucial time”
and Now
my life hurtles through space
crumbling, yet blossoming
the more I can let go of attachment to specific outcomes
the more beautiful it gets
lessons start small (then amplify until we actualize paying attention)
the creation is love
the creation is us
(now that IS good news)
love is every moment

January 10, 2006

What spells have YOU cast on yourself?

Beware the “protector” who fuels your insecurities.

RELAX RELEASE REPEAT

January 19, 2006

I’m becoming more sensitive as time goes on -- to light, sounds, other people, everything! For so long I wanted to be “one of the sensitive people” which is now a funny idea. There is nothing to strive for, nothing to chase after -- it’s all unfolding right on schedule.

WHAT YOU BELIEVE IS WHAT YOU GET

Sometimes mercy is harsh.

Quotes from G&S:

“peaceful exuberance”

“taking care is strength”

“you are the cause of any unrest”

“embrace the day”

“can’t stop waking up”

“shared velocity”

“as immortal, how would it speak?”

February 5, 2006

There is so much good out there that people don’t see or hear about AND there are enough people out there pointing out what sucks already! Everyone knows things are a mess in a lot of ways. Pointing this out will no longer activate people.

February 17, 2006

Recent lessons:

Don’t linger on old work, move on!

Speak with integrity always.

Stay self-encouraged.

There is no separation.

“Everything is connected. Everything Changes. Be aware. (Buddhism 101)” -- Bathroom graffiti in Langdale Ferry Terminal

February 26, 2006

Soon I am moving to a new house with some beautiful roommates who are creatively activated people. I know this is going to catalyze change.

I had a dream about going to a temp agency looking for work and getting distracted by a carnival.

March 3, 2006

THE PAST IS OVER, THE PRESENT IS PERFECT, THE FUTURE IS UNKNOWN. This means I will do my best to pull my energy here and now.

CREATE A LIFE FOR YOURSELF THAT WILL ENTERTAIN THE ANGELS.

CHOOSE AWESOME

March 4, 2006

Another perfect day. Anything could happen.

I need to consciously relate to everyone as NEW and watch for falling into old relationship dynamics based on past personality interactions, especially in conversation.

I AM RECEPTIVE TO THE LIGHT

March 5, 2006

SAND CASTLES (all of it)

Let go of the frustration at being “tested” both by other people and by life circumstances/events.

I’m just here to listen.

March 6, 2006

affirmations...

New Margot is:

- calm
- friendly and kind
- caring and compassionate
- healthy and youthful
- energetic
- perceptive & aware
- intelligent & wise
- one who speaks with care
- a positive light
- successful in work
- an accomplished musician
- loved by most

March 7, 2006

The world has been reflecting some things very intensely and one is that YES I am expected to use my creative gifts in this world, and indeed I will be much happier if I do.

March 8, 2006

I am no longer stressed about what I “should” be doing, whether it is me or someone else making up the “shoulds.”

Lately I've been making a little money doing transcribing for corporate earnings calls. It's cool that I've found something I can do from home, but it's definitely not the #1 career choice! I did it all day yesterday and my shoulders are sore from typing all day. I also wonder about the effects of processing that type of information on my brain.

I am also in the process of getting ready to move from Roberts Creek to Gibsons (next week!) and have run out of money but am getting a big cheque in a few days. I am feeling good though, there is something poetic in the way everything has turned out.

March 9, 2006

THE CONUNDRUM:

vibe/mood affects the hologram

& the hologram affects the mood

(what is the codebreaker?)

March 12, 2006

At the ferry terminal on the Coast side waiting for the ferry to go to the in:flux event which I think will be catalytic.

I am focusing on staying in the moment as much as possible...

It's been quite a journey lately. I've realized that I've spent huge hunks of time NOT paying attention and it has cost me. I'm learning though, and the future is bright.

March 13, 2006

A quote from Carl Jung: "When an inner situation is not made conscious, it appears outside as fate."

March 17, 2006

Moved to Lower Gibsons 2 dys ago. The new situation will be different but beneficial for ALL. I'm feeling a sense of closure with the drama of the 1st year on the Coast and am feeling like I survived and that it's also time to get to work. I am stoked about loving work again.

March 20, 2006

Re-creating the way we relate to people we've known for a long time as we change -- avoiding past patterns.

KNOW YOUR VALUE

Book idea: ATTITUDE ADJUSTMENT FOR FUN & SURVIVAL (not about a fake happy smile but rather about being able to BELIEVE in the higher reality enough to ACTUALIZE understanding)

March 23, 2006

THE SECOND COMING IS US

STAY CALM

STAY AWARE

STAY AWESOME

“Whatever it is, it’s inevitable.” -- G&S

March 25, 2006

They say, “you create your own reality...”

BUT HOW DOES IT WORK?

How to deal? I have found it quite confusing.

What can I communicate to “others” to smooth the way?

“We” will make it, but let’s bring as many as we can along... they will be useful!

GOING WITH THE FLOW IN A TIME OF INCREASING STORMS

- being open to the unknown
- what set of beliefs facilitates this?

IT’S GETTING MORE INTENSE FOR EVERYONE

April 1, 2006

We carry some level of family programming but we all have access to ALL past lives (drops in the ocean....)

March 28, 2006

YOU CAN ONLY CHANGE YOURSELF

COMFORT WITH THE UNKNOWN

April 2, 2006

Just because a belief benefits you, that doesn't make it true.

April 3, 2006

I'm in Vancouver just after the "Kundalini Rising" party which was a beautiful celebration of how far I've come. I am so grateful for everything and now know what the next steps are. I need to meditate regularly, train my brain, and keep on going! The "news" really is good.

AN OPPORTUNITY TOO BEAUTIFUL AND IMPORTANT TO REFUSE

MOTIVATED MORE BY INSPIRATION THAN AMBITION

April 6, 2006

Business CAN leave a positive legacy, but just "creating jobs" is not enough. What is the impact on the environment, and the future?

I often get thoughts about how the Baby Boomers "took everything" and it's thus tougher for the younger people. I can transcend this and build bridges.

April 10, 2006

Coming out of the mud & into the light.

The duck as a symbol of tribe mind, loyal love, navigation, and letting it all roll off your back.

April 14, 2006

What's really going on, as opposed to "the news."

What will the history books say about our time?

What can I say that would be useful?

"Enlightenment" is a word that makes awareness seem so final and encourages competition.

Possibilities for what human culture will be like after the shift:

- psychic awareness

- no privacy
- mandatory honesty
- honouring boys and girls of all ages
- allowing everyone to grow up open-hearted
- opportunity to explore our sexuality in a reverent & genuine way

April 18, 2006

If we get what we believe, why not create a belief system that works for us (but be willing to adapt)? Does it really matter why it works?

April 20, 2006

“The impersonal view regarding passing events.” - G&S

April 27, 2006

There is no need to have a sexual identity! Let it be new as you go (is there anything more “in the moment” than sexual feelings?)

I cannot go there without Love.

April 28, 2006

I NURTURE MY TALENTS

If you lived in a culture where everyone was a sometimes psychic (& you never could tell what someone did or didn't perceive) how would you act?

I am a hybrid: choosing the best parts of being a kid with the best parts of being an adult.

BEING A GROWNUP DOES NOT HAVE TO SUCK!

I ACT SILLY SOMETIMES (deal with it)

May 6, 2006

Things are going well and I have come to terms with life as completely unpredictable and unknown. There is no more “routine” and on a daily basis, anything could happen. I miss “steady” paycheques, this is ultimately a more fun, vital, and enjoyable way to live.

YOU KNOW ALL YOU NEED TO KNOW

May 9, 2006

LIVE LARGE GIVE LARGE

May 13, 2006

I was disrespecting people I love because I am shy and it manifested oddly.

May 26, 2006

Past life regression workshop: we were asked to visualize “a building” and a large round treehouse came to mind, a circular staircase, door opening with a golden key. A fire in the centre with a cauldron and nice soup inside. Velvety furnishings, windows with unusual brass lattices, not of any known past era.

Visualization 2: “a visitor.” A woman from the past with dark curly hair told me of being raped by a high class man and him feeling guilty and taking care of her financially afterwards. She seemed peaceful about it all and a small child was with her. She had endured pain and shame around social mores towards single mothers of the era. She was from 18th century Ireland and later came to America.

2nd guest: a very high strung hyper-intellectual young man, “the librarian” who said he was very frustrated that I was “not doing my job yet.” He had been frustrated with the emotional journeys I’ve had to deal with though they “were a necessary part of this particular incarnation.” I helped chill him out and we cuddled. A merging, a promise that I am indeed on track. He insisted the treehouse was his place and wouldn’t tell me much about himself but said we’d be getting to know each other in the near future.

August 22, 2006

I am now ready, willing, and able to persevere with ease and grace in the face of any doubts, either in my head or reflected outside of me by others. I understand that anything in my life I don’t like is a reflection of WHO I WAS and that by changing WHO I AM NOW I will shape and transform my future. I forgive myself for everything and know that this journey has happened this way for a reason. I choose to learn my lesson and move on to the next chapter.

I am now choosing who I want to be and getting aligned with that in each moment with my thoughts, words, and actions as best I can with no regrets.

August 28, 2006

My focus for this week is prepping for next weekend’s “3 Day Novel” contest. I am allowed to make outlines but the actual writing must be within a certain window. The plan is to fix up the treehouse to the next level, get a long extension cord, and do most of the work up there.

September 1, 2006

- you get what you choose to explore
- use words consciously
- practice personality untangling
- cultivate calm
- use power for the benefit of other people and Earth
- practice unattachment
- maintain a sense of humour
- embrace uncertainty
- still have to make a living
- pay attention to now
- identify as lucky
- embrace the perfection of imperfection
- honour the body
- see the symbolic nature of reality
- practice kindness, compassion, and forgiveness
- emotions are a compass, not a disease
- practice self-tenderness
- learn vibe control

September 8, 2006

You can create something amazing every day.

Calming the inner “keener” who is excited about the emerging possibilities.

Becoming mature without getting old.

EVERYONE HAS A VALID PERSPECTIVE

BE PERPETUALLY INSPIRED

September 19, 2006

Speak less, say more.

Putting more consciousness on how I SOUND when I speak as well as the words I choose.

September 26, 2006

There is no “oh ok now I’ve made it” and the struggle is over. Yesterday I had tastes of the joy that is to come but there are still challenges to be met. I will remember those moments, notice the AMAZING improvement that is happening and take on these challenges with LOVE.

October 17, 2006

Notes from a G&S sit:

Learn how to be chill about the intensity.

Make up a holiday with power and celebrate it.

No need for the feeling about the feeling.

Expanding in a gentling cycle.

I am yielding to the flow, it's a scenic journey.

The real prime directive of the galactic federation is LOVE.

October 18, 2006

MUSIC IS PARAMOUNT

October 22, 2006

Notes from a G&S sit:

What is awareness? To fully live most effectively in the Now.

Awareness is what is here.

Awareness that there's nothing to have is serenity.

Serenity is shelter.

We're all the monster sometimes.

Honesty is no privacy.

An obvious connection to the invisible.

Re-seeding the human consciousness with eternal love and eternal light.

Thoughts become reality.

It's not me doing it.

It's all light.

Inside = Outside

An attitude of innocence.

All you have to remember is nothing.

October 28, 2006

Went to a "past life regression" workshop last night. Very strong visualizations!

My experience was of being a young Egyptian man coming back from a long patrol along the Nile with his fellow soldiers. They were relaxing along its banks on the journey and he was thinking about his beautiful lover at home. He was planning on marrying her and settling down on a farm. I got a strong sensation of LOVE and of the energy of that male body.

It was a beautiful day and the soldiers were relaxed and happy as they were almost home. I wore a thin skirt-like thing and a simple headdress, and carried a spear.

The facilitator asked us to go to the happiest point in that lifetime and I was taken to the homecoming celebration. He was in a rowboat with her cuddled in a blissful energetic bubble with night skies and fireworks above. Music and festivities were audible but I couldn't remember any melodies. The energy in the heart and the body was STRONG.

I also experienced other parts of this man's life, family time on a farm with rich abundance (FIGS!) and happy children. He lived during a peaceful time in that kingdom and he was intelligent and spiritually aware, living in serenity most of the time.

I am unconcerned whether this experience was really a glimpse of a past life or just a way of my subconscious ??? to pump up the love energy in my body.

October 30, 2006

It's my 35th birthday and I'm in Vancouver waiting at the passport office for my first Canadian passport! I want to visit family in December and haven't gone back to the U.S. in 4 years! The room is full of grumpy impatient people and I'm holding calm space.

I will wait
until
it is time

our patience

accelerates
smooth
transition

effortless
 moments
 extending

 everywhere

November 6, 2006

HARMONIZE WITH THIS CULTURE

OBEY YOUR INNER VOICE

November 8, 2006

In a bit of a mess career-wise but am OK with that as the tide is obviously turning in proportion with my efforts.

November 22, 2006

Feeling your way vs. thinking something through

relax: it's easy

November 26, 2006

HOW TO CHOOSE
USEFUL BELIEFS
& INTEGRATE THEM

BELIEFS SHARED BY MANY
ARE MORE POWERFUL
& THUS MORE DANGEROUS OR WONDERFUL

[CHOOSE HOLY]

& CREATE YOUR OWN BEAUTIFUL ONES

December 6, 2006

The shift that is happening Now has to do with changing my attitude around my identity.

She is not the thoughts nor the mental processes, the reflections/opinions of others, nor a "person" at all.

Streaming consciousness, mysterious epic something or other emerging.

Merely the experience.

Lose interest in changing it (including trying to “improve” it.)

Release the need to measure progress.

Who you are is this moment.

January 3, 2007

Either this fairytale in my head is coming true, or it’s burning off.

Either way it’s an improvement.

January 22, 2007

Our beliefs about how life is and how the universe operates affects our experience of reality.

Teach yourself to craft a useful belief system.

February 24, 2007

All people you meet are new in every moment.

Practice insta-forgiveness.

The past and present are not necessarily indicative of what will happen in the future.

BELIEVE IT CAN BE NEW

EMBRACE UNCERTAINTY

March 26, 2007

UPGRADING YOUR RESTING MOOD

What is your “normal” headspace?

peaceful, cheerful, calming, loving

Make peace with your ego! So many try to kill it or push it away! Love it, however: PUT IT IN ITS PLACE.

Love and integrate every moment of your personal past.

Stop treating what happens as obstacles or “blocks” to progress.

Treat life as a friend (as opposed to a “problem” or something to endure!)

Moving past the “gimmies” of chasing “manifesting abundance” (hello EGO!) and moving towards HARMONIZING. There is always flux (get used to it!) Seeking Centre over seeking pleasure. THIS is it!

G&S: “love is in between everything”

April 9, 2007

What one “achieves” is less important than WHO ONE BECOMES.

EMOTIONS ARE NOT A DISEASE

- it takes courage to face our feelings instead of running around trying to “do something” in order to “feel better
- things that affect our emotional state (diet, circumstances, music, media, work, “others”)
- we need to support each other in these feelings WE ALL HAVE THEM even men (when I was young, I thought boys had no feelings)
- depression is a symptom not a disease
- is our wellness really about how well we can cope with an insane system?

April 20, 2007

How to balance the “fact” that everything is an illusion with the desire to do something about the wobbly state of the world at this historical juncture?

Hope and optimism in the face of the so-called “apocalypse.”

How we can give up being goal oriented and let Spirit take control, embracing the roles we get cast in even when unpleasant or painful?

Accepting everything with a real LOVE and APPRECIATION for both dark/light good/bad and going beyond defining things this way since “it’s all one” etc.

Who are you to say it’s not perfect?

Recognition that it’s always worth the pain, educationally.

The ascension time is happening Now (this is the most important historical happening of this era.)

How much of our technology will survive?

Building the new economies (local, sustainable, etc.) versus trying to “fix” the dying paradigm.

Breaking free of the TV trance and noticing what’s important.

Living in FLOW and giving up ideas of “should be doing” & letting ourselves NOT KNOW what is going on, what’s going to happen, or who we are (security is an illusion.)

Forgiveness and seeing everyone as WORTHY OF RESPECT and new in every moment.

Start consciously being WHO YOU ARE.

April 25, 2007

Anything you see or experience is part of the personal and planetary purification process. It is all proceeding perfectly. Your choice is to flow with it or to resist. To flow, avoid labeling, judging, or stressing about things as good or bad. Just be.

Follow the creative ideas that bring you joy. Embrace everything that happens to you as part of your process. Love everyone and know they are doing their best. Notice that what you complain about in other is in yourself too. Examine how laughing at or judging others reflects your own insecurities and defensiveness.

Release any idea that you know what is best for anyone else and just support them by holding them in your heart and wishing them well. Be open to new ideas and total personality dissolution :)

May 5, 2007

the personal
evolutionary process
is non-linear

more like the back and forth
of focusing

or
getting slowly
calmly
joyfully

DIALED IN

May 7, 2007

Remember this: the new way of being will anchor itself in naturally.

Relax and let the “drama” happen without prolonging it by overreacting & practice insta-forgiveness to self and others when it happens!

May 16, 2007

Learning to embrace incremental progress with grace facilitates blossoming far more effectively than pushing or projecting “shoulds” onto people or situations. There are always more factors at play than what is obvious, even to the astute.

May 18, 2007

Today I release old rituals. Oracle decks, I-ching readings, Mayan calendars, horoscopes... they have taught me some lessons however it's time to move on and these little changes in habit will make room for other changes. I choose to move into my future as new! I release worrying when the old ways attempt to assert themselves and sometimes win. I refuse to get upset as I know any of it is the darkness before the dawn.

From complaining to coming plain!

May 21, 2007

PLEASE BE PATIENT DURING THE RECONFIGURATION PROCESS

As you become more “real” it will anger and annoy some people because you will bring out their insecurities. Learn how to relax about that. At some level, their behaviour is only a reflection if you are emotionally affected.

“It's all to be included.” - G&S

There's a lot of talk about “manifestation” these days and sometimes it feels so superficial.

Is “manifesting abundance” in terms of cars and mansions really spiritual at all?

Or... does too much goal setting block the free flow of infinite possibility?

Be open to something better. Offer yourself in service. Weird things will start happening.

At first, your life will seem to fall apart.

You may be experiencing misfortune because it's time to move on or make a big change (emotions are not a disease to be medicated.)

When the hazy daze strikes am I the source of it? Why do certain others seem to trigger it? How can I be strong with it? How can I keep making progress? Is this wonky wierdness progress in disguise? It feels as if I'm being hexed and vexed by some jealous witches (or just bitches) who think they're doing right by trying to scare me away. How do I show them that I'm actually here for good reasons? How do I get through this sludge? How much longer must I endure? Is there a cure?

LIFESTYLES OF QUALITY AND SIMPLICITY (sustainability + comfort)

May 28, 2007

Strong emotions and feelings today around work. So much resistance to digging into computer work. I feel a shift towards music, many big doubts popping up everywhere around that.

Now sitting on Gospel rock. Musing on combining flute & philosophy.

Having trouble writing. I so want to escape words for awhile.

May 30, 2007

I have been too concerned with being "good" and "in service" when reality is not about good/bad, it's far more complex.

I can now not care what people think in a gentle way.

It's fully summer weather-wise and I am reminded of how it can be here this time of year. My 3rd Coast summer! It will certainly be an upgrade from past years...

There is nothing to "try" to make happen, it unfolds naturally.

Keep it nourishing!

PREPARE TO STOP

June 3, 2007

"Delightenment" -- Gabrielle Roth

June 6, 2007

learning to wield the intensity

give up trying to "clear bad energy" and learn to transmute it into gentle presence

these visions of grandeur aren't delusions

June 11, 2007

Remember, being "grounded" will often appear otherwise when one has an unusual destiny.

June 14, 2007

Learning that others' "vibes" affect me because of weakness/lack/whatever in my own sense of self, I can repair this with conscious focus to Now.

June 22, 2007

To ascend, you must slow down (tree tempo.)

July 10, 2007

Release the temptation to focus on your "process" (as if your suffering were some kind of accomplishment!) and let it be easy.

Complaining and comiserating are obsolete!

July 17, 2007

"Manifestation" through focusing on "what we want" is one way, however it limits the infinite nature of possibility.

Instead, offer yourself in service and watch how weird and wonderful it gets!

July 19, 2007

Waking up feeling really good despite the stresses around me. I am now able to be strong in my own energy and see my old ways dissolving!

July 22, 2007

Looking for new work...

- positive legacy work
- chill, respectful boss/clients
- fair pay
- teaches me new skills
- enjoyable and something I excel at
- open to working regular hours
- open to some travel

OPEN TO IDEAS AND OPPORTUNITIES I HADN'T CONSIDERED

TRUSTING IT WILL MANIFEST AND THAT THERE IS ALWAYS ENOUGH

feeling the “quantum novelty”

letting go of the anger and resentment

standing up for mySelf!!

July 27, 2007

Coming back from Vancouver at a pub in Horseshoe Bay having a Guinness (“since 1759”) and decompressing. Saw Gangaji at a public meeting at the Masonic Hall. Her energy was so beautiful, peaceful, and inspiring.

INSIGHTS:

Be open to EVERYTHING and every experience as it arises and experience it in the heart.

- anger in the heart
- sadness in the heart
- joy in the heart

keyword: OPEN

GANGAJI QUOTES:

“The invitation to become completely responsible for where we find ourselves.”

“recognize yourself as the consciousness that holds it all”

“let go of all your understanding and simplify: be who you are”

“when you stop, the desire reveals its own fulfillment effortlessly”

July 31, 2007

Some wear their stress, busyness, or bank balance as a badge of honour... this makes sense as it helps assuage the suffering work can cause however let it be and release letting it affect your own progress.

EVERYTHING IS TEMPORARY

EVERYTHING IS ETERNAL

August 7, 2007

LOVE THE SINGULARITY

IT'S ALL YOU

IT'S ALL BEEN CREATED TO HELP YOU ASCEND

THERE'S NO STOPPING IT

YOUR CHOICE IS TO RESIST OR TO FLOW WITH IT

IT'S ASCEND OR DIE TRYING

(IT'S OK IF YOU DIE, YOU GET ANOTHER CHANCE - STARTING ENERGETICALLY WHERE YOU LEFT OFF - SO DIE HAPPY!)

September 2, 2007

Today pain and beauty co-exist however the next level of JOY is imminent.

October 8, 2007

FOCUS ON THE SUBJECT OF LOVE, NOT AN OBJECT OF LOVE

(the end of the objectification of others)

October 28, 2007

Falling in love with the person I embody yet embracing the impersonal view as the greater truth, despite knowing my understanding of that is largely intellectual/intuitive and yet to be fully experienced. Remembering to take it slow. Being OK with everything as it is. Loving the Coast.

November 19, 2007

How to be open hearted towards those who do not enjoy how your LIGHT illuminates their ??? :)

November 26, 2007

Obsolete appetites, i.e. what is she really hungry for?

Always, it's a craving for the connection of the heart.

December 28, 2007

MARGOT MOVES
FROM VERBIAGE
TO VIBRATIONS

January 21, 2008

Life is so intensely bittersweet right now.

New mantra: patience, prudence, perseverance.

February 5, 2008

LEARNING TO APPLY AND SWITCH FOCUS

It all turns out “better than we can possibly imagine”

enlightenment is more about staying bright and UP than astral travel travel and/or
“power”

choosing the intuitive life will cause your life to fall apart completely then will reward
you (stay strong)

February 15, 2008

Don't be attached to any project or plan as something you “should” do.

Give up the sense of urgency around needing to transcribe everything.

REVITALIZE YOUR ATTITUDE

February 18, 2008

Another UFO witness said he seemed to tease him by hiding whenever he had the
camera ready.

March 11, 2008

Letting go of worry about everything and instead am focusing on the present moment as
best I can on an ongoing basis.

HOLISTIC GRATITUDE

- embrace and love every arising as part of the oneness
- as opposed to the “look on the bright side” style of denial
- complaining is obsolete
- takes practice :)
- reflections in others
- forgiveness = facing your issues that hard to let go (then things become ez)
- transcending aversion to anything

March 18, 2008

free flow on “holistic gratitude”

If it's truly “all one” (& with observation this seems obvious) any delineation between good & bad is illusion. Soak into the sea of the one-ness by embracing every arising as part of your Self... to be loved! Remember that most are in a mode of forgetting, feeling that the day to day of the need for “hard work” and suffering in reality is necessary. You are to walk in the midst of it all EMANATING THE TRUTH through enthusiastic love-centered good vibes.

Forgive yourself when you forget, that's part of it too! We are all called upon to play roles and take on emotions (this is each of us processing our share of the “dark” energy on Earth) and remember you agreed to it at the soul level (agreed to forget) so LOVE YOURSELF for making such a supreme sacrifice, it took courage to enlist.

March 20, 2008

Simply do your best on what ever you're doing NOW.

Have trust you'll know what to do in every moment.

Stay in loving appreciation by ENJOYING YOURSELF!

March 22, 2008

UNFETTERED BY THE ANCHORS OF PAST MEMORIES AND IDENTIFICATIONS OR FUTURE GOALS AND DESIRES!

I am ready to walk in the world.

Engaging it ALL in love.

Compassion
Calm:passion

No fear
(fully clear)

March 26, 2008

More on “holistic gratitude”

- embracing every experience
- compassion for jerks
- faith you are in flow
- loving life as a singularity
- accepting our personal and planetary problems (stay UP anyway!)
- perspective re: the spectrum of human experience (this incarnation is cushy!)
- as you experience the suffering you are burning through what’s stored in your body (rejoice!)

May 14, 2008

ENGAGE
ENERGIZE
EMANATE

This energetic “processing” is one of your most important jobs.

STOP RESISTING THIS

be courageous

May 18, 2008

You agreed to come here and process this collective energy, you are a LOVE HERO (as opposed to someone with “bad karma” who deserves to suffer) change your attitude!

June 1, 2008

The twists and tangles in the body are analagous to a dysfunctional belief system.

SHAKE THEM OUT!

July 30, 2008

ALL IS DIVINITY REVEALING ITSELF

October 1, 2008

ANCIENT ANGELS
ALIEN AMBASSADORS
AND ASPIRING ADEPTS

ALLIES AMASSING!

ALTERED ANATOMIES
ADROIT ATTITUDES
AND ACCELERATING AGILITY

ADVANTAGEOUS ABILITIES!

ADORING ADVENTURE
ALWAYS ADAPTING
AND ACTIVATING ASCENSION

AN AMAZING AGE!

November 18, 2008

Be lovingly honest.

December 20, 2008

fluid goal setting (what would really make you happiest may be something you've never considered!)

in service to the greatest good

faith in flow

being fixated on "manifesting" specifics is limiting

"vibe maintenance" is more important than hard work or "saving the world"

your general attitude about "what's going on" shapes your reality

acceptance of the unknown

perspective on how cushy we have it (among the range of human experiences in time/space)

Now focus & multidimensionality (learn to relax or else dissolving time will freak you out)

February 14, 2009

First "official" day of the Aquarian age.

KNOWING THE INNER TRUTH OF EACH SITUATION (moment to moment)

IT'S OK TO BE WEIRD

February 25, 2009

I am looking at the next six months as school and that I get to graduate to what's next after. In the day to day I will simply focus on meditation, gentleness, music, and getting myself together as best as I can.

March 14, 2009

There are Now so many conflicting feelings and thoughts that there is no choice but to abide in the moment as best I can. Being loving all the time right now requires willpower. It is unclear where I will end up.

I recognize why some might have opinions of my character based on past behaviour. I let go of any weird or negative feelings or grudges around others and start over Now, in wellness.

March 17, 2009

identify as love & light

then

prepare for novelty

it will have you :)

March 20, 2009

peaceful, peace-filled
graceful, grace filled

all ways, always

March 23, 2009

deal with things as energy

(no stories, no "processing")