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Greetings

We really are in the 'judgment days' in now moments, the days long prophesied. Not a time of judgment by a jealous GOD, more one of the many pre-programmed points in evolution whereupon nature does some housecleaning and re-organising.

You might like to ponder on this reality model! As evolution progresses, beings evolve at differing rates. In each evolving life wave some beings make choices to learn more rapidly than others. Some surge ahead, some lag behind. This ultimately creates tension in the system so from time to time, Mother Nature shuffles the classes around. She grades everyone according to their demonstrated proficiency, adherence to truth and capacity for love, then creates new classes based on likeness of vibration. This process is already occurring. It will continue until 2028. There is no judgment involved, simply the laws of nature. If you choose to remain in the school of fear then wondrous, if you choose the new school here of love, then also wondrous. You choose which class you will be in in future moments by what you choose to do and be right here and now my friends. Orthodox religiosity has known this time was coming for a long time and tried to scare people into choosing love - Hmmmmm - the less loving you.

Be careful that you don't get involved with the old dressed up as the new. Sometimes the old presents and it is very obvious and often it is not. One way that you can recognize the old, really recognize the old, is that feeling of familiarity, the feeling of being comfortable and cruisy, because the new is not like that. The new is your line of most resistance and the heart will always take the line of most resistance. Why? Because it enhances and increases your capacity to love! If you take the line of least resistance, you are taking the line of being the same. There is no expansion there, there is no enhancement, there is no increase of your capacity to love and that is what it is all about. To be able to love the unlovable! As a light-worker we have a responsibility to meet head on, that which is considered to be unlovable and assist that to be integrated within the planetary psyche. To move beyond, on behalf of humanity, is the way we embody the Christ principle. The capacity for compassion is directly proportional to ones ability to accept feeling without judgment. One must learn to not judge feeling as pleasure or pain, to allow feeling to simply 'be' feeling, without judgment. This is the great key to heart mastery.

Heart open-ness is limited to the extent that the heart has been broken - without judging that experience. In other words, heart open-ness is limited to the extent of your ability to surrender to the human-ness of experience whilst still practicing equanimity. Equanimity is even minded-ness no matter if you are faced with pleasure or pain. The agony and the ecstasy of loving is one of the great paradoxes of heart mastery, the bandwidth between the two extremes is your level of heart mastery, of heart open-ness.

So you must learn to transcend pleasure and pain, to judge pleasure as desirable is just as much a limitation as to judge pain as undesirable. Do not deny yourselves the contrast of living by judging your feelings in any way.

Until you have mastered this lesson then you are still in the adolescent phase of ascension!

So our role as light-workers is: to move beyond the resistance, to move through that resistance, to embrace the higher truth, to live that with a ferocity and passion; to really embody that truth, to love that truth, to feel it, to know it, to be it, to really walk the talk of that on every level and to not compromise that truth and in doing so, what we actually do, is we say to the planetary system, to the biosphere: "We choose the golden age, we

choose the new paradigm, we choose a new way for this planet, where men and women will walk hand in hand as equals, where anyone who chooses to realize God will be able to and not only that, they will be supported by the systems of this planet, to enable that to be."

A time comes in your life when you finally get it...when, in the midst of all your fears and insanity, you stop dead in your tracks and somewhere the voice inside your head cries out...ENOUGH! "Enough fighting and crying and blaming and struggling to hold on." Then, like a child quieting down after a tantrum, you blink back your tears and begin to look at the world through new eyes. This is your awakening.

You realise it's time to stop hoping and waiting for something to change, or for happiness, safety and security to magically appear over the next horizon. You realise that in the real world there aren't always fairy tale endings, and that any guarantee of "happily ever after" must begin with you... and in the process a sense of serenity is born of acceptance. You awaken to the fact that you are not perfect and that not everyone will always love, appreciate or approve of who or what you are... and that's OK. They are entitled to their own views and opinions. You learn the importance of loving and championing yourself... and in the process a sense of new found confidence is born of self-approval.

You stop complaining and blaming other people for the things they did to you - or didn't do for you - and you learn that the only thing you can really count on is the unexpected. You learn that people don't always say what they mean or mean what they say and that not everyone will always be there for you and that everything isn't always about you.

So, you learn to stand on your own and to take care of yourself... and in the process a sense of safety and security is born of self-reliance. You stop judging and pointing fingers and you begin to accept people as they are and to overlook their shortcomings and human frailties... and in the process a sense of peace and contentment is born of forgiveness. You learn to open up to new worlds and different points of view. You begin reassessing and redefining who you are and what you really stand for.

You learn the difference between wanting and needing and you begin to discard the doctrines and values you've outgrown, or should never have bought into to begin with. You learn that there is power and glory in creating and contributing and you stop maneuvering through life merely as a "consumer" looking for your next fix. You learn that principles such as honesty and integrity are not the outdated ideals of a bygone era, but the mortar that holds together the foundation upon which you must build a life.

You learn that you don't know everything, it's not your job to save the world and that you can't teach a pig to sing. You learn that the only cross to bear is the one you choose to carry and that martyrs get burned at the stake. Then you learn about love. You learn to look at relationships as they really are and not as you would have them be. You learn that alone does not mean lonely. You stop trying to control people, situations and outcomes.

You learn to distinguish between guilt and responsibility and the importance of setting boundaries and learning to say NO. You also stop working so hard at putting your feelings aside, smoothing things over and ignoring your needs. You learn that your body really is your temple. You begin to care for it and treat it with respect. You begin to eat a balanced diet, drink more water, and take more time to exercise. You learn that being tired fuels doubt, fear, and uncertainty and so you take more time to rest. And, just as food fuels the body, laughter fuels our soul. So you take more time to laugh and to play.

You learn that, for the most part, you get in life what you believe you deserve, and that much of life truly is a self-fulfilling prophecy. You learn that anything worth achieving is

worth working for and that wishing for something to happen is different than working toward making it happen. More importantly, you learn that in order to achieve success you need direction, discipline and perseverance. You also learn that no one can do it all alone, and that it's OK to risk asking for help. You learn the only thing you must truly fear is fear itself. You learn to step right into and through your fears because you know that whatever happens you can handle it and to give in to fear is to give away the right to live life on your own terms. You learn to fight for your life and not to squander it living under a cloud of impending doom. You learn that life isn't always fair, you don't always get what you think you deserve and that sometimes seemingly negative things happen to the unsuspecting. Then you realise that life is about learning lessons by making mistakes, a series of challenges to be met and mastered and you begin to enjoy the rhythm of the challenges. You learn that nobody's punishing you and everything's not always somebody's fault. It's just life happening. You learn to admit when you are wrong and to build bridges instead of walls. You learn that negative feelings such as anger, envy and resentment must be understood and redirected or they will suffocate the life out of you and poison the universe that surrounds you. You learn to be thankful and to take comfort in many of the simple things we take for granted, things that millions of people upon the earth can only dream about: a full refrigerator, clean running water, a soft warm bed, a long hot shower.

Then, you begin to take responsibility for yourself by yourself and you make yourself a promise to never betray yourself and to never, ever settle for less than your heart's desire. You make it a point to keep smiling, to keep trusting, and to stay open to every wonderful possibility. You hang a wind chime outside your window so you can listen to the wind.

Finally, with courage in your heart, you take a stand, you take a deep breath, and you begin to design the life you want to live as best you can.