

# Identity within Awakening

*These are taken from the Awakening series, (beginning with Awakening II) and deal exclusively with aspects of individual identity and identity shifting within the process of awakening. They have been collected together for ease of study. You may wish to do a search for the term 'identity' within Awakening into the Larger Life for a more exhaustive study. As you awaken, your self-identity perform changes and grows.*

<b>1. Why awaken?</b>	Page 1
<b>2. Love—fundamental to awakening</b>	Page 1
<b>3. You are a composite being</b>	Page 2
<b>4. We are one</b>	Page 2
<b>5. Choosing to be more conscious</b>	Page 3
<b>6. A growing familiarity with your True Nature</b>	Page 4
<b>7. Integrated consciousness</b>	Page 4
<b>8. Expanding understanding of who you are</b>	Page 5
<b>9. You, the True Nature, and peace</b>	Page 5
<b>10. The pendulum of awareness</b>	Page 6
<b>11. Being conscious as a divine being</b>	Page 6
<b>12. How completely do you know who and what you are?</b>	Page 7
<b>13. Opening to the presence of who you are</b>	Page 7
<b>14. Experience the presence of your True Nature</b>	Page 8
<b>15. Intimacy 2</b>	Page 8
<b>16. Universal being or identity</b>	Page 9
<b>17. Inclusive reality</b>	Page 9
<b>18. Exploring identity</b>	Page 10
<b>19. Self-forgiveness and self-love</b>	Page 10
<b>20. Patience and peace allow for a richer awakening</b>	Page 11
<b>21. Understanding awakening</b>	Page 11
<b>22. A universal perspective</b>	Page 12
<b>23. Shifting identity</b>	Page 12
<b>24. Intimacy and respect balance each other</b>	Page 12
<b>25. A fluid identity</b>	Page 13
<b>26. Relationships</b>	Page 13
<b>27. Evolving identity</b>	Page 14
<b>28. Awareness that 'We are one'</b>	Page 14
<b>29. Cooperation and collaboration</b>	Page 15
<b>30. Exploring identity and beyond</b>	Page 15

## **1. Why awaken?**

July 27, 2016 B

JANU: We are welcoming again this opportunity to proceed with the journey into the larger life. Some may say the incarnate life is large enough, as they attempt to master it, based on their perceptions. Awakening to the larger life is the resumption of consciousness beyond the veiled incarnate existence and is a return.

Which still begs the question, “How does this journey, this awakening, benefit or enhance incarnate existence in a practical way?” It does, our brother, because solutions to the queries of incarnate life are larger, at times, than veiled understandings. Life is so much vaster and complex, with wisdom, understanding, and experience, it can’t help but bring clarity to unanswered questions.

Human nature is a study in itself, not easy to master for even it is in flux. Imagine the depth and breadth of your True Nature, which has experienced this sojourn and so many other realities. Not only this, our brother. An awakened consciousness has available to it the truth of the past, the present, and the future, anywhere, any time, any Now. How many times must you walk a path to re-invent your experiences, your understandings, but not retaining these consciously? Yes, each journey has its nuances, for nothing is exactly the same no matter how many times it exists.

These questions persist with many and, with patience and repetition, we hope to inspire victories over ignorance. The larger life exists, our brother, and always has. The veiled life is part of it but not all of it. It isn’t just other beings that welcome you home, in a sense, but your own True Nature. Namaste, our brother.

#30 in Awakening II

## **2. Love—fundamental to awakening**

Aug. 4, 2016

JANU: We are portraying, then, a model of excellence in human awakening. The first order of business, if you will, in this model is truly loving yourself and even one other person. This is a monumental achievement for many. The love exists within their being, although not conscious of it, for love is based upon many externals in their lives, reasons for loving. Love needs no reason, our brother, not the love that we speak of. Then, one might say, “But look what I have done in my life: selfishness, cruelty, self-centeredness, untruthfulness.” These are not valid reasons for not loving who you are, for these behaviors are not who you are.

Awakening is coming to terms with this and moving your identity to your True Nature. The human journey is only a small part of this and does not define you. It is an experiment in experiences, causalities, and choices. Being a loving being as your True Nature, walking through life in this way, puts a different perspective on every situation, every relationship, everything you say and do, whether you agree with it later or not.

Your news media focuses upon sensationalism and mayhem and cruelty. What does this tell you about the current human social condition? They give energy to these things by focusing upon them. What gets more notoriety? The mayhem or the beauty of life, the good works of people, generosity, sacrifice, and loving gestures? You ask, “What would it take to change this?” It takes what we have spoken of this morning, our brother.

What does it mean, then, to love oneself? Can this be described? It is a sense of acceptance, of ‘okay-ness,’ of forgiveness, of confidence in your next adventure or decision or relationship or service. It is a faith and a trust in basic beauty of life, the miracle of it. Loving yourself is experiencing a basic connection with life, a life that loves you as well.

Moving in this way of consciousness opens you to an awareness of the larger life of loving reality, the strength that brings, the core values, and the realization that all of this is available to you and always will be. You see life then with new eyes, new perceptions, new depth, new understanding. No longer viewing challenges superficially, but the reason for them and the strength they bring. You begin to see deeper and deeper into life, your own as well, and nothing lies beyond what you can achieve. For you are life itself achieving its potential, not just as a separate individual but as part of a larger reality.

No matter your condition, your circumstance, your memories, or your history, or your patterns, love yourself. Be at peace and happy with who you are. And the true power of life is yours as well. This is a grand step on this journey, our brother, of awakening. Namaste.

#35 in Awakening II

### **3. You are a composite being**

Sept. 2, 2016

JANU: We spoke earlier of a model for living as an integrated awakening conscious being. What we see here is the merging of the so-called human identity and the identity of the True Nature with the capability to change emphasis by choice, in the moment. So, you see, we're not saying one identity or the other, yet they are one. More of a cooperation, a collaboration of faculties, of perspectives in consciousness, of relationships, their nature and parameters. A composite being. Just as the human can change perspectives, attitudes, emotions, and beliefs, so too can the composite being of all that you are.

Awakening, our brother, is not a destination. As we have said before, it is a process, as is incarnate life and its relationship with the True Nature. Now, a composite being can include a variety of realities, not just incarnate life and the True Nature, for there are countless models of living, each rich in opportunities, understanding, and expansion of consciousness. Life is far more complex in its expressions than just one identity or another, you see. That is part of the beauty of it. Think of the possibilities of understanding in this direction alone.

So many hang on to incarnate existence and identity to the exclusion of everything else, for they are unconscious of their larger being. But there are many more, our brother, who are aware of this, as composite beings moving through life and with it. And, yes, there are those in your world who are aware and move in this way. It can seem a lonely path at times, to discover something new and take your life in a new direction to discover freedom through the power of life itself, but that will change.

We of the Brotherhood live this way yet still discover new realities and opportunities, and welcome all who reach for this as we enrich each other and Life itself. You are a composite being and are a miracle of Life through self-realization and service. Namaste, our brother.

#60 in Awakening II

### **4. We are one**

Sept. 9, 2016

JANU: Let there be, then, an understanding that we as discarnate beings are not separate from you in any significant way. Life has many rooms but all of it is life, and there are doors, so to speak, connecting all of them. The doors are located, discovered in consciousness in the nature of your being.

As we journey together and communicate each of us passes through these doors, symbolizing attuned communication. When life connects with itself in this way, the connection is both ways, and once these doorways are activated so that the consciousness attunes more easily, preparation for communication is minimal. And, in fact, our brother, as familiarity builds, these attunement portals are always present, accessed in an instant by way of your interests and desire. So, your anticipations in the past of focused preparation give way to a normalcy of conditions of consciousness that embraces this reality and these journeys, our brother, are only the beginning.

Your health and well-being, your understandings, your intelligence, your wisdom no longer limited to the seeming isolation of the veil. There are doorways everywhere. Life is vast and growing. Building this relationship with the larger life is sane indeed when built, step by step, upon your true integrity, your True Nature, the truth of your being. These journeys help reveal any preferences, biases, pre-judgements, traditions of limitation you may have, and the root of these, and the mastering of them. The turmoil that exists in the lives of most people can be mastered, transmuted, if you will, into a peaceful sure-footedness, the foundation to move forward into a much richer life.

Being at peace is part of this path of awakening, as the demands of ordinary living, traditional society, influence your patterns of living. Frequently return to a moment of inner peace, bringing sanity to the life once more, returning to your outer life with a greater clarity. This is your birthright, so to speak, a quality of your True Nature, a gift you inherit from who you truly are. Be at peace. Namaste.

#65 in Awakening II

## **5. Choosing to be more conscious**

Sept. 9, 2016 B

JANU: Welcome to our world, so to speak, that door being always open. The central theme of our journeys is the awakening of humanity, supporting the process, inspiring change, the regaining of freedom. So much of what humanity reaches for is conditioned by past and present incarnate experience. Many would say the only evidence to go on. This is true when unaware of more of the larger life.

“So how does one gain that evidence?” you ask. By opening to it by way of the gifts, the capabilities of the larger you. Being unaware, consciously, of that reality does not mean it doesn’t exist, you see. You’re just unaware. But the connection is there. Where do you think the decision to incarnate originates? And where do you return to, when leaving the body? Some would say, “That is the end of everything.” This is living in darkness, our brother, and misses the point of the journey through incarnate life. Nothing in life is wasted or forgotten or dissipates into nothingness.

The evidence resides in your True Nature, our brother, through memory and record and wisdom gained. But it resides in the incarnate reality as well, the patterns of existence of physical life are imbued with these mysteries of life. When observing another, or any living thing, or any part of nature, there is an energy, a kind of consciousness, a presence of life, including your own. Some speak of wars, one type of energy emanation. There are others as well. There are organs in your body that respond to these, that participate in generating these. The evidence of the larger life is in every cell of your body, every energy structure, every intuition, every sense of presence, every idea, the insight that seems to appear from nowhere, every miracle large or small you are hard pressed to explain. It is so close, so near, yet so far away for many. But that is only perception, dear one.

What we are reaching for here is a sense of reality about how intertwined your existence, your consciousness, and your being is with the rest of life. Let not ignorance be the master of your consciousness. Choose awareness. Choose to live more fully. Choose to know and to understand whatever interests you. You are a Light Being experiencing physical life, but even that has its roots in so much more. Allow oneness to be your foundation for awakening more fully. Namaste, our brother.

#66 in Awakening II

## **6. A growing familiarity with your True Nature**

Oct. 11, 2016 B

JANU: We are encouraging familiarity with more of your True Nature, for familiarity is a natural path to trust, confidence, open communication, mutual respect, and a deepening love. Your True Nature has these qualities and many more. Walk through your incarnate life with a growing familiarity, conscious involvement, with your best partner in life; an incarnate journey no longer separate from any part of you.

Walking through life in your integrity, a growing understanding and wisdom at the root of your choices, heals if you will disturbances in consciousness, thoughts and emotions that interfere with your well-being, the performance of your body, and your vitality. Inspire others to find their truth by way of the integrity of your own. A life full of changes, evolution, new discoveries, yet steady in purpose, commitment, patience with yourself and with others, enduring wholeness in the moments of your life.

Awakening, our brother, is enriching. Share what you own, the gifts of living. Your True Nature possesses great wisdom, has access to life resources and their blessings. Being a channel of these allows them to move through your life and touch others and benefit from the blessings that move through theirs. Remember, receiving and giving are one, each as powerful as the other. They complete each other.

The path of awakening reveals you are never alone in life. It can seem that way, but only if you choose it. Listen to the life story of others. They benefit from expressing it. Listen with patience. The connection benefits you both. Namaste.

#93 in Awakening II

## **7. Integrated consciousness**

Oct. 18, 2016

JANU: We are cementing relations, so to speak, as pertains to the melding of consciousnesses within the being. Unity and diversity co-exist in the True Nature experience, whether incarnate or not, whether human or not. The human identity can seem conflicted in its desires to be conscious as the True Nature that you are, that we are, that I am, yet remain connected with the incarnate life. Unity of consciousness, our brother, does not depart one from the incarnate life, but amplifies, expands it. The challenge here is the identity, part of the body of life being included in the whole identity. Many will see this challenge as immaterial, unnecessary, for their incarnate experience seems all they can handle and master. And it will be that way for as long as they have need of.

The True Nature is mindful of all of this, our brother, and is the authority for all journeys. These journeys we take are movement in the direction of unity of consciousness, of identity. To some this may seem formal structure, and to some degree it is, but with a purpose: to build a foundation of understanding, to help others be inspired to make the transition into the larger life, the larger identity of which incarnate life is a part. No position in consciousness or identity, our brother, is without merit.

The larger consciousness includes everything, not labeling right or wrong, good or bad, but 'isnesses,' part of the Tapestry of Life. But the conscious integration of being supports balance and symmetry and well-being. The larger consciousness perceives reality as it is and what it can be and certainly what it has been. So many human judgments are based upon right or wrong, good or bad, traditions and standards that don't allow for change. Security based upon ritual. And, of course, the challenges appear, for life is in motion. Ultimately, change takes place. The more conscious you are, the more you understand this, embrace this, and become part of the change intentionally, willingly, intelligently, and lovingly. Individuality and oneness are both honored. Live in peace, our brother, and namaste.

#99 in Awakening II

### **8. Expanding understanding of who you are**

Oct. 20, 2016 B

JANU: Many are longing to know who they are, more than this human identification. What is intrinsic about their nature? What possibilities await them in their own creativity and understanding? The physical lineage is only part of the story, even though their ancestry has varied. It is not who they are, but mostly physical influences, genetics. Good information but not completely satisfying.

Scanning the True Nature for the larger identity leads to remembering your origins and experiences. The physical body is not who you are. It is what you are doing, to a degree. You are more than that and your existence is more than that. These journeys of understanding are only part of the picture, you see, but they begin to provide answers to your questions of who you are.

The challenge and the opportunity is not to hang on to the human identity so tightly you can't change your perspective to more of your True Nature. Accomplishing this while maintaining balance and sanity, reasonableness, and peace of mind is part of the reason for so many elements to these journeys that build the foundation for success. The human experience takes on patterns of consciousness that must evolve into something more open and engaging larger realities of life and of your nature. The human identity experience is part of a larger truth of your being. Not to be discarded or ignored, but to be merged with a broader and deeper perspective.

The dropping of the veil, so to speak, is very important and serves a purpose. As is awakening. Continue to ask the question: Who am I? Then, listen for elements of understanding, here and there, now and then, remembering the journey of awakening as you gradually realize your answer. Realize the truth of who you are. A miraculous journey. Namaste.

#101 in Awakening II

### **9. You, the True Nature, and peace**

Nov. 1, 2016 B

JANU: The relationship of the True Nature to the human identity is one of peace, profound peace. The nature of this peace has to do with a profound love that is deeper and larger than most human understanding. This is why peace is mentioned so often in preparation for these journeys, and the resolution of challenges to incarnate experience. Becoming more conscious of the larger life is served by letting go of the mire of human emotion and motivations that tend to trap the consciousness into endless cycles and circles of self-defeating anger and frustrations and deprivations. Yet there are still

moments of joy, beauty, and wonder that bring fulfillment to your capacity to balance the life amidst the pull of focuses of limitation that repeat and repeat.

The freedom of being that you enjoy when sharing the joy of another, grateful for their freedom, being one with their upliftment for their sake is part of the peace we refer to. Those moments touch deeply and open portals of connection to the beauty and depth of the True Nature, which is who you are. In these moments of freedom identify with your True Nature and retain some of that, returning to the realities of the incarnate life. People helping each other find moments of freedom enriches life and promotes awakening. Namaste.

#112 in Awakening II

### **10. The pendulum of awareness**

Nov. 4, 2016

JANU: The awakening mind becoming more conscious of the oneness that has always existed is an interesting phenomenon. To the awakening mind this is new uncharted territory, so to speak. To the True Nature, which includes the human consciousness, the only thing that's new is the next experience. The facility to shift focus, identity if you will, from incarnate to the total you and back again is part of awakening.

We would have you understand that the seeming dichotomy in consciousness is the pendulum, once more, of awareness. The great seers and sages of all human history were capable of this. Not all masters of it, but evolving in that direction, as are those on the Earth completing their journeys. It is sometimes not easy to recognize these changes, but they do occur.

Duality mind might suggest you are one or the other, human or True Nature. The truth is you are both. And, in the larger understanding, all of this is who you are. The minutia of realities is, of course, available but the primary interest here is the principles. A clear and aware consciousness is the vehicle for exploration and discovery. The content of life is one thing, our brother, the nature of it another. Consider this carefully. Namaste.

#116 in Awakening II

### **11. Being conscious as a divine being**

Nov. 29, 2016

JANU: This current exploration of yours is ours as well. Becoming conscious as one is a grand awakening. No longer just a human identity with a divine nature, but one reality, whether incarnate or not. It is a daring leap of faith for a human being, identified as such, to let go of that as a single identity and become something larger, more inclusive, of a divine being of many experiences and capabilities. An eternal being with identities that come and go, but all leaving their impression, their pattern in memory and beingness. So, you see, being conscious as a divine being adds to the human experience, enriches it, and opens the door to grander possibilities, while incarnate or in any other reality.

So much of the terminology used by human beings is a product of the veil and separation consciousness, which creates an exclusive world of physicality and limited reach. This is not a trance state, but a conscious one. True identity and true being is supporting the human experience, recording it, so to speak, while gaining wisdom and understanding. Many other such patterns of life remain with you, our brother, and with us as well.

Life is a vast resource of accumulated experience, wisdom, and understanding, creative ability, memories and patterns. A living library, if you will, beyond

comprehension, and you are a book on that shelf, on the shelf of that library, growing, expanding, enriching life, as is everyone. Being conscious as a divine being, our brother, includes your human identity as well, the page or a chapter in that book. Allow yourself to experience full consciousness, not separate from human experience but including it, a divine being during any journey. We are one. Namaste.

#130 in Awakening II

## **12. How completely do you know who and what you are?**

Nov. 30, 2016 B

JANU: Wondering as you do about the nature of life within and beyond the physical, we would suggest that your attention or concentration be on the reality of the physical being one with that which is not physical, in the common meaning or sense. Taking a position of one thing separate from another diminishes an understanding of the reality of either one. Everything in the physical-only point of view sees only form, borders, limitations, and some relationships. Taking this unified view reveals the true nature of a larger reality that includes the physical. For as you probe the reality of the physical, you discover elements co-existing, with correlation. The questions left unanswered by physical appraisal only of the nature of life become more clear.

When embracing the nature of the so-called physical, it is having non-physicality as part of its nature, its essential reality, its so-called substance. Science has learned some of this. But witness the two referred to earlier on the media, able to move their hands through objects, de-materializing and re-materializing what their attention is on, to read the mind of another, no longer convinced they cannot accomplish these things and many more. And that is the difference, our brother.

How much of one's life is shaped by their sense of reality and unreality, of the so-called laws of physics, or the social point of view as to what is possible and what is not? Merging the so-called physical life with the subtler life opens the consciousness to unlimited possibilities, which has always been available, attainable, and part of the larger life. Who and what are you really? How complete is your understanding? A worthy question to ponder, our brother, and awaken to. Namaste.

#132 in Awakening II

## **13. Opening to the presence of who you are**

Jan. 10, 2017

JANU: We are exploring if you will the subtler realities of life, mainly the relationship and conditions of existence between the True Nature and the incarnate consciousness. How does a physically oriented incarnate consciousness, identified as such, embrace, sense, and understand their nature that is more than these? Moments of identity shifting reveal through experience that presence of non-physical reality that you are. Letting go of the somewhat isolated human identity to something that is so much more, not to the exclusion of the human experience, but embracing it and encompassing it. The difficulty, the challenge is to embrace the experience without comparing it to physicality, even though it is present, has a relationship with, a direct connection to the human ego.

Now, how does one describe the presence of a thought and explain its reality? Some attempt to by analyzing the brain, but the brain is an interface, our brother. It is the mind we speak of here, that exists whether incarnate or not. Yet the two are contained as one for purposes of understanding. What is the source of a thought? How can it exist? What of an insight, a revelation, a blessing? Awarenesses not to be explained physically.



The challenge here, you see, is to accept that the incarnate experience is a product of, a result of non-physical consciousness, a mind in harmony with the nature of life. An incarnate consciousness, by the veil, sees itself as a separate reality, on its own. Its whole world and being understood and described as a separate being, unaware of the connection with the rest of life.

So, what is your frame of reference to shift to an embrace of a larger identity? What is your model for becoming and remembering? Of course, your model is who you are. Awakening serves this, you see, revealing its significance, its importance to what we are discussing. The truth has always been there, our brother. Namaste.

#149 in Awakening II

#### **14. Experience the presence of your True Nature**

Feb. 2, 2017

JANU: We are encouraging then that which belongs to a consciousness of presence of the totality of being. We encourage this experience for those in doubt, uncertainty, confusion, and isolation. The presence in your consciousness, in your awareness, of the rest of your being—Yes, that's correct. Your True Nature, all that you are—is a wholesome experience that reunites everything of who and what you are. Your potential, your creativity, your experience and wisdom. You become aware of and connected with the True Power of Life in the face of apparent power of circumstance.

In the presence of the true power of your nature, nothing seems impossible. And, yes, you sense that you own what you desire, what you can be, what you can understand and know. The Truth of Life becomes yours. The truth of who you are becomes yours. The truth of others becomes known, without judgement or condemnation but with understanding. Fears disappear, for all fear is based upon being separate, being disconnected, being alone. When filled with presence of who you are, fear has no place. It is replaced with understanding, with direct experience.

Some will ask, "How does one achieve this?" Even in the smallest measure, even for just a moment, love it into your life, our brother. You now have a focus to return to, amplify, extend, revisit and hold dear to you. Why would you want anything less?

Experience and feel the presence of your own True Nature and its connection with all of life. See more clearly than you can ever remember. Find peace that is vibrant and self-sustaining. Reach into the Light that lives within you, again and again until it seems natural and as constant as you desire. Namaste, our brother.

#155 in Awakening II

#### **15. Intimacy 2**

Feb. 2, 2017 B

JANU: We say "Welcome" to that which is described by two words: We are one.

The Truth of Life, our brother, exhibits much intimacy. Oneness is an intimate reality. Intimacy does not require a loss of identity, but contributes to the evolution of identity. How many truly explore the depth of what they hold as their identity? Life in motion includes identity, you see. Identity from the human perspective is somewhat isolated. Life is more than one perspective and identity changes with awakening.

Profound reality is what we speak of here. The intimacy of oneness is a very personal experience. It flourishes when at peace. There is no part of you, memories, experiences, attitudes, philosophy, principles, that is not known. Intimacy with life reveals everything and no fault is found, no condemnation, only the love that supports

and embraces everything. Allowing yourself to experience true intimacy in the presence of your own being, the True Nature, is part of the path of awakening.

The Family of Life is everywhere. And, in a larger truth, so are you, by way of the intimacy of your True Nature. Each one's capacity to understand, awaken, love, and embrace life is greater than they know. Your life is not limited to human experience, even though it seems so. When observing the many conditions and realities of the human condition, of relationships and social norms, where are the alternatives, the models for living, the wisdom that honors and unites differences into a humanity becoming one? These models exist, our brother. The understanding is there. Find intimacy with the Truth of Life in the presence of your own being. Namaste.

#156 in Awakening II

## **16. Universal being or identity**

Feb. 17, 2017

JANU: We are moving along the path of awakening and service, reaching out into the depths, so to speak, of the meaning of life and its endless opportunities—some call challenges—to evolve, to master, to become one with.

Identity shifting is a grand one for a sense of identity limits you to that identity. So what term would best describe or represent unlimited identity? Being one with life is a good beginning, for that includes all perspectives, all so-called identities, all understandings, all wisdom and knowledge and True Power. The glue that holds all of this together, our brother, is a love of Life, of which you are a part. The peace we speak of so frequently is an element of this. I am, We are one. Being one with all of life plays no favorites, no comparisons, no good or bad. Pure Being, a subject we have alluded to but never moved this closely to. A grand opportunity, our brother. Being a consciousness no longer limited to any identity, called 'universal being.'

Identifying your consciousness as one being or another, one reality or another, limits you. This is not a bad thing. It helps you explore a reality, being intimate with it. But it limits you to that reality at the same time, our brother. For some, a sense of identity is also a sense of security and familiarity and purpose. All true, but limited. So, when asking yourself the question "Who or what am I?" consider carefully any limitations you are programmed by the example of others to accept. This sheds a larger light, does it not, on the words 'freedom' and 'peace'?

Dwell on this. Grow in your experience of its presence, its reality. You will not be the first, or the last. It is the path of awakening. Namaste.

#163 in Awakening II

## **17. Inclusive reality**

Mar. 7, 2017

JANU: We are sequencing, then, that which belongs to the arc of time into a unity that transcends but includes the elements of such. We speak of awakening as a process, the processing of elements that build a foundation of understanding, compatibility, and the reality of oneness. Let us now delve into that which is inclusive reality.

Human separation consciousness explores life with boundaries, limitations, countless identities and descriptions, personalities and egos. Strange it seems when one is presented with inclusive reality to where it is all of that, previous perception applied or exists. It still exists, our brother, but is included in a consciousness beyond identity, but includes all identities, and all possibilities. Focusing upon one element of inclusive reality

is still valid, but the perspective includes so much more. The oneness describes the connection, at all times, between all elements of inclusive reality.

Therefore, where does the human perspective of identity come into play? Inclusive consciousness is what we speak of here. Linger as this. Be this. Your world of consciousness no longer subject to injury, dissolution, the so-called ‘ravages of time.’ You become, you are, timeless limitless being, no longer requiring individual identity, that being only a small portion of your reality. You are more alive than you have ever been, in your awareness, for you are one with everything.

We don’t just mean the so-called ‘fifth dimension.’ We speak of beingness beyond questions and answers. Inclusive consciousness includes all questions and all answers. They are always present. You are part of each other, freer in consciousness than you have ever known. Linger in this, our brother, as the journeys continue. Namaste.

#173 in Awakening II

### **18. Exploring identity**

Mar. 24, 2017 B

JANU: The trajectory of the human journey encompasses many journeys of identity. As humanity awakens to its True Nature and more and more what that means, the perspective and experience of many incarnations, not always human, will be resource. Not easy to manage at first, but will help a great deal when exploring other worlds and species. Awakened humanity is the composite of many identities. When traveling abroad, parochial views give way to other perceptions, other realities. Such will be the case when an awakening humanity engages other worlds and other realities.

Being prepared for these changes is one of the functions of these many journeys. Your frame of reference for appreciating and interacting with other perspectives will be visited by many changes in your sense of being. Personal experience is only one of many sources. The experiences of others can be appreciated when letting go of the limitations of identity, or only one identity, we should say. Identity that sets you apart from others sets you apart from their experiences as well, their wisdom, their perspective.

Consider the path carefully of the meaning of identity and its range of possibilities. Explore this as well as your own. Namaste, our brother.

#182 in Awakening II

### **19. Self-forgiveness and self-love**

Apr. 6, 2017 B

JANU: Many have within their consciousness memories, present and past, what they call regrettable conduct, interactions. Lingering, condemning oneself, to varying degrees, as unworthy of loving oneself.

Self-forgiveness is part of the art of self-loving. The larger, more powerful reality in everyone’s nature is self-love. Allow the compassion that Life has for you, which is eternal and all forgiving, to be your own. Emulate that reality. Be the channel of this quality of being that is your nature. Be the instrument of inspiration to others confused in this area. Be what they have within them that seems unattainable through self-forgiveness and self-loving. There is nothing in your memory that condemns you.

Awakening to the larger reality of who you are and why you are and your potential to create beauty is available to everyone. Self-forgiveness and self-love go hand in hand. Allow the experience. Own it. And feel renewed. A fresh start, if you will, that is valid. Some use the phrase “born again.”

Be a living example of the freedom of renewal through these two experiences. Let your inner sight reveal to you this model for living. Stand in the truth of this and encourage others by example. Love each other in a new and deeper way that brings true freedom to the consciousness. Namaste.

#189 in Awakening II

## **20. Patience and peace allow for a richer awakening**

Apr. 26, 2017 B

JANU: The realities of incarnate life tend to obstruct the view of the larger life, the larger reality of your being. This is intended to be so, for a time. It focuses the consciousness on identification with the incarnate life, to endure its challenges and opportunities. The degree of this changes with a growing relationship with the consciousness of your True Nature and the rest of your being. As understanding filters through and quickens the larger realities in your understanding and experience, your identity expands, slowly so that the attention on the incarnate life is not dismissed, and the entire reality of your being includes everything. Applying the awakening understandings to all of your existence reveals the 'jewel in the crown' that you are.

We speak in this way to encourage the evolution in consciousness and the merging of the many realities of who you are. Peaceful movement into the Larger Life helps ensure the continuation of the opportunities of incarnate life but with greater depth, mastership, and service. Peace is referred to so often for this reason. Patience allows the enjoyment of the wonder of this journey to the fullest. Move too quickly and these are missed, not allowed to have the influence they are there for. So the awakening continues steadily, but fully as well.

Add to your awareness, to your consciousness, to your wisdom, to your experience, dismissing none of it. Your quest is not founded in phenomena of awakening but the richness of it. Thank you, our brother, and namaste.

#201 in Awakening II

## **21. Understanding awakening**

May 15, 2017

JANU: Let us presume for the moment that integrity is a key word or reality in the forming of meaningful journeys. Employing more of your True Nature, your total being, as emphasis changes in the experience brings into view, brings about patterns of life and experience that are sustainable and catalysts for reaching into the larger life.

You would ask, "How large is life?" Cannot be measured, our brother, for it is ever expanding, a journey without end but ever richer.

Let there be no mistake, then, that reaching into the larger life is a journey into integrity. Fanciful variations have their own form of integrity but are limited. These are patterns, cycles of anomaly, with beginning and end. They are a part of life but journeys that circle in on themselves, as with all fanciful identities and perceptions.

Now, integrity, our brother, is not a rigid concept or philosophy. It is in motion as well. But it is in harmony with the flow of life and is sustainable. Discernment and recognizing fanciful anomalies comes from integrity. That is unlimited. Rely on this core understanding as we journey further into the larger Truth of Life. Namaste, our brother.

#210 in Awakening II

## **22. A universal perspective**

July 21, 2017 B

JANU: When considering one's station in life, meaning their circumstance in every way, one needs to consider the beauty and the ugliness as self-described, not only in others and circumstance but within as well. Now, can one truly evaluate themselves and others without this? Life itself allows all of this and registers it all. Embracing yourself and others, and your circumstance and theirs, in the manner life does is an ideal worth pursuing. It transcends duality, right & wrong, good & bad. Love replaces fear and doubt and confusion, for it is the vehicle of insight, peace, and understanding. Judgement occurs in the midst of preferences, for preferences do not allow all faces of life. One can take a different journey of experience and expression without finding fault with another's. Like countless blades of grass, life has a tapestry, yet the lawn is beautiful and endures while consisting of the differences one blade to another. Namaste.

#260 in Awakening II

## **23. Shifting identity**

July 24, 2017

JANU: We are exploring further possibilities on these journeys. The unifying consciousness of the totality of being is another threshold of larger adventures.

Advancing the reality of True Nature consciousness reveals that incarnate human existence has many possibilities beyond the birthing process. For those of sufficient consciousness, manifesting a life in the human experience is accomplished in different ways. The so-called 'walk-in' is one. Manifesting a physical existence is another. An existence where appearance and disappearance, moving in and out of direct experience in the physical allows for a freedom to explore many unknown realities of varied experiences.

The identity becomes more flexible, adapting to various interests and explorations. Serving life becomes more varied and effective. The whole understanding of identity expands. The question "Who are you?" has deeper meaning. Identity is still a challenge in perception shortly after leaving the body. More than just who you are as a human being and your True Nature. Many other possibilities for exploring more of life.

This is part of awakening. Identity can shift in a moment, not limited to one sojourn, if you will. The question is not "Who are you?" but "What do you want to be?" Even the word 'who' is a limitation.

So let us explore the reality of this, as you continue to expand your identity. Selective but more inclusive at the same time, you see. Namaste.

#261 in Awakening II

## **24. Intimacy and respect balance each other**

Aug. 10, 2017 B

JANU: Pushing away, then, notions of isolated incarnate life does not embrace the reality of it. The larger reality here is the inclusion of everything. Expanding identity means 'adding to' not 'shifting from'. Inclusive consciousness better describes what we speak of. The domination of one identity over another is still isolation, you see, limited identity. Part of the peace we speak of is not being limited to one part of life. Even between True Natures there is identity connection. How can it be otherwise in the reality of oneness? What we are moving into, in these exercises, is the freedom to be, at any moment.

Now, identity includes intimacy, our brother, awareness of yet respect for. Connection and oneness does not mean a loss of diversity, but the inclusion of it. Intimacy is balanced with respect, the honoring of diversity and even the protection of it. This allows any consciousness the freedom to be and explore life's many realities to their fullest. Welcome to the Larger Life, our brother. Be at peace. Namaste.

#268 in Awakening II

## **25. A fluid identity**

Aug. 24, 2017

JANU: Mastering the incarnate life in harmony with the larger life requires a maturity of perspective that finds balance between the two, that they really become one. The larger life has the ability to be one with many realities, each one with their challenges and opportunities. Such it is with the human existence. The complexities of identity become apparent. The shifting perspective can complicate identity. Assimilation of these variables lifts the veil by necessity. Perceiving life in a larger way broadens identity. Identity is fluid, our brother, but fixated by many by the roles of the human experience. A universal or more cosmic identity brings with it a greater freedom to experience, understand, and own more of life.

You ask, "Why have identity at all?" Because focus and identity are one and they bring intimacy. You're not a nebulous being, but you exist as a co-creator in the larger life. A fluid identity is your partner in negotiating at many levels of reality, expressions, existences. Seeing oneself as only one identity has its usefulness. But as one awakens, one recovers the freedom to choose. Finding stability, peace in a life of constant change and motion is an interesting challenge with many rewards. Namaste.

#277 in Awakening II

## **26. Relationships**

Aug. 25, 2017

JANU: Cementing relations with other beings has its challenges. Incarnate relations have their unique challenges. Non-physical relations are quite different.

The hardest difficulty is identity. Many different identities exist in the human drama, most of which are somewhat fixed. In the non-human realm, so-called spirit, identities are more far-ranging and fluid. In incarnate life, preconceptions exist between identities as to what can be established. In the spirit world or reality, what can be established is in motion and far more subtle in depth and scope.

In both scenarios, awakening serves these relations. Of course, there are protocols, issues of harmony and respect, dignity, integrity, and agendas. Incarnate life agendas can be difficult to identify and become apparent as the relations progress. The larger life agendas are formed on the go, so to speak, and evolve. There are common elements as well, groupings, but their bases for forming can be quite different. Incarnate life has proximity issues, distances, time frames. In the larger life, groupings are formed based on interest, experience, and goals.

So the question becomes: Why establish a relationship with an individual or group? What is your agenda? What do you hope to achieve? The question applies to the group or other individual as well. Behind all of this, our brother, is the life connection and individual and collective reality. Evolution, change, movement, exploring potential and realizing it, gaining wisdom on the journey, creating new life, new models, new platforms of life.

You ask, “What is life, then, to be understood, to participate in and with?” A big question, our brother. Words can only hint at, but relations are an expression of this in so many ways. So what is your relationship with life? What is its interest in you, and yours in it? Namaste.

#278 in Awakening II

## **27. Evolving identity**

Sept. 29, 2017

JANU: Elevating the consciousness above and beyond the clatter and distractions of the moment paves the way for clearer communication. Not to ignore the elements of living, but to put them into perspective. Choosing, then, the reality you experience is not denial of other realities, but brings clarity to the moment, allowing for intent to be focused and engagement to be more pure. Let us proceed then in this moment of choice as we begin to announce the overtures of peace made by the assemblage from the larger life.

Humanity is destined for changes as other realities of living come to the fore. Identities will be shifting to a larger reality of being, opening the way to more profound perceptions as to the nature one is. The new possibilities and capabilities will be revealed. Life is a continuous process, not to remain stuck, so to speak, but in motion. Humanity is and will be evolving. The nature of identity is shifting. Limitations of perceptions of appearance, of differences, stature, race, intelligence will become far less important. Perceptions of the True Nature of each other will replace these limited perceptions. Mutual caring and respect and honoring of each one’s abilities will take their rightful place in society.

The evolution of the elements of society is the result of the evolution of consciousness and the many characteristics of awakening. This vast resource from within is being discovered and put into play. Even the perceptions of what is important in your life are changing. “Who and what am I?” is the question of the moment. No one can answer this for you, except the Truth of who you are. Are you listening? Namaste.

#15 in Awakening into the Larger Life

## **28. Awareness that 'We are one'**

Oct. 31, 2017

JANU: Yes, we are one. Becoming more aware of this is part of the journey. The feelings and emotions are registered, life patterns, memories, thought processes. In a very real sense, our brother, your True Nature is incarnate. The only difference is the veil, to the incarnate consciousness. Experiencing life temporarily includes the veil in incarnate journey. Without this, the patterns of life that build understanding through experience would be more limited. Understanding that all that you are coexists in the incarnate journey as well, you see, becoming aware of this with a more fluid identity opens consciousness to so much more.

We are not suggesting here that the experience of the True Nature is limited to the incarnate journey, but includes it. The True Nature has simultaneous awareness on many levels, you see. This is why the single-minded incarnate consciousness can have access to so many realities through awakening. In some ways, your total being is like the Family of Life, not a single identity or reality. The limitations of form and identity are a small part of life, our brother. You are much more than this. We are one. Namaste.

#30 in Awakening into the Larger Life

## **29. Cooperation and collaboration**

Nov. 15, 2017

JANU: We are enumerating once more the benefits of collaboration between the elements of your being. Coordination of this nature is essential to the continuation of awakening for it reveals to all the elements of your being your collective True Nature, which includes your human journey. Collaboration affords each element of your being to benefit from each other, no longer relying solely upon each element's contribution alone. We will continue to pursue this understanding and experience. One can understand, then, the need for fluid identity as they discover that their human experience is only a portion of who they are. But the human identity is useful as well as the others for it is a contribution to the collective, the total of who you are.

Everything matters. What we explore here is the perspective of how that can be. This is not only true for your own Nature, but the collective of humanity, the collective of True Natures, the collective of Life itself. Coordination, collaboration, shifting identities to support the need of the moment. This is the foundation for understanding the larger life. The larger life is you, and you are it. Oneness once again, an unlimited reality to understand and experience. Be at peace with this. Namaste.

#36 in Awakening into the Larger Life

## **30. Exploring identity and beyond**

Jan. 1, 2018 B

JANU: We are coming together at this time in agreement with the elements of our being to begin the journey. Sorrowful for some, for it leaves the comfort and the solitary existence of limited consciousness. When asking, seeking, desiring a larger life, a certain growing maturity is useful. The identity of some is described by the smaller life. Reaching for something larger brings a discomfort to some not wanting to trade what they know for what they don't know. Know this, our brother: it is not a trade. It is an expansion of current awareness.

It returns us to the curious dilemma of identity, the 'who are you and who are you not' confusion. There is no final answer to that, our brother, that puts your life in a container of borders. So, identity is a transitional perspective from being identified with only part of life to all of it, to where identity has less and less meaning. The term 'identity' is defined by limitation. See the larger life, the larger experience as a greater measure of freedom to express as whatever you choose appropriate to the moment.

Who or what are you? A seemingly timeless question. In truth, our brother, you are whatever you are aware of, as you grow into the Larger Life. Thank you, our brother, and namaste.

#69 in Awakening into the Larger Life