

The Process of Awakening

These are attunements taken from the "Awakening II Associations and Collaborations" series. That series had to do with many aspects of working within the larger Family of Life. However, these deal specifically with the process of awakening itself. The first volume, Awakening a Series, is introductory to the process. The current series "Awakening into a Larger Life" is an expansion of the specific process of awakening. These are journeys that occurred between the two, and are pulled out here for ease of study of the process. See the pdf files of the other two titles for fuller information.

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1. Awakening includes all realities

July 27, 2016

JANU: The overwhelming desire by most to develop their lives into something satisfying and fulfilling has always been there, on the human journey. This calling within, this motivator is born of the True Nature. For the True Nature, our brother, that who you truly are, desired this human journey and it is reflected in this inner compulsion to fulfill a destiny. Returning to a conscious association with the larger you is a theme on this journey of awakening that is compelling. These discourses into understanding the larger truths, the truths within, are not arbitrarily imposed or inspired but come from your own True Nature.

Avoiding this by hiding within the smaller demands of living, the societal encumbrances, is a temporary distraction and is not the fulfillment of motivations to realize destiny. Yes, there are achievements in this course of living and have become companions on the journey. These societal encumbrances are temporary in the larger picture of the truth of who you are. Enjoy them as you may, but be aware that the deeper satisfactions, the deeper fulfillments that not only are more lasting and more enriching, remain with you.

These journeys into awakening are not meant to be a distraction from the human journey but a larger perspective for the human journey to be part of. Allowing physicality and the larger life to be consciously one in your understanding and your experience is a worthy desire. In time, you see, you perceive the natural essence of everything in the so-called ordinary endeavors. It is all Life, our brother. There is truth to be revealed in the nature of everything and is a key element on the journey of awakening, especially while incarnate.

But this is true for other realities of existence as well. Everything is connected, oneness a fundamental reality. Consciousness transcends and includes all of these. Taking the larger view of life includes the lesser views. Namaste, our brother.

#29 in Awakening II

2. 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

3. 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

4. Freedom from doubt and confusion

Aug. 5, 2016

JANU: Being unencumbered by doubt and misgivings adds to the strength of awakening. As you associate and collaborate with the larger family of life, be aware of this and gain confidence by observing the enthusiasm and commitment that they project.

Awakening from the human condition is challenging. The patterns of veiled experience, or existence, seem set in stone, if you will. Re-patterning is part of this change. Experience creates patterning in the first place; however, as you awaken you will recall and have experiences from before and from beyond. These journeys can seem sporadic at times, but old patterns of consciousness can obstruct. Choose then, our brother, the moments of success in your life, including these journeys, and re-pattern or build upon these experiences. Be open to the reality that all of this has been accomplished before and that life is a continuous experience of challenge, opportunity, and success. Focus upon past achievements and their presence in the memory of your being.

We journey as one, our brother. No need to be initiated by another lifestream, another being, but by your own True Nature, which is who you are. Journeys are taken in cooperation with others, but you are the captain of your ship, so to speak, and decisions are yours. Choose to think and feel, perceive, as a unified being, with all faculties in the mix, if you will.

The veil can cause one to think that ‘awakening’ is for the first time. It is not. It just seems that way. The total you knows otherwise. Identify more and more as who you are. This is true for everyone, to varying degrees. You are more than you know, and your True Nature knows this. Always return to this larger knowing where you find freedom from doubt and confusion. Namaste, our brother.

#36 in Awakening II

5. The process of awakening

Aug. 9, 2016

JANU: We are acknowledging being conscious as all that you are. This is a blanket description, if you will, of awakening. The faculties of the elements of your being becoming one, contributing to a collective consciousness with the perception that transcends many levels of reality, individually or simultaneously. Understanding life, those who live it, and, by way of this, more of who you are. This is not a transition of consciousness, but an expansion of it, a merging of it.

The ‘who you are’ identity requires no approval from another. It is your identity, regardless, and its beauty is inspiring, even to itself. Wherever you are in your human identity, this is yours to experience. What grander teacher to others than to be and live in the truth of your being! There are many others, our brother, with the same or similar understanding, living their truth, not needing to prove anything to anyone, but at peace with this and moving on. One does not become static to admire oneself, but moves on into the rest of life, expanding in every way, realizing that all expansion is described in your potential. Even life itself, our brother, is alive in this way.

Humanity has accomplished many things under the veil, but awakening enhances all of that. A horse wears blinders so as not to be frightened or distracted. Awakening gradually removes those blinders, as one matures into a larger reality of life and the vision broadens, as does the understanding. And you understand that, and see that, life is richer than you knew.

We seem to dwell upon these elements of awakening, but as we have said, awakening is a process to be absorbed and understood and be acclimated to. These steps are intended to be helpful. As you take part in this process, many others are as well, and slowly you become aware of each other and learn from each other and serve each other. It seems at first they are few and far between that share your journey, but in time you perceive, you realize life is rich with this. And more and more, any desire to return to the veil experience fades away. We journey together in this way and all are welcome. Namaste.

#39 in Awakening II

6. Understanding the journey of awakening

Aug. 10, 2016

JANU: Awakening, our brother, is an inclusive journey. It is not a choice against incarnate life, but a choice to expand it. Your interests and desires become more diverse, with greater depth, layers of reality, and a greater capacity for well-being on every level. All of your resources at play. The integration of the incarnate life into the larger life, being already a part of it, but in consciousness, you see. The larger life seems a mystery, but the incarnate life has mystery as well, yet to be understood and experienced. We tell you these things to broaden your view. As you embrace another truth that broadens your view, life responds by connecting you with that view that you may explore it more fully and in ways that open you to other realities. A mystery, our brother, is only something unknown to the one observing. But everything is known.

Building a foundation in this way of understanding draws you closer to the realities you consider and are drawn to you. In time, the distinction between incarnate and larger life fades as all that you are, integrated in your consciousness once more, becomes your identity and your world. And by 'world' we mean the sphere of your understanding, the reality of your consciousness. It seems, in your memory, that much of your being beyond the physical life, and including it, you have been what some would call a 'loner.' There are episodes of this in your experience, whether incarnate or not, but it is your way of focusing without distraction. Once understanding is achieved, you share it with others. This is your path of awakening and you hold no patent on this, so to speak, you see. Just one of many approaches to observation, listening, and contribution.

So, you see, awakening is not just the purview of discarnate life. Its potential is present always. You ask if there is awakening in the larger life. There is, our brother, for why wouldn't there be, if life is constantly evolving, expanding, and creating. So this journey of awakening while incarnate, and the lessons learned and achieved, serve well in the larger life as well, you see.

So the journey of awakening is ongoing, as is the journey of life. Making the transition from the body is not the end of anything, except that particular incarnate experience, and even the essence and memory of it lives on within you. So passing on is not a tragedy, in that sense, just life changing. As the commercial in your media says, or asks we should say, with a light touch here, "What's in your wallet?" What is your perspective? What is your take on life, on your life? Namaste.

#41 in Awakening II

7. Who are you?

Aug. 19, 2016 B

JANU: We are surveying then the opportunities to serve the awakening of humanity as requested. The agenda speaks for itself, meaning the opportunities available for humanity to awaken. Why not begin then with simple truths such as evidence of a larger life by way of unanswered questions that spring forth from within the consciousness having to do with: purpose? What lies beyond transition? Where does one come from? What is oneness, connection, eternal life? Where are the answers and how can I know what they are?

Consider then, each one, that you are more than you currently are aware of and the true you, the complete you, survives transition. And this survival includes pre-birth. This being true, how do you come to know who you are? The most powerful motivator and revealer at your disposal is loving who you are. That attunes you to, matches your consciousness to, the rest of you. Be as patient as the rest of you is, but endeavor consistently to become aware. Loving any reality of life attunes you to it, you see. Not to control it and manipulate it from a human perspective, but to know it, understand it, honor its integrity, its life, its destiny, its nature. The same applies to who you are, to what you are.

Awakening to this, our brother, is not through technique but through natural ability to become aware. The nature of life is profoundly simple. Your rational thinking mind anticipates complexity. Your spirit, your heart-mind, already knows and lives within you. That is where you own truth, our brother. Spend time in this way and listen, and you will hear and understand and be illuminated and come alive more fully. Thank you, our brother, and namaste.

#50 in Awakening II

8. 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

9. Refining your life

Sept. 2, 2016 B

JANU: We are encouraging at this time, at this opportunity, reaffirming the purpose of these journeys, which is to support one of many paths of awakening for the human experience. Rich indeed is the legacy of living, the record of which all can read. Games that are played to impress are seen through and even this provides understanding to the complexities of motives used by people. Some see themselves as teachers, in one form or another, and enjoy the podium and the pedestal. We do not choose to design a legacy here but legacies occur, described by those who take advantage of them, who benefit from them.

So what makes your life of value? Not your design, our brother, but the service it happens to bring. The legacy of those who truly served humanity was not their motivation. It was honing and giving what they had, as the natural order of life. So, how does one refine one's life? It is by caring for others, whether directly or not. Not for fame or fortune, but you are enriched in the same moment.

Awakening, our brother, is a path to refine one's life, one's consciousness, one's understanding, and commitments. The love inherent in all of this, our brother, does not have a name and has always been. Allow understanding beyond the rational mind. Truth and freedom are one. Refine your life in this way. Namaste, our brother.

#61 in Awakening II

10. Perspectives on awakening

Sept. 5, 2016

JANU: Awakening, then, to be considered from more than one point of view. A tendency by some to think of this as 'awakened' or 'not awakened.' Limited point of view for the reality of this is a continuous process. Even from birth, you see, becoming more and more aware of the incarnate life, your surroundings, requirements for survival, relationships, what there is to enjoy and avoid. It's all awakening, our brother. Awakening beyond the realities of the physical life is part of this as well. Awakening to identity not limited to the human experience is another adventure that's continuous.

Some would ask, "What is reality beyond incarnate life?" As one awakens, these realities become part of the incarnate life, integrated if you will and utilized. Just as there are realities in the incarnate life that exceed each other, so it is with the subtler realities of life. Now, the cycles of life are just that, beginning and end, so to speak, with cycles of repetition and modification. What we are getting at here, our brother, is awakening includes everything, every reality, every cycle of life, and the opportunities presented by these. The perception that leaving the incarnate life is the key to awakening is a misperception. Consciousness is, whether incarnate or not. Many examples in your history, in the human history, demonstrate this. The so-called 'great' beings, some you label as 'Saints,' savants, geniuses, 'saviors,' even while incarnate. Other worlds have these experiences as well, even though their conditions may vary from that of the Earth. But in due course, awakening brings more and more of this into view, so a perception that

the incarnate life and its current seeming abilities or capabilities somehow describe reality, the descriptions are incomplete.

Life is fluid, our brother, ever changing, growing, creating, changing from, changing to. Awakening is a growing flexibility in consciousness, in perception, in engagement, in experience. But the wisdom builds and is transferable across realities. How, then, does one pigeonhole, if you will, the reality of awakening? Rebirthing, physically, is just another opportunity for a new take on the opportunities of the past. For most, it takes many of these to find resolve to build a foundation of wisdom.

There are miracles, so-called, all around you. Many you have never heard of in this lifetime. They are not announced to the world; they just occur, when the conditions are right. Be not envious of them. Be grateful for them, for in subtler ways they are part of your life as well, you see, and are testimony to the wonders and realities of awakening to the larger life. Put your attention on what is at hand, with an open mind and heart. The destiny is the journey, our brother. Namaste.

#62 in Awakening II

11. Active listening

Sept. 16, 2016 B

JANU: We are speaking to the listeners who lend an ear, building trust in what life has to offer, which is the Truth, what some call the Light.

What is the nature of listening, then, with integrity and a revealing perception that lingers? It is being touched by Life, allowing the touching, you see, and experiencing the result, centered in your integrity and your love of understanding. As you may have discerned, listening is the theme here but the touching brings processes and absorption of patterns and relationships. So, listening, you see, is a very active experience, allowing for engagement and the process of becoming.

The True Nature is a channel, if you will, for more than its memories, but the memories that have been recorded in the natures of others and all of creation, our brother. Even your world has memories and records them. As you have experienced, creatures of the world do as well. Memories involved in listening also include your own, and not just of this sojourn, you see, but of many journeys and adventures. When listening is focused yet open, the memories speak to you, to be discerned.

This is a natural way of life, our brother. Active listening transforms your consciousness and connects you with more of life. So listen well, our brother, and namaste.

#73 in Awakening II

12. The temperament of awakening

Sept. 20, 2016 B

JANU: We are holding then the temperament of awakening. Now, we have said that it is based on peace and willingness of an open mind. Many find impatience, anger, and frustration in their seemingly unanswered questions as to the nature of many concerns. The temperament we speak of is one of harmony with the True Nature, an identity that grows into the larger life.

You naturally ask, "What is peace, then?" As we have said before, it is more than the absence of violence. Peace opens the consciousness to embrace, without modification or restriction, the Truth of Life, the truth of your own nature. For where is the wisdom, our brother, to employ the nature of reality into the affairs of carnal living? Awakening is not a departure from the incarnate life, but the path to fulfilling it.

When one observes a Master of their consciousness, the peace is unmistakable. There is a presence of mind, a radiance of being, and the seeming miracles of understanding, of patience, and a love beyond description. When one touches the hem of that garment, miracles happen. One does not achieve this to be demonstrative or draw attention. It is a path of service that raises the consciousness of humanity and requires nothing.

Being at peace brings balance to the systems of the body, the energetic realities, the consciousness and the whole being, allowing communication between all of the systems, the reality of who you are. This is what ‘attuning’ means, our brother, all that you are, being as one. New thresholds are revealed, realities of life, possibilities of being and becoming, and a loving insight into the reality of humanity. Your thoughts and understandings are in perspective and you realize that everything is all right and can change. Namaste.

#75 in Awakening II

13. Why or why not awaken?

Sept. 21, 2016

JANU: Yes, some may say, “Why not awaken?” and others, “Why?” We should say this, at this time, “The choice is yours.”

Now, awakening is a natural evolutionary process. Marches on whether focused upon or not. The awakening process we speak of is the removal of impediments to awakening, a natural occurrence, the way an awakening life improves. The desire, so to speak, of your True Nature, of your consciousness becomes more realized. This is not an imposition on you, but a freeing of what lives within you, and by that we mean your quest to live, be, create, explore, and find meaning.

Life is a co-creative experience. The fields of creation exist everywhere, every reality, and your nature is as co-creator, and you are Life itself creating after its own kind. Being asleep to this is a freedom as well. A time to reconsider, start over if you will, explore life from a different perspective, or rest so to speak.

This incarnate reality is but a moment in the larger life, but a valid one. Instinctual revelations are guides patterned in your journey, sustained by the larger you. Elements of your True Nature exist throughout your incarnate life but are not recognized for what they are, taken for granted in most cases, attributed to the ‘mysterious unknown,’ considered unknowable. Everything is known, our brother, including you.

Many struggle for achievements based on the smaller life they’re aware of. Insights appear and are called ‘miracles’ and left at that, especially in unguarded moments. Longing to understand, many consider awakening and wonder how to begin. The truth is they’ve already begun by placing their attention on that reality.

The True Nature is not some far off thing but is at the core of your being. Every moment of your life is known and recorded. The True Nature misses nothing, but contains the wisdom and knowledge of all you have ever been.

We are attempting to paint a picture here of a portion of the life that you are. Getting to know yourself and to expand your identity to this larger reality is a good beginning. Many have gone on before you. As a matter of fact, you have walked this path before and may walk it again, should you choose to. When reviewing your memories, at times you say to yourself, “If I had but known, I would have walked a different path.” At times, the path you choose is to experience the experience of others, to understand them,

or to understand more deeply the paths you have walked before, gaining all the wisdom you can from each opportunity.

Life has many layers of simultaneous existence, of reality. Incarnate life is only one. The questions of “Why or why not awaken?” have very large answers. Take the journey and discover them. Namaste.

#75 in Awakening II

14. Examples of awakening

Sept. 21, 2016 B

JANU: Examples of awakening come to the fore when presenting the reality of this path of evolving consciousness.

- An early example is the recognition of familiarity with another, without knowing why.
- Another is the ‘déjà vu’ experience, of which there are many examples.
- Another example is a moment of peace or joy, of happiness for no apparent reason.
- Another is profound peace.
- Another is understanding something you or another are curious about, seemingly out of the blue.
- For some, it is praying for another in their time of need and they find themselves blessed with remedy, with recovery, with a healing.
- Simple solutions to complex problems is another.
- Knowing the thoughts and perceptions of another living creature, whether human or not, is another.
- Communicating with your True Nature through the sharing of thoughts and energies.
- Insights into living from old memories of previous life is another. Memories of existences, whether of the Earth or other worlds, with clarity, even if only for a moment, is awakening.
- Moving objects without effort is another.
- Loving a plant and watching it respond, loving any creature and having it draw nearer to you is life speaking to life.
- Loving something into being reveals creativity and life responding.

Connection, oneness, service, the love that binds life, examples of awakening are everywhere, our brother. Choose to notice them. They will build your confidence and transform your life. Each one holds the promise of something more to discover. You are a living miracle. Choose to discover why. Namaste.

#77 in Awakening II

15. The beauty of awakening

Oct. 3, 2016 B

JANU: We are agreeable then to engage your deep desire: the awakening of humanity to more and more of its True Nature, the Divine Within to some. Looking for relateable meaning, the peace that so many wish for, the clarity of mind to understand what lies before them and within them, to have a growing sense of not only what’s to come but how to improve their lives and manifest their dreams. Some call this freedom, sovereignty, the path of mastership and service. The more you understand and know of

life and your own nature, the more you love and embrace it all and understand each other. Honor each other's existence and freedom.

Economics rules so much of human society, not understanding that the power to create isn't based in finances. It is an intimate connection with creative realities of life itself. These exist on many levels, waiting to be employed. If life can manifest the universe and more, think you not that life can manifest, through the application of consciousness, love, and wisdom, all of your needs through wise opportunities and choices?

Yes, humanity functions and survives, but just barely when observed from perspective of greater consciousness. Your life is not at the beck and call of circumstance in incarnate realities. Why allow it to be? Integrate the larger truth of who you are with this limited, temporary human existence and manifest something miraculous. Share the truth of this with others by living it. Example is a great teacher that others can understand in their own way.

This series of journeys exists for this reason, and more will come as needed, encouraging individual inner journeys and awakening. The greatest teacher you will ever find is who you truly are. What would have your interests cherished more fully than your own True Being? For what else understands your heart and your desires more fully? This is awakening, our brother, and is unique to each one, according to their place in their own evolution. Timing and manner is the prerogative of each one. This we support and encourage. There is joy in this and wonder, peace and fulfillment and life. Namaste.

#85 in Awakening II

16. The awakening life

Oct. 4, 2016

JANU: We come together again as one in the consciousness. We support this journey of awakening. Coupled with awakening is living life. The evolutionary changes go hand in hand with the progression of awakening. They are one. So one does not awaken just for the sake of it, but as part of the forward motion of living.

Let us look, then, at a profile of the awakening life: A greater clarity of decision-making; of choices; of commitments and follow through; of explorations; of seeing, experiencing the beauty behind everything. The awakening life has a greater reality to it, a sense of presence and a growing connection and heritage with what life has been and is becoming. An awakening life embraces opportunities not perceived before. And yes, creates them as well, through the design of potential in the imagination, the creativity, the enthusiasm for living.

How often does one perceive each beginning of the day filled with expectation, wonder, and the marshalling of the consciousness, the energetic realities of being for engagement? Or is one day pretty much like another? Life allows either, our brother, and the power to choose which.

Understand this: the physical body, which is also an energetic body, responds to the consciousness. Feeling 'pregnant with life' supports giving birth to vitality within all the systems of the body, for they are needed, you see, to be in harmony to fulfill the designs, to live and create. The awakening life sees no limitations, for the realities of one element of life are connected to the realities of others. The physical body is not separate from spirituality. The physical life nurtures the spiritual life with experience. The spiritual life nurtures the physical life with potential, vitality, and limitless resources.

Love unites all of this, our brother. It is the constant. And because of the variety, the diversity of the natures of reality, so is love. What an adventure on its own, to discover and experience the range of the realities of love.

So how does one bring into focus in the moment such vast reality and possibilities? By exploring what lies before you in the moment, and plumbing the depths of that reality and what it is connected to, for life is revealed in the micro and the macro. How can it be otherwise? Becoming more aware of your own True Nature leads to this. Namaste.

#86 in Awakening II

17. Aspects of awakening

Oct. 6, 2016

JANU: We are encouraging then at this time the formation of a personal strategy of awakening. Now, by ‘strategy’ we mean an approach, a conditioning of acceptance, a willingness to engage the opportunities that arise and assimilate revelations. This is what we mean by “affecting change” rather than just waiting for it. Change is a function of desire and need and preparation.

You ask, “How then does one condition themselves to awaken more fully?” By incorporating the process as a model for living, by expecting it, and by honoring it with gratitude as it occurs. So, you see, our brother, awakening doesn’t just happen to you. You happen to it. Awakening is more a condition than a thing, the power of decision-making, deciding to understand, to experience, to know, to be capable of. Making decisions to proceed in life does not mean not making decisions to change those, to redirect, modify, to enhance, or replace completely. Change occurs when reflection upon outcomes reveals different points of views, different perspectives, different possibilities.

There will always be choices to be made, for life is filled with options which are revealed as engaged. Reach into your potential with your imagination, your inquiries. Know with a certainty that more is possible than you are aware of at any moment. Every part of your life is subject to this. Choose to see alternatives, possibilities, in any circumstance. Feel more alive today than yesterday. Breakthroughs in understanding, large or small, revitalize, bringing greater peace of mind and confidence.

Do not dread or fear change or revelation. They just mean you are growing. Your life is in motion. The details come and go as changes pass through you, through your life. Be mindful of the results of all of this. At times life appears stagnant, stuck if you will. Use those moments to reflect, to process, to assimilate, to be ready for the next change, the next insight, the next opportunity to enrich life. There will always be more, our brother. More peace, more love, more enrichment. Namaste.

#88 in Awakening II

18. Potential

Oct. 11, 2016

JANU: What is potential, then, to be realized, manifested, experienced, expanded upon? Even your universe has its potential, but to the finite mind appears unlimited, even beyond the term potential. This is perception, based upon current consciousness. Even the fields of creation have their potential, but the reality of potential is so far beyond verbal description it can only be hinted at. Even the Now consciousness of past, present, and future is one with potential for these three perceptions are expressions of potential. So where is the wisdom in the perception that some expression of life is not possible? So

much more is possible, our brother, than the finite mind can embrace or imagine. Yet it exists. It is a reality. For any practical purpose, potential is unlimited, as is life.

You ask, “Why know this?” Knowledge, our brother, frees imagination and creativity from any sense of limitation. To know there is more places what is known on a footing of ‘continuing to explore is never futile or without merit.’ Your thoughts and experiences can always expand. This is the beauty of the reality of potential, realizing that incarnation is a very small part of who you are and what can be. Not only what can be, our brother, but what already is.

Allowing your consciousness to touch more of life is not unlike the journey of embracing more of who you are. You are an expression of life, without limitation of potential. Allow all of your being to be known to you. It is a part of the process of awakening and, needless to say, as you can absorb and remain balanced and at peace and can assimilate the understandings. Awaken to your own potential. Namaste.

#92 in Awakening II

19. The application of awakening

Oct. 12, 2016

JANU: Much groundwork has been laid, as preparation for an understanding of awakening. As we have said, awakening is a continuing process. The purpose of these journeys is refinement, enhancement, focusing, and understanding. Awakening is to become more aware, not just to understand but to apply the Truth of Life to your perceptions, your decisions, your choices, your changes.

Becoming a conscious expression of the True Nature of life, whether physical or not, is the path of mastership. Not to be set apart but to serve. What is service, then, but enriching life? Expanding it, deepening it, fulfilling it. Not just the lives of others but Life itself, no matter the expression. The tendency is to consider serving others, for this is what the human consciousness is most familiar with and identifies with. But life is vaster than that, even in the Earth, with the creatures and the Earth itself. Consider then carefully every part of life that serves you, makes your journey possible, supports your vehicles of consciousness. Meaning your body and all of its systems, the energetic realities. They are the nature of physical reality.

It is one thing to learn and appreciate the mechanics of life, the structures, creations. It is another to be one with the natures of all of this without preference. A wholistic approach to your awakening process broadens your conscious involvement. Witnessing life-processing work in your own life helps you recognize the reality of this in others, all creations. There is a dynamism everywhere. All of life is in motion. How can there be evolution otherwise? Explore, become aware of the nature of your own existence. Even at peace, in the so-called quiet times, be conscious. Namaste.

#94 in Awakening II

20. Journeying into the light of who you are

Oct. 13, 2016

JANU: We are summarizing the advantages of awakening to your True Nature. Let us begin by saying you have always been one but temporarily unconscious of it. As you gain wisdom into the nature of life and your own existence, you begin to perceive the benefits of merging, in consciousness, your incarnate life into the larger life that you are. This journey of awakening carries wisdom within it, taking nothing away from the nature of the human journey.

Now, awakening within incarnate life has its equivalence in the larger life as well. Experiencing the journey while incarnate teaches valuable realities through experience in discovery. This does not end when leaving incarnate life. It is only one step in the larger reality of discovering. Too often, the model of understanding only includes physical life, human identity, and some vague notion of spirituality, spiritual existence. The human experience is one piece of an immense puzzle picture of reality, rich though it may be, valuable though it may be. Awakening puts everything in perspective, gaining the wisdom, the maturity to refine the incarnate life, experience more of it or any other reality of discovery you may embark upon, whether incarnate or not. Even in the incarnate life, with the so-called veil in place, the inner passion and desire to discover more plays its role. For it is a fundamental pattern of life to evolve and expand, include more, have questions and find answers leading to more of the same. Awakening is the path of discovery, no matter where you are in your reality.

You ask, "What of health and well-being and the many deficiencies in this area in the incarnate life?" Awakening reveals to you, through insight and intuition, the cause and effect realities of choices, behavior, emotions, attitude, philosophies, passions, and well-being. How all of these are connected. When one is ill physically, it is more than a physical situation, you see, for the rest of you is connected and involved. Awakening reveals this. Not only the circumstance, the connections, but the resolution of these.

There is always a deeper and larger truth in any reality. Allow yourself to know this and employ it. There are more miracles, miraculous realities in the tapestry of life than you know. Why stumble in darkness when your inner light can show the way? As the website of this content suggests, journey into the light of who you are. Namaste.

#95 in Awakening II

21. Awakening, the great healer

Oct. 24, 2016

JANU: The best antidote for fear and confusion, frustration, anger is understanding. The awakening process, the awakening experience is a growing healer for troublesome emotions, conditions of consciousness. Awakening is the great healer, not as a separate thing but personal experience, the lifting of consciousness, discovering the true nature of any part of life. Yes, even the healing of the physical conditions, so-called disease, disturbance, injury, physical, psychological, for all of these are a product of misperception, confusion, mis-creation, circumstantial involvements.

Awakening brings balance and harmony. In finance, one can see opportunities not seen before. Not only external ones but internal ones as well. Insights into capability, intelligence, inner strength. The lifting of crippling doubt and misperception. Communication with the body in diet and exercise. So many maladies of the human experience are the result of choices and engagements, unwise or preferred outcomes. The natural condition of the body is perfect health. The body returns to this when allowed to do so. So, what is healing, then, our brother, but the return to balanced order, function, symmetry, peace, coordination, connection, integration of consciousness, understanding and its application.

Everything you need to fulfill a desire is known and can be known. Even outcomes of decisions can be anticipated, for better choices. Potential outcomes are a reality. Be sensitive to insights, intuitions, hunches, if you will. Probe their meaning. Past, present, and future can be understood and explored. The reality of healing exists for everything, not just health, our brother, in the physical.

Awakening is the great revealer and healer. Your True Nature not only knows this, but understands it and will guide your progression. By 'you,' we mean the human you. Choose understanding and a larger and deeper relationship with life. Be who you already are. Enjoy life through discovery, realization, and a love for its magnificence. Discover the brilliance of true peace. Namaste.

#103 in Awakening II

22. A conscious path of awakening

Oct. 25, 2016 B

JANU: Setting foot on the path of awakening as a conscious choice can be a bit demanding, depending upon your desires. This is why we encourage patience and peace, allowing for the assimilation of new experiences and understandings. The tendency to set time limits for goals and achievements is a time/space phenomenon based on limitations of one sojourn. But the journey we speak of, our brother, is larger than that but includes all of that. Making changes in your life by way of your choices is part of this path of intentional awakening.

Always be mindful of self-imposed pressures to achieve. Awakening is a liberating and peace filled journey. Every moment of every day has its connection to this. Awakening is a natural process, self-perpetuating by way of achievement in consciousness and life experience. The wisdom gained clears the way for confidence to achieve more. Awakening is a way of living and there is no timetable required for this process to continue, other than what you impose.

Life flows, our brother, and so does yours. Honor the life flows of others—and not just people. Judgments can be distracting and alter the journey. Grow in sensitivity to your energy patterns and their ease of movement. Many achievements are a continuation of past experience and wisdom gaining. Allow these as well. Hold on to your values and integrity but allow them to evolve as well. See the life flow or motion of life in everything.

All of existence, our brother, has its integrity. Gain your insights; make your choices; engage life as you choose; allow yourself the freedom to make course corrections, if you will, free of self-judgment or condemnation. Journey in peace, and namaste.

#105 in Awakening II

23. Understanding limitations

Oct. 26, 2016

JANU: We are Janu speaking, unencumbered by limitations that seem so routine for the incarnate life. So let us explore the merits of incarnate limitation.

Time is a constraint allowing process to unfold and fulfill itself. Breathing rate is a limitation. It matches the capacities of the physical absorption process, lungs if you will, oxygen uptake, the body processes. Weather is limiting. Solar radiation, gravity, emotions, light and color, and, yes, even understanding. Without these limitations, how would incarnate life function in its current state of evolution?

So it is for the awakening process. It has its limitations appropriate to the evolution of incarnate life, personality, ego, and understanding. Recognizing the need for limitations that are evolving is part of wisdom, our brother. Understanding the incarnate life includes this as well. Patience with each other, caring and understanding have their limitations as well, but these vary. The so-called great ones in your history had their

limitations but they embraced them and evolved them with the greater wisdom, memories, and understanding of the larger life, the True Nature.

So, as you awaken, evolve your consciousness by embracing your True Nature, its capacity for love and understanding which is evolving. Your True Nature has always been your partner in your incarnate journeys. It understands the limitations you perceive in awakening, recognizes their merit, their safeguards for progressing sanely in balance.

All of life has protocols, so-called boundaries. Harmonious balances, yet at the same time co-existing; self-determination and choices. Limitations are feedback on your awakening, your maturity, your wisdom. They are not fixed; they are in motion. They are part of the life that you are. Understand their messages, mirrors of your consciousness as a co-creator. Life is a symphony, our brother, and everything plays its part. Be one with the music. Sing your song, always learning new melodies as you grow. Namaste.

#106 in Awakening II

24. Awakening is natural

Nov. 4, 2016 B

JANU: The subject of discussion in this journey is the naturalness of communication within the collective consciousness of the True Nature. This naturalness includes communication with other realities of life, including beings, by way of this natural ability. It may be somewhat unique compared to the outward appearance of many, but it is completely natural and available to anyone who chooses the path of awakening.

Now, the forms of communication can vary greatly. Direct knowing without words. Impressions of many kinds. A sense of presence and understanding. Feelings. Direct observation of the flow of life. As one awakens further, other abilities demonstrate naturally. The so-called laws of physics and physicality are all subject to a more diverse reality. The movement of objects, the ability to move through objects, to render them weightless, so-called miraculous healing, levitation, the list goes on and on, but the wisdom to incorporate these things in a balanced life, with reasonableness and sanity, is called for.

So what are the limits, then, our brother, of natural ability? Physicality is not as fixed as most people assume. It is the limit of their current experience. It is natural to be in perfect health your entire sojourn. It is natural to be at peace. It is natural to love yourself, and others. It is possible to leave the body when you choose, whether temporarily or permanently. And it is natural to nourish the body without food.

Awakening opens the door progressively to all of this and more. New experiences, wisdom to be gained, understanding without boundaries. Connection and oneness have deeper meaning and remembering all that you are is part of the joy. The knowledge you gain equips you, conditions you to see the truth in others, as your compassion grows.

Awakening is not limited to a few, but is enjoyed by any who choose it. The larger life is natural indeed, as is ignorance of it for a time. Learn of its wonder and its blessing. Namaste.

#117 in Awakening II

25. How to begin intentional awakening

Mar. 6, 2017

JANU: Enormous then is the journey ahead, and seemingly so for those to begin their journey. The challenge, recently asked by another, "How do you begin?" A very reasonable request.

You begin by asking yourself “Is there more to life than this?” and then “Who am I? Is there a purpose?” And then allowing desire and commitment. Understanding the life around you and the life within you go hand in hand. They are one, in the deeper understanding. What would give you joy in your life, if you had the freedom to choose? Which, of course, you do. What is your dream for happiness and fulfillment?

Focus upon this and the understanding will come on how to begin. Life around you will demonstrate opportunity, as will the lives of others, building an inner peace that allows for listening and recognizing the truth within you. Practice this with repetition whenever it occurs to you. The outer life is fulfillment through expression of the truth within you. Make the two one.

The journey is without end, as is Life. It evolves, being ever more challenging and fulfilling. Sharing your lives with each other genuinely, with patience and kindness, builds unity. Many journeys, many beings, one evolving Life, benefiting from each other individually and collectively. The revelations come, new thresholds of being, understanding, and service. Do not forget patience and peace. Namaste.

#171in Awakening II

26. 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.

#173in Awakening II

27. The Art of Awakening

Mar. 30, 2017 B

JANU: The art of awakening is the theme and there is an art to it, our brother, conditioning your consciousness to be more free of limited social concepts and perceptions. Any art form has elements of conditioning, perception, commitments, and follow through, usually accompanied with passion and respect for the beauty of it.

Understanding something of the destiny of awakening helps make this possible. Many art forms have a purpose of conveying something to the observer that is meaningful, uplifting, and revelatory.

The art of awakening consists of many forms but the elements, or at least some of these, are fairly unique to each individual. Deep within your being, but always present, is your True Nature. It has beauty as well and the source of conditioning the consciousness in the art of awakening. As you observe, connect with, and appreciate the qualities of your True Nature, you learn of your connectedness, your oneness with everything, and see beyond the scales of social consciousness. Awakening beings can see the magic of life and wonder at its wisdom, diversity, and creativity.

Be in a state of forgiveness for your life and those you observe. It brings peace to the consciousness and opens the path of understanding. Patience, another virtue in the art of awakening. Processing new understandings and experiences prepares one for the next ones. Namaste, our brother.

#185 in Awakening II

28. Freedom and the flow of awakening

Apr. 18, 2017

JANU: Exacting details of the evolution of consciousness are the quest of the human mind; however, this is not the nature of revelation. It's more a flowing, evolving, a quick experience in understanding. To evolve in consciousness one needs to—shall we say, it is useful to—be more flexible in your perceptions, in your inquiries, in your pursuits. Grasping the many nuances of life, layers of reality, and ever-changing nature takes a tolerance for movement such as the wind. Being in the flow of awakening is a term that more describes reality.

These journeys of which we partake can be seen from different perspectives: the rational thinking human mind looking for details, structure, form or the super-conscious reality that is one with the flow of the nature of life. Living in the Now is sometimes expressed as movement in this direction. Human consciousness has a tendency to put timelines on things, looking for repetition, continuity, and continuation. The flow of awakening, our brother, has a theme of patience, openness, structure that does not limit or attempt to have tomorrow look like today. For in that scenario, our brother, where is the change, expansion, the evolving, the adaptability, renewal?

The nature of a journey, our brother, is in flow as well. Words are relied upon almost exclusively for communication. They are limiting and not experiential. “What then do you convey to another?” you ask. You convey the living presence of the flow of life, the flow of awakening. Not to dictate structure or confined purpose, but freedom to be, to create, to understand. Allow awakening. Allow perception and understanding. Allow communication beyond words. Radiate the Truth of Life, its peace, its true power, its eternal nature. Namaste.

#196 in Awakening II

29. Nonlinear awakening

Apr. 19, 2017

JANU: Let us proceed with the reality that the presence of life, whether in the form of beings or energies or your own Nature, fills the experience and is ever present. The sense of void, separation from, or distance to, the presence of life is a chosen perception to

serve a purpose. But selective awareness is always available and it serves a purpose. So, you see, our brother, awakening is a wide-ranging state of being, from total void to the fullness of life, from the human experience of separation and isolation to the intimacy of the Family of Life. Your position on this range of reality is a function of your true desire.

The flow of awakening is very fluid and nonlinear. Understanding the nature of this supports the freedom to be. The path of awakening may not be empirical as linear mind assumes. Allow your consciousness to roam life, connect with it whatever its reality, with the joy of its discovery and the integrity of your True Nature. Enjoying life in this way is forever rewarding. Namaste.

#198 in Awakening II

30. Awaken peacefully

Apr. 24, 2017

JANU: Let there be a growing allowance for departure from the seeming bliss of ignorance to the joy of awakening. The mind set that awakening is a sudden experience, a giant step, is an attempt to compress a fundamental process of life.

Awakening is a process larger than one lifetime, our brother. Best experienced peacefully, allowing absorption, assessment, understanding, and a gentle unfoldment of experience. The recent symbolism of difficult hills to climb or navigate is the result of the tendency of human consciousness towards impatience that bypasses natural elements that are part of the journey. We are not saying that one must or should let go of the quest, but combine it with peace and patience and attention to natural process.

Realize, our brother, that elements of your Nature are processing as well. Allow the balance to continue between all of these processes and allow them to support each other. Gentle awakening is superior to impatient struggling, far longer lasting with fewer reversals, building a strong foundation well equipped to master challenges to old ways of thinking and perceiving life. Awaken peacefully. Namaste.

#200 in Awakening II

31. 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

32. An overview of these journeys

June 21, 2017

JANU: We are summing up, then, these journeys as an overview. We consider these tantamount to the leveling, if you will, of the seemingly chaotic ups and downs of life for many into a more understandable and a little more predictable progression up the ladder of consciousness and the serenity of achievement and fulfillment of destiny.

Now, our manner of awakening is only one of many, but becoming more conscious enhances the gaining of wisdom and elevates the contribution to life and each other. Let us say this, our brother: we are not suggesting an end to the challenges of life but an elevation of the experience, the reality, and the possibilities. Do not confuse 'confusion' with 'being unaware of what lies ahead.' One seems without direction and purpose. The other is filled with a growing purpose, sense of commitment, and anticipation of discovery into a larger life. A journey of journeys, you see. To this end we serve, in one way, humanity. There are many other opportunities as well.

So continue to reach into the depths of consciousness, potential, and realization, being filled with a love of life, its beauty, its magic, and its wisdom, its love with and beyond understanding.

#236 in Awakening II

33. Being the artist of your life

June 23, 2017

JANU: We are signaling, if you will, in a new way the arrival of clairaudience. Now, clairaudience can appear in the mind or aurally as well. All things are possible, our brother.

'Unlimited possibilities' is the theme here. As you have observed, there are many examples of extra-natural possibilities. Seemingly miraculous health and well-being in a consciousness unlimited by social conditioning of those yet to explore this. See disease and death as a common experience, but not a natural one in the sense of inevitable. Moving in the direction of a consciousness that is free of accepting limitation is a grand journey. Ignorance is replaced by knowing. One does not discard ignorance but embraces awareness and understanding. One does not discard disease and death from disease, but embraces life, balance, harmony, limitlessness. Even though cycles of destruction and renewal exist in the physical reality, rejuvenation, vitality, continuation are real as well. The consciousness of humanity that exists beyond limitation is a great healer as co-creator.

Letting go of limitation is part of the path into the larger life. "But what replaces it?" you ask. Limitless understanding, freedom, awakening to the whole truth of who you are and what you can be. Society, social consciousness does not design you, our brother. The unlimited presence of your True Nature, of the palette of Life itself, does. You can, as the artist, paint a new image of yourself, of your future, your experience, with that magic loving brush of super-consciousness. So pick up your palette. Fill it with understandings, desires, imagination, and start painting the life you choose. And marvel in gratitude for what you create. Namaste, our brother.

#238 in Awakening II

34. Challenges and victories are one

June 27, 2017

JANU: We are taking into account, as we may, the empowerment of another in the face of their challenges and choices. You are quite correct, our brother. Empowerment is self-induced, by choosing to accept in your consciousness full responsibility for your

experiences and your choices. This is not punishment from life. It is empowerment. It is your divine right to manage your life, learn and grow from it, and at the same time serve others that they may as well.

So, the focus at this time is inspiring empowerment. This is what some would call 'tough love' but it is love nonetheless, our brother, and it is part of the path into freedom and a richer future. Hold another in the light of understanding. Help them see the truth behind everything, including themselves, and through this acceptance of responsibility comes insight to understand and make wiser choices. This is a growth experience.

We encourage others to see this in that way. Challenges are not punishment. They are opportunities to excel, to recover from the perception of loss of power and reclaim it. No matter the challenge, our brother, stand in your integrity, in your truth, and in your right to choose and accept responsibility for those choices and move on. Be a tower of strength in your own life and a peaceful one.

Enrich your life in this way and the path gets a little clearer, you see. Challenges and victories are one. Namaste.

#239 in Awakening II

35. Being in command of your life

June 30, 2017

JANU: We are warming up to, so to speak, our next mini-threshold in these journeys, having to do with commanding your life in the midst of challenges. From the human perspective, it takes courage, a trust in the truth behind the challenges and your ideals, determination and commitment balanced with a peaceful footing. Now, being in command of your life only from a human consciousness perspective has its pitfalls if certain issues in consciousness prevail; therefore the need for re-unification consciously with the wisdom of your True Nature.

Developing insight as the need arises is life transforming. It brings about a richness of perception and understanding. Awakening to the many elements of life is one thing, but a conscious relationship with your True Nature while incarnate is yet another. Many around you do not understand this yet, so be patient with them. Be like a rock but move with the flow of life, maintaining integrity, clarity of thought, and a growing perception of the purpose and beauty of the flow of life.

You are a team of attributes in your True Nature which is part of the Larger Family of Life. Teaming up calls for understanding, responsibility, patience, and commitment. The so-called 'rules of engagement' are changing, as needed. Be open to the truth at the heart of everything, including your own nature. Namaste, our brother.

#242 in Awakening II

36. Self-determination

July 14, 2017 B

JANU: We are organizing once more insight into the discovery of self-determination in a larger way. Self-determination is not an independent reality, separate from the rest of life, but takes into account the interplay of countless realities and potential not only to make wiser choices but to understand their results. How can one understand only the human perspective when the reality of their being is so much more? The human journey, moment by moment, is a part of the larger life. To be conscious as more of who you are,

lifts the human experience and opens wider the opportunities of creativity through relationships, not just with other people but all of creation including the Earth.

“Why do opportunities for this exist?” you ask. Your choices and your experiences, your consciousness as it matures and expands creates these. Life is ever responsive to the elements of its reality. Opportunities are not by chance, but as common as they are created. One of the functions of life is change, evolution, expansion, continuation, self-enrichment. No longer limit yourself to choices made in ignorance. There is wisdom inherent in everyone, recorded forever in the True Nature.

All of life is aware of your journeys, your thoughts and emotions. Being private, independent, alone in self-determination is an illusion for as long as you choose it. As we have said, awakening is a process, for there is much to experience and understand on that journey. Let your opportunities be born of wiser and wiser choices, with a growing clarity of purpose, potential, and service. Be filled with peace. Listen to who you are. Namaste.
#255in Awakening II

37. How to begin awakening consciously

July 27, 2017

JANU: We are once more speaking to so-called phenomenon of awakening, many would consider a reality out of reach, a bizarre perspective, without evidence. Once again, how do you understand or appreciate a reality whose existence is beyond the elements of experience and perception of your current reality? What some fail to realize is that these tools of exploration and perception already exist within them. How do you embrace something more than you seem to have known? It is difficult with a human-centered identity that excludes everything else, for the everything else is who you are.

There comes a time in each one when one wonders if there's a better way? Is there something more to life? What happens to me after so-called death? Do I exist at all? The answer is “Yes” to all of these and more. Your True Nature, your larger being, is always ready to respond, and has, even though unrecognized. The isolation in consciousness is reinforced by the isolation of others. Many long to belong to some group or even another individual. Consider for a moment belonging to, being part of the larger you. That's where you find the answers, the experience, the evidence of a larger reality. The rewards are beyond description. The peace of mind that seems so elusive is there to be discovered and experienced.

There is evidence of this inner guidance everywhere, unrecognized for what it is. Synchronicity, serendipity, opportunity occurs unnoticed for many. So-called miracles, unexplained happenings. How many times have you said, “I couldn't have planned it better myself”? Well, your self did plan it better, in harmony with the larger life.

Own who you are, a process of discovery, transformation, revelation. Experience the love that is there for you. Rejoin in consciousness the flow of life that you are. Radiate your joy in peace to inspire others. Allow the vast reservoir of experience, wisdom, and understanding to flow into your consciousness. Be not concerned at the rate of discovery. It is a process. The process understands its unfoldment. Namaste.

#262 in Awakening II

38. A larger view of awakening

Aug. 23, 2017 B

JANU: We recognize then the relationship between the True Nature and the human consciousness. This relationship exists in many ways based upon opportunities at hand, in terms of expression, circumstance, potential, and, in some ways, the wisdom of others.

Be aware that discarnate consciousness and incarnate consciousness, in reality, can have similarities, depending upon the degree of awakening.

Your musings about common usage of the word 'soul', the Theosophical approach of Lower Quaternary and Upper Triad, Monad, are different perspectives and, during the sojourn, inspire different relationships. The True Nature, our brother, in its fuller meaning encompasses many realities of spirituality. Our journeys explore a more conscious relationship of unity in consciousness, a more direct connection, elevating the conscious existence in the incarnate life, little by little, into a more complete reality. But each one's journey in this direction of understanding and reality is colored by many factors. In some circles, social consciousness; in others, there is religious doctrine; in others, profound insight and awareness of the nature of existence; in others, the understanding of potential that all life possesses. And all of these are in motion, our brother, changing, evolving, experiencing, and reconfiguring.

Be aware of this when engaged in discussion and exchange of views and experiences. Be at peace with all of it and listen. Everything you encounter is allowed by Life. Open to the larger view, and everything has its place and its cycles. Namaste.

So understand the nature of life waves. Recognize them and experience them. Some of these you have created during other existences. Recognizing content and origin is part of discernment. Enjoy the journeys, our brother. Namaste.

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39. Experiencing who you really are

Aug. 30, 2017

JANU: Pairing up, then, has to do with connection. How does one consciousness connect with another? It is by means of common interest and compassion. Why does one care for another? And not for another? It has to do with that which binds a family: a sense of being part of each other, connected, and over time a history of relationship. Some encounters remind one of these feelings, these times, and there is a natural motivation to feed and nurture these connections.

You ask if one can turn that attention to oneself to find peace, confidence, and connection with who they are? The answer is yes, our brother. Accomplishing this to some degree revitalizes compassion and connection with others. For most, these connections are personal. To establish them with strangers is a challenge. The larger life of consciousness provides perspective on doing just that. So, loving one's self is a product of understanding who you are, knowing who you are, remembering who you are. Your True Nature is part of this, for there is the wisdom, the memories, the understandings, the history of being, of countless encounters, associations, and performance.

This understanding, this connection is beyond words. They limit you and channel understanding into limited venues. They are poor substitute for direct experience. Allow memories to blossom, re-establish themselves in the consciousness. They bring understanding with them. Do not filter them with words. Choose to know directly. Allow this richness to flow freely from the core of your nature and be, once again, who you are.

Your True Nature is an expression of life, unique yet one. Understand others in this way. Namaste.

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