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# Oneness and Transformation

by Rasha – excerpted from her book, “Oneness”

Many who read these words will feel a reluctance to step into uncharted territory, when the reality of what is transpiring becomes obvious. And after all the work has been done and the destination is in view, it is easy suddenly to question all of it. For it is one thing to have intellectually grasped the concepts that have been presented and to have gone through the motions of putting them into practice. It is quite another thing to begin to embody the heightened energies and to experience the quickening that accompanies it.

The new sensations of heightened vibration can be alarming, at first, if one is unprepared to anticipate the feelings that accompany the advanced stages of the transformation process. As the interdimensional threshold is approached, one can expect to experience an otherworldly sense of detachment from the mundane aspects of one's life script. And at the same time, a sense of deep contentment that is not cause related permeates one's consciousness.

One has the sense of virtually floating over the day-to-day details of one's life without being drawn into feeling invested in the outcome of these scenarios. And well one need not be. For the pages are turning so quickly at this stage of your journey, that outcomes will not actually be experienced in the way one might anticipate them under *normal* conditions. ...

The states of heightened contradiction-between your heartfelt connectedness with the momentum that propels you and at the same time the irritants that you continue to manifest-can be confusing, when caught in the heat of the moment. Yet as you distance yourself from these petty dramas, you can feel a palpable *lightening* of all that held you in its grasp. The release is sudden and dramatic. And, seemingly for no reason at all, you shift into a different octave of beingness. And you know, without having to be told, that something very significant indeed has happened. ...

...You will experience sensations of accelerated energy. ...And you will experience the sense of being present in two realities simultaneously.

This is, in fact, exactly what will have happened. For before you make the shift-physically-at the interdimensional threshold, your subtle bodies will have preceded you. *Your energies will* be fully present in the higher dimension, and at the same time, you will have retained your conscious awareness in this "here and now." The process of merging your energies with the higher octave of your beingness is a gradual one. And as your subtle bodies are assimilated into the energy field of that higher dimensional aspect of you, you can begin to sense the presence of that heightened perspective here-as you. ...

Suddenly you find yourself reacting to familiar situations in a dramatically different way. And it is as though someone else was looking out through your very own eyes at a totally familiar landscape: And the world shifts, quite suddenly, into a very pleasant place to be. You can expect to experience the stabilizing conditions of this interim stage of interdimensional ascension for some time to come. Some of you will retain physical awareness in this reality for the rest of this physical lifetime. And for those who remain "here," an exalted version of the experience of *life* can be anticipated.

For others, who are scheduled to merge fully and completely with the heightened aspects of your beingness-consciousness that experiences itself at the next dimensional level of reality-this transitional stage constitutes a vibrational foundation for the shifts to come. It is a refreshingly different plateau. A time to catch one's breath. And a time to feel fully the experience of embodying the exalted levels of energy that characterize the higher levels of awareness.

Prior to having made this dramatic vibrational shift, you will experience a sense of coming to completion with the interwoven themes that have characterized this lifetime. ...

Whether or not you notice the otherworldly sensations that mark the heightened stages of transformation, there will be no doubt that a deep sense of inner awakening has at last begun. ...

You are birthing the one who personifies the culmination of that entire body of experience. And that one recognizes the comfort and familiarity of the Divine essence you hold within. There is nothing *foreign* or otherworldly about experiencing your connectedness with God. For it is none other than your very own Divine essence, ever-present within you, that reaches out in that embrace. It is not something that suddenly enters. It is something that has never left.

It does not matter whether or not you believe that you are capable of connecting with God-that the one who speaks with you now dwells within your own being. It does not matter whether or not you can debate the point brilliantly with those who will presume that you have lost your mind, at the mention of such ideas. And it surely does not matter whether you alter your life dramatically, or go about your business like nothing ever happened. None of it matters at all. When you have experienced the harmony of that heart-felt glow, even for a fleeting moment, the knowingness is indelibly etched upon your consciousness. And that level of knowingness cannot be forgotten. ...

...Here in the clarity of this place, the way has been eased for you. There is the sense that the obstacles that have thus far littered your path have been cleared away. And at last you have the opportunity to integrate the understandings of what has transpired within you with the newfound simplicity of your life circumstances. The complexities that anchored you into a seemingly unending spiral of difficulties have now been released and relegated to a distant place. And the recognition is unmistakable that from this point forth, the journey leads within.

You will wish to spend extended periods of your time in blessed isolation now. And you will find yourself withdrawing your energies and your presence from virtually everything that once held your attention. Now you feel great indifference toward what is transpiring politically, and what is transpiring socially in a world in which you once counted yourself as fully present. From where you now stand, all of it appears irrelevant. ...

... The levels of joy that you are capable of experiencing at this stage of your journey are your birthright. There is no limit to the levels of abundance with which you may choose to gift yourself

or not. It is simply choice. And there are no higher or lower aspects of it. All are simply options within the infinite range of possibility-an endless menu from which you have been invited to select what pleases you. And when you do so from a place that honors Self in that way, there is no limit to the joy that may be shared.

You may choose to experience your connectedness with Self in the company of another being. And in so doing, you harmonize certain aspects of your beingness with the vibrational essence of that other person. Yet the connectedness remains your own. And while you may travel on a parallel path with another and have certain experiences in common, your path remains your own. ...

... It is for you, who have been made aware of the kinds of events predicted for these times, to know that the changes in question need not carry the density that many of you have given them. The maintenance of physical life is not the consummate goal here. Rather, it is *the vibrational elevation of All Life and the environment that sustains it* that is the objective in all that now transpires in and around you.

Consider carefully the possibility that the beings in question have come to completion with the life's work of this present incarnation, and the highest possible expression of their collective destiny is, in many cases, to relinquish their physical forms. In so doing, they are able to transcend the limitation of those physical identities. In many cases, such beings have paid much of their karmic debt. And with the one great contribution of their very life, have earned their liberation from continued incarnation at levels that have kept them bound in the experience of oppression. The profound levels of release that are experienced as large populations of beings transition from such circumstances should not be underestimated.

...Each volunteered to pay the price in terms of *suffering* in order to elevate themselves from the need to continue to experience incarnation at those levels.

Once the lesson is manifested and the understandings gleaned, there is simply not the need to continue an incarnation, simply because the physical form is still capable of sustaining life. Essentially, that lifetime is complete, whether it is one that terminates in infancy or in old age. Longevity is not the objective of a physical incarnation, but rather it is the fulfillment of one's life purpose.

The catastrophic events that are being experienced by large segments of the population in remote areas of the globe are indicative of a mass release of energy that has been liberated from the need to continue in oppressive conditions. Having experienced some of the "horrors" of those circumstances, these beings have transcended the need for much of the repetition of similar themes that might have been otherwise called for. They contracted for these conditions voluntarily, fully aware of the price to be paid and the liberation to be attained as a result.

Much that has been categorized, as "Earth Changes," were scenarios that were orchestrate to provide just such opportunities. For, in living out some of the most insidious of these experiences, quantum leaps in consciousness are possible. And this is a choice made by many who will be riding the crest of some of those waves.

There are other segments of your population that will be totally untouched by these kinds of circumstances. It is you, many of whom are tuned-in to the higher understandings also being made available en masse in these times, who will transcend the need to be caught in the grasp

of any manifestation of environmental upheaval at all. Your earthquakes and tidal waves are transpiring within you, and the ravages of famine and disease are being experienced equally by you --symbolically.

You are not being asked to pay the supreme price of the relinquishing of your physical body in exchange for the lessons learned, as are some in other corners of your world. The price many of you have agreed to pay is far dearer than that. For you have dared to weather the virtual annihilation of an entire state of beingness that has kept you imprisoned in self-defeating patterns for lifetimes. The ravages of such an experience cannot be underestimated. And, depending upon just how invested some of you were in maintaining the stance in question, that is the extent to which the energies of change have come to bear upon you.

You entered into these agreements knowingly-fully aware of the trauma that would result when the time was at hand. But you were also fully aware of the possibility of transcendence that might be realized from having weathered those levels of upheaval. And you exercised your power of choice. And you prayed from the depths of your very soul, to be permitted to go through exactly what you're going through, for the chance that you might, at long last, be free of what has been your life pattern and taste what is truly there within you.

The prophecies for these times of transformation are not something to be feared. They are possibilities to be embraced by those of you who are fortunate enough to be touched by the sacred energies that deliver them. They are the monumental turning-points you yearn for as a soul. They are the gift of deliverance.

The so-called "End Times" to which the attention of so many is now drawn is not an *ending* in the physical sense, so much as a transcendence of the limitations posed by linear perspective. The endings that may well transpire in the physical lives of many are not the objective of the events that may precipitate them. Rather, these endings are the doorway to another level of experience, whether or not in physical form.

What is being brought to completion in this "here and now" are the intense patterns of karmic compensation that were enforced vibrationally in a system that was ongoing and essentially inescapable. By altering the vibrational basis through which that aspect of reality has perpetuated itself, beings are once more being given the possibility to exercise their free will and to live their lives fully in the Now moment. By integrating the higher frequencies and elevating one's vibration, one is able to significantly expand the range of options for experiencing Life at levels of reality where the conditions are less challenging.

When viewed solely in the literal sense, it could be interpreted that "the world is coming to an end." That might be how it would appear to those who have chosen to be present in such realities when those times are at hand. But most of you will no longer have your focus of awareness invested at those levels. And you will not even know that cataclysmic events are, indeed, occurring *where you once were*. For you will no longer be "there" to experience them. You will have ascended out of that range of reality. And you will be experiencing a higher vibrational variation on the theme of those prophesied events.

From the perspective of the distant observer-some of the so called *guides* that are filtering information through to many of you the conditions being observed from afar appear to be transpiring according to *schedule*. For what has been prophesied is based solely on the, logical, predictable outcome of combinations of variables, all\_ of which are energy patterns. Those

patterns can still be perceived from the vantage point of those who may be watching from a distance that is extraterrestrial and providing commentary on it.

However, these forms of consciousness are only able to perceive the level of reality to which *they* are vibrationally aligned. What they may not be able to sense is what each of you actually perceives as *your* reality in any given moment, which is based solely on your vibrational state of beingness. Thus, the level of reality upon which otherworldly observers may be reporting is not necessarily the one you are likely to experience.

Ancient prophecy is only as accurate as the moment in time in which the seer had the vision. From the perspective of certain moments in *the past* the probability of certain events manifesting as reality seemed likely. As the free will of the collective of consciousness present exercised its power to co-create its reality, that outcome may well have shifted in any of a number of ways. And the likelihood of certain prophecies actually occurring as envisioned is minimal, at best. For mass consciousness *has* shifted. And the reality that is a reflection of it has shifted accordingly.

Know that in these times of transformation, all things are possible. The script is being drafted anew, based on your willingness to embrace the layers of change that are erupting within each of you. Life in this tumultuous period of "history" is defined by the degree to which each is able to detach from the need to try to control the process. Clinging to the safety nets of the past places an energetic death grip on your ability to float through the turbulent patches and harness the powerful currents that have come to carry you through.

Those of you, who have become consumed with the "worstcase scenario" predictions that are presently flooding your reality, have created for yourself a fascinating test. For you have given your self the option to choose to perceive the vision that once appeared in the mind's eye of another being. Or, alternatively, to experience a heightened expression of reality, custom-made for your eyes only, that has not yet been revealed.

The proverbial blind leap of faith presupposes that one is capable of ignoring what the logical mind is screaming about. For, that logic is often based on fears firmly entrenched by painful experiences of the past. In these times, that past-and all the ground rules that went with it --is, quite possibly, no longer relevant.

Whether or not you choose to give credence to fear based prophecies is certainly up to you. It is yet another of the fascinating variables you have chosen to factor into your script as part of your "End Times" saga. And watching yourself go through the mental gyrations of trying to figure it out can certainly be part of that experience.

But there often comes a moment, in the heat of your desperation, when you call a "time-out." And you withdraw from the cyclone of illusion that swirls around you. And you find, after all that drama, that the stillness within is still there waiting. It never left. You did. And you scattered a mind-boggling trail of chaos behind you. So that, when all else fails-as it inevitably does-you would find your way home.

... The higher dimensional realities through which you now progress will provide a broad spectrum lens through which you will be able to focus your own unique perspective. What you perceive will be your own vantage point, with the coloration of a more universal outlook. You will instinctively view the world and your role within it from a place that sees All of it as you

would see yourself. The qualities of compassion will have been stimulated to the surface of your awareness. And you will be able to *feel* deeply the sense of standing in the shoes of another. For you will perceive that *other* as your very own Self.

Now, the adversarial role that others have played throughout much of your life shifts quite naturally. And you discover that you have emerged into a state of being where life flows effortlessly and with relatively little conflict. For, vibrationally, you will have crossed' the threshold from a reality where the mind-set of separation would have set up the building blocks of disagreement and the ensuing battles into which they once escalated. When one does not perceive oneself as *other* there is nothing with which one can clash. And life transforms into an experience that is there to be enjoyed.

This is the nature of the journey in which you are, by now, well invested. ...

...You would, by now, have survived numerous episodes calculated to bring you to your knees, experientially. It cannot have been otherwise. For, if you are standing at the brink of that level of breakthrough, you would have weathered the virtual annihilation of your linear identity. You would be standing, still wet with the innocence of a birthing process, drawing your very first newborn breaths, and trusting completely that you are safe. And you would know, unquestioningly, that you have *arrived*.

The difference in this *beginning* is that you would know exactly from whence you have come, for you would have retained full lucid awareness of all of it. Throughout the process of this birthing into the next dimension of reality, you would be fully conscious. For, you would have *completed* the course of study. There would be no need to blank out the slate of your memory of similar experiences, in order to continue to put you to the test. This time you are not starting from scratch. You are beginning from where you left off-only a moment ago.

Your ascension into the range of realities where you know yourself to be One with all else you encounter, marks the turning point in your evolution as a pinpoint of consciousness with Self perception. For, from this point forth, the thrust of your efforts will not be focused in erasing the vibrational residue of past action. Rather, you will embody the experiential reinforcement of your knowingness of the interconnectedness of All Life, in the ongoing Now moment.

You will be starting a fresh new page in the ongoing saga of your Self-awareness. And you will be creating a new track record of evidence to support your understanding of your Divine connection. That is the kind of experience you will be *co-creating* with those others, in physical form, with whom you choose to surround yourself. And the kind of experiential dramas you will enact will affirm for you, over and over and over again, the Oneness of which you are a part.

That is the nature of the journey of ascension that carries you. The birthing process can be relatively effortless. Or it can be agonizingly long and drawn out. You get to choose how it will play out for you-and the possibilities are limitless. That's the beauty of it. For no matter how you manifest your emergence into the next level of awareness that awaits you, there will be no question that your journey is perfection. Through the eyes of Oneness, that is the only possibility. And those are the eyes through which you have



witnessed all of it. Every priceless moment-captured for all time-within the never-ending moment of Now.

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### ***Transcending Prophesied Events***

*There is much that can be said about what is transpiring in these times. And the prognosis for a more positive outcome than had originally been anticipated is very good indeed. The addition of the free will factor of the collective consciousness to the equation has resulted in a shift in what might have been a cataclysmic period in the history of your planet. These events are not carved in stone, but are very much dependent upon the actions of humankind as a whole and the choices made by those in a position of leadership.*

*It is entirely possible to transcend a prophesied series of events that once seemed so likely as to have been considered inevitable. There is no event that is so inevitable as to be resistant to the focused intent of the beings present. Efforts to orchestrate a common focus on a given concept, in unison with vast numbers of other beings, have a profound effect on the outcome that may have been predicted. Humankind has succeeded in altering that outcome and has manifested in its stead a radically modified version of what had once been foreseen.*

*The real work has now begun. The collective consciousness of those incarnate in your dimension has exercised the power of its will and has manifested an unprecedented result. The harnessing of this power is the opportunity being presented in this time frame. In so doing, it will begin to become obvious to many of you that you are, indeed, creating your reality.*

-Rasha, January 2007

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To contact us by E-mail: [info@pfcn.net](mailto:info@pfcn.net); to contact us by postal mail: PO Box 969; Stevensville, MT 59870 USA

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