

## **Connecting back to innocence**

We are moving into the Aquarian Age! This no doubt is what makes most of us feel excited about what is coming up next? New dispensations or Revolutions in the new age movement? All these are the new concerns that most may have in this new Age. However for some, especially those who are a hardcore ascension practitioner, the idea of ungroundedness comes into play. As we are moving so fast and so spirituality, we often forget the integration of what we have learnt into our daily life.

Ascension is about being back into the original state of purity and consciousness with the one true source. Now how else can we better show this other than in our daily life? Dear reader if you claim that you have integrated all you have learnt to your daily life, then here is the next challenge. Have you expanded this state of consciousness to other beings on earth? What are these beings that we are talking about? They are the Astral beings, animal friends and plant kingdom. Of course there are more on the list however, this is something that most people on the path ascension forgets conveniently. The surprise message is that you have to also show the state of consciousness to other creation.

However do not mistake me when I say this. I am not asking anyone to preach to the zebras or roses. This is not right either. What I am suggesting is the working on issues of fear and rejection. If you hate ghost and other astral beings then you have to realize the fact that most of these fears comes from our tradition thinking of how ghost are. Sometimes when we are not aware that ghost are horribly portrayed in movies and we are actually taking that for real! This is the irony. Therefore it is time to help the other realms. Ascension is bringing heaven to all realms of creation. Like Lady Nada her love for the plant kingdom is also a great symbology of how nature is also part of spirituality.

If you have been doing loads and loads of indoor meditation, it is time you step out to your garden or the beach for a nice connection. Get to feel how the wind feels like and how life is as a bee in the gardens. Ascension should not be alone, find some friends to have a picnic or something like that. This is very important as the connection to nature and the other realms allow us to understand how the other worlds of existence work and function.

Take for example the animal kingdom, without the mental body; they actually reflect the purest side of our emotions to us. From territorial behaviors to barbaric killing for survival, all these reflect how our negative ego works. When we are taken away of our things, our negative ego tells us to get it back like an animal? We push our opponents down so to show our superiority like the animals trying to be the herd leaders. This is not an insult to anyone but a reflection on how the animal kingdom is replaying our ego real time.

The animal kingdom also shows the purest form of love from GOD to us. The Kangaroo who is so protective to the child when it's young is a good representation of unconditional love to others. They also baby sit others children for free which expresses the unconditional love for others too. They are just so expressive and you can feel into

their emotions and innocence so easily. So when you next time begin the ego thinking take a step back and remember the animal kingdom is also doing what you are doing and they have **no mental body**.

The blessings of nature and the other realms are a fine example of how one can learn about spirituality and life just by observing. Remember to just relax and get back to innocence with the other realms.

Namaste

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