

Symbolism

Be Here Now!

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Hello, today I want to talk about what Ram Dass
meant when he said, 'Be Here Now!'

We hear about the 'Power of the Now' a lot, but
can most of us conceptualize what
the 'Power of the Now' moment means.

When we become aware of the 'Power of the Now',
then we have such a concentrated awareness
of who we are, concentrated our energy to
where it's not spread out, and also the benefits
of higher awareness will bring us
more joy in our life.

Before I get started, I like to hold myself accountable
by expressing outwardly that my juicing
in is still intact.

Today I have celery, apple, beets (including the long
green part on the beets, I juice it also), spinach,
lemon, apple, carrots and water.

This is a this is a large portion of juice
that I'm going to drink today.

I've learned that the reason why it's important
for us to contribute fruits and vegetables
to our diet is because plants and the
mitochondria, we can see how the mitochondria
and plants will take oxygen or carbon dioxide
and metamorphosis into oxygen so that
we can breathe.

The human body requires oxygen to breathe,
and what does the human body do with
oxygen, it transforms it into carbon dioxide,
and we release it out.

So the plant and human kingdoms are constantly
working together, whether we realize it or not,
because when the mitochondria from plants
create the strings of carbon that I have put
within my juice, those carbon atoms will actually
enter my body and is used from the mitochondria
within my body to create light.

Light within the body.

Alright, that's like a simple way of viewing why it's so
important to make sure we eat our fruits and
vegetables which I prefer to be organic and less
with farms not organic, fruits and vegetables
that don't seem to actually come from
Mother Earth, don't have as much of a potent
impact on the taste, the quality, etc.

Today, I want to talk about 'Be Here Now'
and there is a song by Trent Reznor called
'Every day is exactly the same'.

The lyrics coincide with what Ram Dass
is saying with 'Be Here Now.'

I'm going to quickly play the song,
just a highlight, then we'll look at the lyrics.

I believe I can see the future.

Because I repeat the same routine.

I think I used to have a purpose.

Then again, that might have been a dream.

Now, I believe I can see the future.

If we are in the present Now moment,
we realize that there is not a future, ok?

There is only the Now moment.

I believe I can see the future
because I repeat the same routine.

As humans, we create habits.

Habits help us feel safe, and also we can kind of predict
what we are going to do the next day.

The subconsciousness purposely is programmed
that way so that we can walk a certain path,
unless we consciously are more aware of
how we are reacting and creating
these energetic patterns.

It is important for us to identify a lot
of these habit patterns we create,
some are useful, some are not.

Actually, all habit patterns serve a purpose,
but the older habit patterns that once
serve us, we need to identify and let go
so that new habit patterns or more openness,
more awareness can be revealed to us.

Trent Reznor goes on by saying, I think I used
to have a purpose, then again, that
might have been a dream.

Purpose is individually defined,
where our individual consciousness
all has individual reactions to other
people, places and things,
which begins with self, alright?

This is why Astrology can be such a helpful tool
for us, identifying our personality and
also identifying what exactly our soul
wants us to eventually experience in life.

I will quickly show the lyrics to this song,
which anyone can easily Google
and then I'm going to draw a diagram
that hopefully will help us see
how we can perceive the Now moment.

Okay, no past, no future, just the Now moment.



Here are the lyrics.

I believe I can see the future because
I repeat the same routine.

I think I used to have a purpose,
then again, that might have been a dream.

I think I used to have a voice,
now I never make a sound.

I just do what I've been told.

I really don't want them to come around.

Every day is exactly the same.

Every day is exactly the same.

There is no love here and there is no pain.

I'll stop there, because that is a bold statement.

There is no love here, no pain.

He's expressing that love and pain within
a dense environment are dual constructs
in order to identify love, we have
to experience pain, right?

We need contrast.

Now, the only way that we can experience
to this degree, such depth of love and pain
is to be in a human body with a nervous system
that reacts, sends out frequencies, the vibration
that we carry in will cause reactions from
within ourself and from others.

I could go a little bit deeper,
but I want to keep this video short,
so now I'm going to draw the diagram.

Alright, I have the overall diagram that I'm going
to draw from the beginning to end.

Let me start by drawing the first part of this diagram.

A line on the bottom with three dots.

This represents three units of consciousness.

We can view that these three units of consciousness
as three people, three individuals.

Just to simplify the very top is a wave of consciousness.

We can view this in symbol form by perceiving
the wave of consciousness is the wave
and the ocean, the three dots,
the three units of consciousness,
are rocks or pebbles that we throw into the water.

Try to perceive that we take this form and incarnate
from higher aspects of ourself,
higher aspects of consciousness
into lower consciousness.

We incarnate and we have what we will
call this, 'Me. Josh Yates', I am born,
my consciousness is a blank state.

I begin living my life and my consciousness collects
data, impressions, so here we go with Josh Yates,
around 10 years old, alright?

We can see the range where my small little
world has collected enough data to sort of
catch these impressions and build my
consciousness, my conscious awareness,
not my subconsciousness, my conscious
awareness in order for me to move around
in the world, learn the environment, create
belief systems on what I think is good and bad,
while my subconsciousness uses these
impressions to kind of make it seem like I am
safe and when I make my choices,
the 'Power of Choice'.

As I continue to live my life, my consciousness
continues to hopefully expand to a wider net,
to catch impressions, and become
more aware, right?

And then, let's just say, 45 year old Josh Yates,
which is where I'm at now in my life,
my consciousness and awareness has
expanded to this degree.

I'm still in form, because the
top wave is where I came from.

We will say that my Higher Self is beyond.

My Higher Self is up here and my lower self
incarnated down here, but what about
these other two units of consciousness?

Well, let's just say they also are 45 years old,
I drew the same degree, alright,
same degree, same angle.

There is the other unit of consciousness the same.

So what's going on here?

Well, consciousness as a collective
begins to collaborate together.

We can speculate that these three units
of consciousness, these human consciousness
are coming together.

How can we know that we share
consciousness together?

Well, the lines overlap. Alright?

The lines overlap.

Here we can see that there is a union taking
place within consciousness between
unit of consciousness number one
and unit of consciousness number two.



Well, the whole concept of oneness and unity begins to become perceivable, right?

Let's keep going with the angles and now we can see that unit of consciousness number two, has formed a collaboration that is in sync, and now we have higher awareness, higher consciousness within form.

Then this top point of reference, all three units of consciousness are now one.

This is how humanity grows in consciousness.

We're constantly sharing aspects of ourself and we come to the realization on an individualized path that we are all one.

So we are individual, but at the same time, we are oneness.

We can create a hierarchy.

I'll just create some variables and we can kind of gauge while we are in human form, where our consciousness resides and when ultimately after our final death, our unit of consciousness, which began at this lower state, and really it doesn't move, it appears that we move, our consciousness grows in the hierarchy fashion up to what we will call H3.

The higher our awareness and the more understanding we have about consciousness growth and the spiritual unfoldment process, then the less ignorance we obtain, we release these old beliefs and old ideas and old impressions in order to reach this higher awareness of what's really going on within the dream of humanity.

One final point that I want to make.

Have you notice when people who have higher awareness, they seem to know more about what's going on.

I drew two arrows from the top triangle, once we once our consciousness rises to a higher degree.

By the way, when I say higher, it actually means inward.

When we go within, that is really how we grow to this higher awareness.

Higher does not mean up, it means inward, just as downward means outward.

Upward, inward.

Downward, outward.

That is a principle that I've learned by using Tarot when we analyze symbols.

These arrows from the top that go from the top triangle to left and right, that's a symbol that we eventually all become omnipresent.

We can see everything that is going on.

We can understand from within that we are omniscient and omnipresent, which is the 'Power of the Now'.

As we begin our consciousness growth and the spiritual unfoldment, we come into this world with a blank slate and our goal is to be in the Now moment, not think about the future or the past, and once again have a collection of symbols within our mind, but have sort of a blank state, 'Be Here Now', as Ram Dass would say.

Then we can perceive all kinds of magic from within ourselves.

We become open channels.

We become very transparent and then Spirit can work through us in what is called the Divine Plan by Ageless Wisdom, can play out more quickly for all of humanity's growth, but also for the individual and their soul growth.

That will be all and this will be the last video I make for a few weeks.

I'm moving my office back into the home and so we actually are moving into a new house and it has an office space for me, so I no longer will be using this office space.

Once again, let's try to be aware of there is no past and there is no future and all there is the Now moment.

I have a lot of techniques that I've used that has helped me over the years with releasing and letting go of a lot of associations that creates thought patterns which appears to be in the future or in the past and these techniques help smash and break away these old energy thoughts that I've held on to, which also leads to better choices, because once we identify and we are aware of what no longer serves us, and we wonder why we don't feel good about making that choice, then we can make a new choice, a better choice for ourselves and our family and our friends that it all begins with self.

A lot of times that can be scary to let go of what we perceive as true that stem from old beliefs that are unconscious for a lot of us, because that was at one time the foundation that got us to where we are now.

But we can identify, as soon as we identify, the habit pattern and the unconscious belief, it becomes easy to chip away at it or smash it, be done with it, which opens up space, and then our awareness will be more broad and our consciousness growth will unfold a lot faster.

Thank you.



