



Preparing To Take Flight

The Adventures of a Disintegrating Ego

In order for the caterpillar to realize its awesome destiny, it first must enter the awkward stage of dissolving into mush within the chrysalis. Only then does it undergo the awesome transfiguration into the butterfly. When it is time to evolve, universal forces and higher intelligence come together to carry out this Loving imperative. This is what is happening to humanity at this time. The outdated self is being loosened and unraveled by Higher Forces so that a truer, more expansive version can emerge.

In order for the True Self to be birthed, the false self must fall away

This energetic message is designed to bring you into alignment with these potent Higher Loving Forces so that you may receive the fullness of their Blessings, and be a fully conscious participant in the Awakening of human consciousness. First, see any feelings of insecurity, anxiety or anger to be totally understandable in the context that the reality and solidity of the old self, the little me, that you have clung to for lifetimes, is now being dismantled – DIRECTLY through Divine Energy. In other words, while you may not be under threat by external events, the very roots of who you think you are, are being unraveled. In some instances, it is being completely uprooted! Is that lucky or

unlucky? Depends on how you look at it. If you are destined to be a butterfly, then turning into the mush within the chrysalis is a sure sign that your transformational process is truly underway.

Have you recently been deeply disturbed or triggered by a spouse, partner, friend, family member, neighbor, customer service representative, drivers on the road, political leaders or economic and world events? Consider that the depth and intensity of the disturbance is due to your fear-based self being energetically challenged.

If you continue to assume that your inner disturbance is the result of outer circumstances, you will miss this unprecedented opportunity

The key is to realize that inner feelings of insecurity do not necessarily correspond to outer events.

Probably the most significant and liberating recommendation that I can share at this time, is that if you have inner feelings of being vulnerable, shaky, threatened, disrespected, anxious or fearful, pause and take a deep breath.

If only for a moment, retract the heavily programmed reaction of attributing your inner threat to an outer event or person. Consider the possibility that this inner disturbance is actually the result of your old self being dismantled by Higher Loving Forces from within.

This simple recognition is the key for you to open to and align with these Higher Forces. Furthermore, placing your life experiences within this larger, more Loving and more accurate context will allow a sense of peace, inspiration and Divine purpose to blossom forth.

The above simple practice is incredibly potent and leveraged for the following reasons:

- The pause stops the momentum of the mind in its telling of inflammatory stories. **Stories of blame and victimization strongly reinforces the fearful egoic self, which is the very thing that Higher Forces are dismantling.** Fighting these Higher Forces is fighting evolution and is guaranteed to create suffering – for self and others. In the end, fighting evolution is futile anyway.
- Deep rhythmic breathing allows the free flow of Energy which releases the old patterns of the old self and opens you to receiving Love.
- You are reclaiming the power of your Divine Self, rather than being deceived by the ego's insistence that who you are is based on outer circumstances. This facilitates your Awakening. Disturbing feelings are thereby recognized to be the growing pains of transitioning from the little me to a Divine Self.
- Turning within interrupts the momentum of the ego. Placing awareness on your inner Energy, attunes you to the higher vibrational life of your Divine Self.

- Even if you return to the strife and drama of the ego and its obsession with the outer world, you have at least for a moment aligned with your Higher Self. This is entirely beneficial.
- Surrendering the ego's resistance to a Universal Power is in no way being passive or inert. This kind of surrender will allow you to take action without a fearful or self-righteous over-inflated ego. It will bring clarity and potency of right action – action that is in alignment with the greatest good for all.
- If you want to go even deeper into the process of transitioning from the fearful little me into the resplendent Divine Self, then you can intentionally open to and fully feel whatever pain or disturbance is within, and do so without any story. This will further facilitate the dissolving of the ego while simultaneously opening you even more to Higher Evolutionary Forces. Pay special attention to the Heart. If you don't feel anything, stay with it. Be persistent.

Finally, a message of inspiration. Remember that before you chose to incarnate in this lifetime, you knew full well that you would be participating in this grand evolutionary event. Can you connect with the courage and enthusiastic devotion to your awakening, and to serving humanity, that you had before incarnating? It is still within you now!

If you are consciously choosing to align with present Higher Forces and are experiencing some of the challenging effects of a disintegrating outdated self, then all of the iconic metaphors apply: the Resurrection, the Phoenix rising from the ashes, the lotus growing from the mud, and the butterfly emerging from the chrysalis. If the caterpillar represents your old self, then dissolving and turning to mush will probably not be a pleasant experience. But, know that at your inner most core and your most expansive truth, this is everything that you have ever wanted. It is what God has destined for you since the dawn of humanity. It is the Universe becoming Aware of Itself through you.