

Being is a state of mind we can strive for. We can try to experience longer periods of our lives from a state of being. To connect to the energies and the unified field and experience the feeling of being expanded in the now.

# being



## Energy of the heart

I attended a workshop on heart and love in Copenhagen with Michael Beckwith, who runs the Agape center in Los Angeles. He is a beautiful black man, who fills the whole room with his presence and love. It is very inspiring to meet a human being so intent on spirituality without traditional religion. What he is teaching us is to connect to our lifeforce through love. It is remembering what we truly are, what amazing human beings we were born to be. He connects us to possibilities, to embracing what we are capable of. And he does it in such a fun light way, talks about that life is an adventure in paradise – we can just jump out into it and have fun with it. We can give ourselves permission to be joyful and peaceful, trusting that all our needs are met so we can heal. We can let go and lean into the order of the universe with ease. To be guided by a living intelligence bigger than us.

I admire people who have devoted themselves to be channels for spirituality, the lightness and love in them inspires me, I learn from their wisdom. Maharishi Mahesh Yogi, who founded the Transcendental Meditation movement, showed the way and was an inspiration for many, and I am still diving into all his wisdom – I read his words and they raise my consciousness. Eckhart Tolle has been a big inspiration to me also. I read his book “The Power of Now” many years ago, and it taught me something about the beauty of the stillness and how to just be with nature and find a way back to the essence. I have also been lucky enough to be in his company once here in

When the presence of  
God is active in you,  
you are a lover. When  
the presence of God is  
active in you, you are a  
healer. When the  
presence of God is  
active in you, you are  
a creator. When the  
presence of God is  
active in you,  
you are a soulful artist  
of possibility!

*Michael B. Beckwith*

Denmark, his presence is immense. There are many more that I read and watch videos of. I make sure that I shower myself with some of this high-level wisdom often to remind myself that my world is bigger than where I am physically.

They open something up in me that has not been opened by going to church. I have always had a relationship with the church and consider myself to be Christian. At moments, I have felt connected being in a church, felt safe. But I have never felt seen or met in the way Michael Beckwith sees and meets people. I have never felt that joy he channels. Even though their message is the divine, religions have caused us so much pain worldwide through time. Many of us human beings do not want to be part of the war between religions, and we do not believe in the rigid systems and beliefs of the church. For me, anything that preaches separation and distance is not spiritual. So I think we are in search of a new way of connecting to ourselves as spiritual beings, and it is separated from any guru in whatever shape they take, telling us what is right and not. We have to find it in ourselves, and people like Beckwith and Tolle are excellent guides for that. A person like Beckwith is very real and he does not claim to have a system or be right, he just offers possibilities, he embraces all religions.

I learned a simple system from Beckwith about spiritual enlightenment that I often use. He talks about four levels of spiritual development:

- Life is happening **TO** me – we are victims, we have no fault and no control;
- Life is happening **BY** me – we take control over our lives, we are creators and manifesters;
- Life is happening **THROUGH** me – we let go and let the universe guide us, we understand that we are



an instrument for the universe, and something bigger than us takes over;

- Life happens AS me – we let go of identity and there is no separation left.

Each level has its own practices, and we can also apply them on different areas of our lives. We might, for example, have a higher level in self-identity, but a lower level in terms of the body and its health.

There is a matter of practice involved in all this. We have to find structures and habits to support us and our individual development. In order to raise our awareness, we have to also ground ourselves, to balance opposite sides and reclaim all of us. Some people have sudden spiritual awakenings, are dipped in the gifts in a moment, but can then have problems staying grounded enough to keep evolving those experiences. This is, of course, why religions have instated lots of practices; to help human beings stay on the road, to remind us daily or weekly to connect to spirit. They just tend to become automated. So the quest is really how we can find authentic personal rituals for ourselves to keep connecting to our heart and spirit. Rituals that support us on our individual development.

It is so much easier to fall into separation, when you don't have a system that works for you.

We are in an important phase of humanity in these years. We are in danger of extinction. I believe the only way we can solve this is by connecting to each other and, in unison, lift humanity up to a new level, a new consciousness. It will demand an immense force from within us, and that force is fueled by the power of love.