

❖A Guest in Their Universe❖

An Earth Empath's Dialogue with Nature
and Animals

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The physical earth, and even the moon and the stars that surround it, are like a house in which you are a guest. You don't own the house, but you are invited in to stay for a while. Once invited in, it becomes your choice how you will honor this privilege. Whatever you decide will be your decision, as you are gifted with free will, which can be used to learn a variety of lessons. Some of your decisions reflect an awareness of your blessings. Other decisions may have consequences or portray a form of misunderstanding regarding who you think you are and what you perceive is your position within the wheel of life. In the end, you, as humans, will always have a choice regarding how you will behave as a guest in this universe you find yourself in. Whatever way you decide to treat your host will reflect how you believe you, yourself, deserve to be treated, since all is connected.

INTRODUCTION

Life Can Communicate with Us If We Know How to Listen

In writing this book in the style of a dialogue or story, I do not intend to promote myself as a perfect channel or role model for some of the ideas discussed. Nor do I wish to be seen as presenting the whole and accurate truth of what Mother Nature would have to say about our spiritual purpose—particularly as it relates to our environmental issues. I am not even sure Mother Nature is an individual entity that can communicate in this fashion. Even if it is true that Mother Nature is an entity that can communicate in this fashion, please still keep in mind that many of the messages in this book may have arisen from my own mind or awareness.

Also, while I originally intended to dialogue with Mother Nature alone, the story evolved to include dialogues with animals and insects. Including their communications in the book seemed natural. After all, this book is written with the purpose of helping humans understand that life as a whole and all of its parts can communicate with us, if we are open to hearing the message.

While an “earth empath” could be more generally defined as a person who intuitively senses and feels things that are physically happening within nature (feeling symptoms within the body), this term used within the subtitle of this book also relies on a slightly different interpretation. The definition of empathy, according to *Wikipedia*, is:

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“...the capacity to understand what another person is experiencing from within the other person's frame of reference, ie, the capacity to place oneself in another's shoes.”¹

Simply replace the words “another person” with the words “nature and animals.” It is from this interpretation of empathy—one that emphasizes our ability to intellectually and compassionately relate to what is happening in nature—that the subtitle arose. The first part of the title arose from my dialogue with the mallard ducks in chapter one. It seemed to fit the topic of this book perfectly since it helps us to see Nature and Her creatures less as something we can rule and have dominion over, and more in terms of our being a guest in a larger universe where all living things and beings are equal.

Overall, through this “inspired writing,” I weave a story recounting one person’s endeavor to establish a dialogue with Mother Earth and Her creatures. I hope this story can inspire readers to become more open, receptive, and respectful when it comes to the magnificence of life all around us. My greatest hope is that it helps us, as “humane” beings, recognize how all that is living contains and reflects a Holy Spark.

¹ See <http://en.wikipedia.org/wiki/Empathy>

CHAPTER 1

Say “Hello” to the Ducks

It was a clear and warm day in August when I found myself sitting on the bank of the river located behind my home. I was thinking about what I could write about, since this was the perfect place, full of peace and quiet, where I could allow thoughts and ideas to flow. While part of me had been intending to write for a while, I admit there was another part of me that had been resisting the process. Part of my resistance arose from not being sure of where to start. All I knew was that I wanted to establish an intuitive connection with Mother Earth and write based on whatever She wanted to communicate to humankind. So, I quieted my mind and asked Her, “Where do I start?”

“Start with how beautiful all of creation is,” was the reply.

It was not very long, however, before I felt distracted and lost my focus.

As I sat by the river’s edge, three young mallard ducks (two males with one female) had paddled over to my side of the river. The female in the group began honking. “Is she looking for food?” my mind wondered.

I must admit that I never really had an interest in ducks prior to living by a river. I had never before imagined that living by a river would be so inspirational in view of all the elements of nature that I could come in contact with. Now that I do live by a river, I have developed a love for watching the ducks and other waterfowl during the summer months. I have also noticed that through what I am observing, I am learning a lot about their habits and personalities.

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With the subject of “the beauty of creation” on my mind, I definitely found myself more observant of how these mallards were part of this “beauty.” One male mallard began flapping his wings, and the flashes of iridescent blue in his feathers left me speechless. “So beautiful...you are so beautiful,” were the only words I could think to whisper to myself. While other people might not think of mallards as beautiful, I have come to realize that they have their own beauty and way of being that differentiates them from other waterfowl.

For instance, with the Canada geese, once their goslings are born, both parents can be seen raising them together. In fact, you rarely see a group of goslings without two adults traveling with them everywhere they go. However, when it comes to male and female mallards, while you can often observe them coupled up in the springtime, as soon as the ducklings are born, the couples seem to separate. During this nesting period, the mother ducks can be observed on the river with their young ducklings following behind them everywhere they go. The males seem to be nowhere to be found, or so I thought. After a little research, I learned that the drakes (the male mallards) go into an “eclipse” period when their plumage changes to more closely resemble that of the females. They also become more secretive for a period of time due to being temporarily flightless (and thus more vulnerable to predators²).

Now that the summer has begun to fade out and the ducklings have grown up, it is still hard to differentiate the males from the females since the males still haven’t come into their colorful plumage. The only way I can tell the males apart from the females is to focus on their beaks. Male mallards have larger yellow and/or olive beaks while the females have smaller orange and black beaks. These are the types of things I have learned from sitting by the river watching the ducks and other waterfowl during the summer.

As I sat beside the river observing the ducks and their physical differences, I began to think about how individual ducks and geese can have their own distinctive personalities as well. Some are shy, some are bold, some are chatty, and some are quiet. It seemed the female among the group of three mallards that had greeted me by the riverbank was the friendly, chatty type. The other two males seemed to want to swim off in another direction, but the female was lagging

² For more information, see www.birds.cornell.edu/homestudy/quiz/quiz-question-2

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behind to some degree. So, I decided to call out to her and say, "Hello."

She immediately turned around and started quacking at me. As she quacked, the other two males also turned around, probably wanting to see what the fuss was about. Then a fourth male came to join the other three.

As I sat there having a conversation with the four ducks, a fifth duck started quacking from a dock across the river. Then a few of the ducks that were part of its pack got in the water and began to swim over. I felt amazed and awed by this experience. They all continued to paddle around in circles in front of me even though I had no food to offer.

Soon, groups of ducks were approaching me from all different directions, and I kept talking to them, telling them how beautiful they were and apologizing that I had nothing to feed to them. At this point, I counted seventeen ducks gathered in a group in front of me. My cat Cricket had also come to join me, seeming to want my attention (or, perhaps a little jealous?). She started rubbing her head against my legs and meowing at me until I grabbed her and plopped her on my lap so I could pet her.

With all of the ducks gathered in front of me, and with Cricket and my notepad on my lap and my pen in hand, I decided I was going to try to communicate with them in the same way I was attempting to dialogue with Mother Nature. So, I closed my eyes, blanked my mind, and asked the ducks if they had anything to communicate to humanity as a whole during this time.

The first thing I heard and wrote down was "Help us."

"What can I help you with?" was the question I next posed.

"Help us to restore the balance," was the answer I wrote down.

"What can I do to help with that?" I thought to myself.

I then heard the word "Receive."

"What do you want me to receive?" I asked.

"Insight," was the response.

While remaining in meditation, I kept flowing with what was coming through and writing it down.

"Demand respect," was the next part of the message. "Honor thy Father and Mother in one breath. For, the Mother is everywhere and the Father is supreme. Both are everywhere that life exists and everywhere in between."

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I had never thought of the phrase “honor thy mother and father” in this sense before. We typically think of honoring our biological parents when we hear this phrase. This interpretation seemed to give it new meaning.

“Know that you are a blessing. Each of us is a blessing,” were the next two phrases I wrote down.

I asked if there was anything else they wanted to communicate.

“Receive knowledge,” was the reply. “Know the truth. You are a guest in our universe. Don’t be blind. Don’t close your eyes.”

This really made me think because as humans we tend to consider ourselves the highest animal on the totem pole in relation to the life around us. Here, the message I was receiving was that I was a “guest” in a greater universe.

My mind then turned back to the original question I had asked Mother Nature and the answer that I had received: “Start with how beautiful all of creation is.” Everything I had experienced today on the riverbank had given me a glimpse of how beautiful and miraculous life and nature can be if we take the time to notice.

All of this had given me a lot to think about. A few questions crept into my mind at the same time. The most prominent question was, “Would I be able to hold onto this feeling of appreciation for nature, or would I lose it all and return back to my everyday life as if what I experienced today never happened?” These were questions that only time would be able to answer for me. For now, I bid the ducks goodbye and thanked them for their company. With my cat Cricket following close behind, I went indoors for the evening.

CHAPTER 2

“You Are a Guest in Our Universe”

The following morning after my conversation with the ducks, I found myself awakened by the sunlight that was streaming through my window. “I guess this is a signal that it is time to get up,” I thought to myself.

After feeding my two cats, getting dressed, and having something to eat, I went outside on my back porch to enjoy the beautiful view that is always available to me living by the river’s edge. I watched the squirrels chasing each other in the trees, the seagulls flying over the river, and the birds who were communicating with one another through their chirps and melodies. It seemed that my backyard was teeming with life, beauty, and vibrancy.

With my notebook on my lap and my pen in hand prepared to write down whatever came through, I wanted to ask Mother Nature what was meant by the phrase, “You are a guest in our universe.” Whose universe is this? And, what is our role in it?

“Intriguing...” was the reply I would write down, as if She found my question charming but naïve. I could almost feel as if She was smiling at me with an amused smile. It was followed by, “Decide. Decide now what you want in life.”

“I don’t understand,” I communicated. “What is ‘intriguing’ and what does this have to do with being a ‘guest’ in a ‘universe’?” “It is intriguing because you have asked and not figured it out,” was the reply I heard back.

Rubbing my head and staring up into the clouds, I ventured to see

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if I could figure out the meaning for myself. Then, I heard Mother Nature begin to speak on the matter.

“The physical earth, and even the moon and the stars that surround it, are like a house in which you are a guest,” She instructed. “You don’t own the house, but you are invited in to stay for a while. Once invited in, it becomes your choice how you will honor this privilege. Whatever you decide will be your decision, as you as humans are gifted with free will, which can be used to learn a variety of lessons. Some of your decisions reflect an awareness of your blessings. Other decisions may have consequences or portray a form of misunderstanding regarding who you think you are and what you perceive is your position within the wheel of life. In the end, you, as humans, will always have a choice regarding how you will behave as a guest in this universe you find yourself in. Whatever way you decide to treat your host will reflect how you believe you, yourself, deserve to be treated, since all is connected.”

“I now feel a bit foolish for not having understood the meaning,” I admitted.

“No need to feel foolish,” She responded.

Silence passed between us for a while before She continued with Her message, “With humankind, many of you have been conditioned, for your survival, to believe that everything has to be part of a game of buy and sell. This is not your fault for thinking this way. It is a lower egoic type of mindset that you have been conditioned into. But, this conditioning can be overcome. This is part of your purpose for incarnating during this lifetime. You are being offered the choice to understand old concepts, rituals, values, and behaviors in a new light. Through being able to understand these things in a new light, you can change the conditioning that you have been chained to. You can release what keeps you locked into creating a certain kind of reality for yourselves.”

I felt taken aback by what I found myself writing down. Then I heard the word spoken to me, “Precious.”

“What is precious?” I asked.

“Life is precious. Don’t you know by now?” was the response.

Mother Nature continued, “Every breath you take is precious. Every process of your body is precious. Every laugh, every sneeze, every walk out in nature, and every animal you encounter is precious. Even the act of dying and being reborn can be precious if you allow it

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to be. The nature of how cycles will repeat themselves is precious, such as how death is followed by life and life is followed by death. Similarly, creation is followed by destruction and, from this, a new creation can arise upon a different foundation. These things are not precious in terms of what they materially stand for. They are precious because they connect you to the whole of life as something holy. As without, so within. As within, so without.

After a brief moment of silence, Mother Nature remarked, “Notice how the word ‘holy’ is taken from the word ‘whole,’ in the sense that it is unharmed and intact.”

Looking up the definition of the word “holy,” I would find that there was some truth to this. According to *Wikipedia*:

*“The English word ‘holy’ dates back to at least the 11th century with the Old English word *hālig*, an adjective derived from *hāl* meaning ‘whole’ and used to mean ‘uninjured, sound, healthy, entire, complete’. The Scottish *hale* (‘health, happiness and wholeness’) is the most complete modern form of this Old English root.”³*

“Coming to understand your connection to the whole of life is part of your human purpose,” Mother Nature then remarked. “It is why you have been chosen.”

“Chosen?” I asked.

“You have been chosen to be a participant in an experiment,” She responded.

“What is the experiment?” I asked.

“Your journey is one of discovering truth and then learning to abide by it,” She answered. “That is, learning to separate truth from untruth. Then, learning to translate such truth from thought into action—through the way you choose to live your life.”

“How will we know the truth?” I asked.

“You will always know from the fruits,” She replied. “From the fruits—the causes and effects—you will gain understanding about how the laws of the universe operate. What you do to the self, you do to the whole. What you do to the whole, you do to the self. All is connected. There is no self-service in the universe. You serve the

³ See <http://en.wikipedia.org/wiki/Sacred>

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whole, or you serve nothing at all. You serve the whole through all of your thoughts and actions, whether you are aware of this or not. You serve the whole through everything you buy, sell, create, abide by, choose, destroy, make use of, understand, fail to understand, and more. Once you know the fruits that arise from your service and how they manifest themselves—and whether they were created for your betterment or have a destructive effect—you will have opened the door to wisdom and understanding.”

“Ah, I see,” I said, reflecting more deeply upon the wisdom being offered.

After thanking Mother Nature for her wisdom, I walked down to the river’s edge to sit for a while and think about everything that had been conveyed through our dialogue. Looking out over the river, I observed that a few mallards had come to greet me. I talked to them for a while and apologized for not being a more conscious guest in this universe that they were part of. As I watched the mallards, I began to take note of how they were affected by our human actions, and even our inaction (such as when it comes to resolving issues concerning pollution, overpopulation, nuclear waste, and finding more sustainable ways to live).

As I looked out over the river, I noticed that there was a second group of ducks that had gathered further down, close to the bank. As I watched them, I noticed there was a large pipe that came out from the ground and that it was positioned to release something into the river. Questions began to arise in my mind such as, “What was this pipe meant for?” “What did it release, if anything, into the river?” and “Is this something I should care more about?” In response to this, I made a commitment to myself to try to live in a more environmentally conscious way. I then stood up, dusted my shorts off, and headed inside for the evening.

CHAPTER 3

“Know the Web You Weave for Yourselves”

It was a lovely, cool August evening. The sun was still out and I was seated on the steps of my porch beside a bush that was home to many orb weaver spiders (of the cross orb weaver variety). My cat Cricket was seated on the steps by my ankles.

While in the past I have been afraid of spiders, this summer I found myself feeling less anxious. In fact, the orb weaver spiders had taken over the part of the bush that was right next to the step I was seated on, and yet I did not feel too frightened to be sitting so close to them.

As I observed them closely, I thought to myself how they seem to be communal creatures. I’ve noticed that groups of these spiders will sometimes take up residence in the same area. In fact, I once lived in a house where orb weavers took over my entire backyard!

While some of the spiders were smaller in size, others were much larger. Based on my research on the internet, it appears that the larger orb weavers are the females, and the smaller are the males. It also seems that the size of a spider’s web is proportional to the size of the spider; that is, the larger spiders often spin very large webs while the smaller spiders spin much smaller ones.

Whether a web is smaller or larger in size, each orb weaver spider seems to like to sit at the very center of their web and will sit this way throughout the day unless disturbed. They are more active at night, when they will eat their webs and any insects caught within them. Some of them will rebuild their webs anew every day in the same location.

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Watching one particularly large spider that was closest to me (a female), I began wondering what she might ask of humanity.

"Independence... intelligence..." was the brief answer I would receive.

"Intelligence about what?" I inquired.

"Greed... selfishness..." were the two words I jotted down.

"Is there anything else you wish to communicate?" I asked.

"Have resilience..." was her answer back. "Have resilience in the face of challenge. Band together now whether you are rich or poor."

Going back to the topic of greed, I asked, "What do you mean by saying humanity needs to be more intelligent concerning greed and selfishness?"

"There is enough for everyone," she replied. "So, strive for balance. Let go of desperation. Know the web you weave for yourselves."

"What does this have to do with having intelligence?" I asked her.

"Intelligence matters, as does how you use your intelligence," was her reply back. "When used to further only materialistic ambitions, you miss all of the breathtaking beauty that is inherent in the web of life. You are left seeking to create something external to this web to call it beautiful or worthy."

"I never equated noticing beauty as an aspect of using our intelligence," I put forward.

"And, so you fail to be intelligent toward all that is left unnoticed, unpraised, or neglected," she responded. "Not knowing any better, you may fail to make prominent what naturally takes prominence. Instead, you, as humans, seek to make prominent another kind of woven reality or extreme—unable to find the beauty in what is simple, living, unmanufactured, or free from being woven through technology."

As I was looking at the spider and the web she had woven, rays of light suddenly began filtering through the trees in such a way that each strand of her web was illuminated. As I watched the rays of light dance upon her web, I noticed that the strands appeared to sparkle. This was very curious to me since I had never really noticed a spider web "sparkling" before.

As I continued to watch the flashes of light that formed, I noticed that, if I looked carefully, the web was reflecting a rainbow of colors as if the threads of the web were acting as a prism.

"Wow," I thought to myself while looking at all the colors of the

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rainbow flashing around. “This is amazing!”

“The rainbow is you,” were the words I would hear. “Be heard. The time is now. Don’t wallow. Share with others this magic. Share with others the truth.”

“The truth about what?” I asked.

“Life... existence...,” was her response.

“Anything else?” I asked.

“Independence,” was the answer.

“Yes, you used that word earlier,” I confirmed. “In what way do we need to become more independent?”

“Realize that each of you can become an independent warrior for truth,” she responded. “Don’t wait for others, but gather resources, supporters, and funds.”

“Gather funds and resources for what?” I questioned her, not really sure what to do with the information I was receiving.

“Gather what you need in order to form new communities that value new values,” she answered. “As humans, you need to understand that you can choose a different way of life from the one you have been living. You are not completely without free will and choice. You *can* choose to become more independent. You can learn to free yourselves from your attachments and from what leaves you trapped within a web of your own cultural construction.”

“Can you explain more on how we can be free of this web?” I inquired, not sure if I knew what this web was or how we created it.

“You need to understand how easily influenced and frightened you are,” the spider responded. “You have become obedient and dependent children to all the parental forces and hierarchies that abound. These forces are illusions, but they feel real and threatening to you. As a result of this, the majority of you feel too frightened to take a more independent stance. Instead, you continue in your path of blind following.”

“Blind following?” I interjected.

“Yes,” she responded. “As a collective, you tend to blindly follow whatever or whoever is placed in charge or is in a position of authority. It is as if you have been given a socially manufactured instruction manual that you interpret to be all knowing and wise. This instruction manual—though it binds you to various self-destructive illusions—tells you how you should live your lives. Many of you accept the instructions it offers you as a path to follow that should never be

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strayed from. You, thus, remain unaware that you are blindly following anything at all. You also remain unaware of the personal, collective, and environmental consequences that arise.”

“Most of us just think those consequences can be overcome through thinking positively,” I responded.

“Yes,” she confirmed. “This is because you collectively fear change at a deep level and prefer not to question some of the ways you live. Thus, it is only natural that you would begin to consciously or unconsciously seek magical solutions to resolve some of the problems you have manifested for yourselves and your world.”

“Is magic not real?” I asked, feeling confused.

“I’m not implying that such magic is not real or possible,” said the spider, “but that in order to make use of it—that is, to be able to solve some of the types of issues you are attempting to solve—you must first evolve. In order to evolve, you have to be willing to face your fear of change and the unknown.”

“Ah, I see,” I said.

There was a brief pause, and then the spider’s message continued, “You, as humans, have yet to understand that the path to resolution for many of your world’s problems lies within your grasp, but not without confronting what you are most frightened to confront. You do not need to resort to using mind over matter or magic to overcome such problems. In fact, you can more efficiently overcome them through using practicality. You can overcome them through confronting your fears of leaving old patterns of dependency behind.”

“Patterns of dependency?” I asked.

“Yes,” was her reply. “Learn to let go of your collective tendency to be dependent upon what no longer serves nature and all that contains the living spark of the Divine. Let go of your dependency on corporations, polluters, governments, energy grids, chemicals, and whatever else is interfering with creating more peace, harmony, and balance within your world and lives.”

“I don’t really know how to be independent in the ways that you speak of and still survive,” I acknowledged, feeling a little uncomfortable with this kind of conversation.

“You, as a collective, will be forced out of your familiar nest at some point,” the spider said in a blunt tone. “You will then have to learn to fly or you will not be able to survive. Such a point is not hundreds of years away but closer than many of you realize. The time to act and

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respond constructively is now. Don't delay making important decisions. Intelligence matters. So, use your intelligence appropriately."

"How?" I asked, wanting a clearer response concerning what action could be taken.

"Learn to use your intelligence toward living more simply and efficiently," the spider responded. "Start to take notice of the simple and pure. From this starting point, you can begin to appreciate and give value to what truly matters, and what reflects wisdom, rather than what sabotages you on your collective path."

"Anything else?" I asked.

"Begin to think of ways in which you can amend your self-destructive behaviors," she responded. "Replace these destructive behaviors with an appreciation for the majesty of who you are and what life is. Realize that what contains a living spark deserves respect. For without life, you would not exist."

Then, I heard the spider exclaim, "Go now!"

"Go now?" I asked.

"Resolve your differences," she said. "Resolve your cultural issues. Resolve your issues with government and abuse of power. Resolve these issues through withdrawing your money, time, and energy from what supports or maintain the web of illusion that you find yourselves attached to."

"This all sounds good," I stated, "but it is not really practical in terms of everyday living."

"The task being asked of you is not an easy one, but one you came to see if you could learn," she responded. "Many of you will choose not to learn, and this is your choice to make. It is your choice whether you will step into the unknown in order to learn something new."

"Do you have any other advice for how to withdraw ourselves from maintaining this web of illusion?" I asked.

"You can withdraw from the collective parental structure you feel bound to obey and serve in the same manner that you would remove yourself from a dysfunctional family situation," counseled the spider. "Neither task is easy, for you are being asked to abandon something that you have felt loyal and committed to in order to branch into the unknown. Any person who has ever walked away from an abusive parent understands that they ultimately have the choice to either stay in something dysfunctional or find a path that would better serve to

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empower them.”

There was a short pause, and then I heard her words continue, “Trust that you can begin to let all your biological and cultural parents go and still be able to survive through finding the balance. Trust that it is safe to find ways to let go of an old world while opening yourself up to the creation of a new one that can come into form.”

I was feeling a bit anxious about whether I could follow some of the wisdom being offered and then I heard, “You do not have to do it all at once, but try not to give yourselves too many excuses for not making any effort at all.”

“Can you go into this in more detail regarding the steps we can take?” I asked.

“Of course,” she responded. “As a first step, you can resolve to withdraw your energy from what fosters the destruction of life while placing your focus upon what supports life, what matters, and what supports intelligent decision-making. Right now, many of you are conditioned to be over-reliant upon a passive form of decision-making that leaves you all victims of a web that would have you eaten alive. This web then sabotages you despite your best intentions and efforts.”

I was feeling a little discouraged whether I could take on this kind of task, so the spider offered, “Don’t be afraid to experiment or to make mistakes. Through experimentation, you, as humans, can begin to find a way out of your collective predicament of being stuck; you can begin to find a way out of your dependency on what no longer serves you; you can begin to overcome your sense of defeatism and your unconscious support of what has become corrupted from the inside out.”

“I don’t know if I am ready,” I admitted.

“Life is a gamble,” was the reply. “You have to take risks. The time is now.”

As I continued to sit on the step enjoying the beautiful afternoon, I noticed that I was feeling anxious concerning what was being asked of me and unsure about whether I was ready for the task. Then I heard the spider speak once more, “Simplicity is a good place to start.”

I began to think to myself about how I could make my life simpler and how I could learn to do without where doing without mattered, and where I was able. Looking at the neighbor’s garden next door to me, I also realized that I could learn to grow things. In growing things, possibly I could learn how to be more appreciative of life, how to tend

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to it, and how to watch it grow (as opposed to being destructive).

Then I heard the spider speak to me once more, “You need to decide whether living things and beings are worthy of your love and attention. For, when you can only show love to other humans, without concern for how other forms of life are affected by human efforts, you unknowingly support the disruption of balance. As a result, love isn’t shown equally. While one aspect of life is shown love, another ends up unloved and neglected. So, always seek balance and to maintain the balance in all of your approaches. Remember that all is connected. See that connection more fully and do not allow for the earth, nature, and fellow creatures to feel alienated from your love. Do not allow for anything living and connected to you and the web of life to feel undeserving of more loving action.”

“I guess action is a big part of what it means to love,” I suggested.

“The act of cultivating love solely on the level of the mind (and its thoughts) without fortifying it through the heart (and your actions) is not enough to maintain the balance,” encouraged the spider. “Love that is not fortified through loving action manifests a state of dissonance between your loving thoughts and your less loving habits, which include your culturally accepted predispositions toward competition, envy, and greed.”

“I never before thought about love as being about maintaining balance,” I professed.

“Seeking to maintain the balance is an important part of learning the true nature of love,” emphasized the spider, “including teaching you to love all aspects of yourself equally, not just what the cultural web tells you is worthy of love. This cultural web does not yet know any better, so it tends to value materialistic advancement over keeping the balance; that is, it discourages you from tending to all life in equal balance. So, allow yourself to break free of this kind of cultural conditioning in order to make your goal one of tending to life lovingly in all ways. Know that all of your actions, including your desire for materialistic advancement, affect the whole of life in some manner. Through your thoughts and actions, you either tend to life respectfully or disrespect it to some degree. So, tend to life lovingly in all ways.”

“Tend to life lovingly in all ways...” I began to think to myself.

“For when you honor life and everything around you, you acknowledge that your own life is worthy of the same honor and respect,” I heard faintly in the background.

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This made sense. And, it also made sense that this was the best way to behave like a loving “guest” in the universe.

With this, I felt it was a good place to end our dialogue. I thanked the spider for its wisdom and walked down to the water to sit by the river for a bit where my cat Emerald was waiting for me. She started rolling around on the ground, inviting me to play with her for a bit. So, I gave her my love and attention for a while before heading inside.

CHAPTER 4

“Seeking to Maintain the Balance”

As I was sitting outside in nature, I started thinking about what the spider had communicated about love and balance. She had said to me, “Seeking to maintain the balance is an important part of learning the true nature of love.” She had also said, “Tend to life lovingly in all ways.” So, what did this all mean?

I admit that I have never really thought of love in terms of maintaining any kind of balance before. For the greater part of my life, I never even gave much thought to loving nature or animals. This wasn’t because I didn’t like nature. It was just that I rarely noticed Her. Nature was simply nature. She was something to be exploited for humankind’s own needs and advancement. Also, because nature was something I saw almost every day, She was considered too mundane to notice anything special about Her. Or, at least, so I thought.

Another factor that affected my appreciation for nature was that my childhood was one where my main preoccupation was with survival. My home hadn’t been a very loving one. Part of the abuse I endured was being forced to mistreat our pets, both cats and dogs. I admit that this taught me to dissociate from caring about animals and other life in order not to have empathy for the pain I was inflicting.

It wasn’t until my father passed away when I was thirty, and I got my first kitten, that I would realize how much love I could have for an animal. The more I allowed myself to feel this kind of love, the more I began to feel drawn to care about other animals. For example, I started to admire and take pictures of other creatures such as rabbits,

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groundhogs, blue jays, and cardinals that were frequently to be seen on my property. I would sit outside and watch them, feeling inspired by their individual qualities and personalities. I admit I found this fascinating, since I had never really before thought of animals as having their own unique quirks and personalities.

Then, one day I noticed a tree. I mean, I really *noticed* it! It was like I saw the tree in a way I never had before. A wave of regret then came over me since I also realized that I had failed to notice so much beauty. In failing to notice, I had missed an opportunity. After this point, I would sit outside regularly during the warmer months of the year and meditate on the beauty, color, and vibrancy of the trees, plants, flowers, birds, and other creatures that had begun to inspire me in ways I had never before felt inspired.

Concurrently during this time, I was becoming more environmentally conscious. While I had been someone who wanted to recycle and care about the environment before, this was different. Prior to really caring about nature, my interest in environmentalism was mainly about protecting the environment so that the future of humans on this planet could be protected. Thus, my interest was more in self-preservation. After finding a love for animals, however, I wanted to protect life because I saw it as something to be treasured. I saw Life with a capital L as worthy of protection in the same way humans were.

Shortly after the Gulf oil spill of 2010, I really started changing how I looked at the world and our human imprint upon it. It seemed as if the more man-made disasters occurred, the more I realized how many of us were caving into lifestyles that made them more likely. The more I started thinking about this, the more I started wondering whether the lifestyles that we all so easily support and adhere to put us at cross purposes with our true goals (whether they are personal, collective, or environmental). I started to realize that if we truly were to understand how to be loving creatures, we would be required to change and confront our tendency to be apathetic and to adhere to what doesn't really work for us anymore. I was even starting to notice how within the new age community (which I had been a part of since my early twenties), there were catchphrases and philosophies that we apply which, depending on how we use them, can keep us stuck. For example:

- Everyone has a right to his or her own path

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- It is wrong to “judge” people
- Everything that happens is “meant to be” or was supposed to happen
- Everything is an illusion, so we shouldn’t worry about it
- Fear is the opposite of love
- Other directives that keep us focused on feeling good, having a sense of entitlement, denying a sense of accountability, or being passive

After all, if we were standing in front of someone who had their finger on a button to destroy the earth, would we really waste time arguing that they had a right to their own perceptions, beliefs, or path? That it was “meant to be” this way? Or, would we, instead, think of the needs of children, nature, future generations, or the whole?

After reading a book called *The Empathy Trap: Understanding Antisocial Personalities* by Jane and Tim McGregor, I had a real “aha” moment. For those who have not heard of this book, it discusses how in most cases of ongoing abuse, there is an abuser, victim, and “apath” (or apaths) triad. The apath’s role in this triad is to consciously or unconsciously support or enable abuses. They are often apathetic to the pain of the abused and will either stand by doing nothing when abuse is taking place or will actively support or protect the abuser. While the book focuses on how this triad often presents itself in situations involving bullying, I started realizing that it also presents itself when it comes to our collective state of affairs. After all, many of us can feel uncomfortable with upsetting the status quo or risking the loss of what makes us feel secure. Thus, we can become apathetic when it comes to the effect that societal ideals, corporations, authorities, and mindsets have upon the greater world, nature, animals, and even our children. We fail to protect that which needs our protection in order to offer our continued support and protection to what would take advantage out of greed, profit, or lust for power.

I began to think about how our new age ideas regarding manifestation fit into this picture since, as new agers, we are encouraged to believe that everything that happens in the world first arises from thought. I also began to wonder what Mother Nature would have to say on this subject. Then, I heard Her speak to me:

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“Everything first arises from thought and belief. If this is true, then it must follow that what you buy, sell, make, create, and how you behave as a guest in our universe arises from your thoughts, wants, and beliefs, as well. So, what are you truly and collectively thinking, wanting, and believing, and why? Or, do many of you even know?”

Within my mind, I began to rationalize how most of us have never been taught to think in any other way than we currently do. I then heard Mother Nature respond:

“This is largely why, within the new age community, there is such a discrepancy between your intention to become a healing and loving influence within the greater world and the more concrete reality that you manifest for yourselves. The fruits never lie, and the current fruits of your collective labor⁴ reveal that your new age intention to be a loving force within the world is not a clear or focused one. It is being contradicted by other intentions that may support a different agenda.”

She then continued, “Another part of the problem is that you, as new agers, have yet to collectively understand that the Law of Attraction is a simple and practical law as well as a mystical one. If you only look for the mystical—that is, the translation of direct and conscious thought into manifestation—you will miss the less direct and less conscious translations—that is, the fruits and symbols of your labor that are commanding your attention everywhere you look.”

“I am starting to realize this,” I agreed with Her.

“Yes, but you as a collective haven’t yet fully grasped the nature of your split intentions,” She argued. “Many of you haven’t grasped that your mind is trying to manifest a resolution to the larger problems of the world in a split fashion. While your conscious mind may be focused on having a loving effect upon the landscape of your world, your unconscious mind is engaged in an acting-out process that sabotages your primary agenda. With two opposing intentions—one focused upon changing the world for the better and the other focused on never challenging your behavior—neutrality results. You may even end up compounding the various issues you seek to resolve.”

There was a brief pause as I reflected upon the message I was writing down. Then, the message continued, “When your minds are not focused on the beauty within life or in treating it as sacred, your thoughts lead to actions and lifestyles that reflect the belief that life has

⁴ New agers currently comprise a large part of the population. As such, they influence collective thought and also what is manifested or not.

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little value, or is not to be seen as treasure. This is not to be held against you, however. It is to your misfortune that what you have been collectively taught to value lies in a form of man-made constructing of endless items and conveniences. These items may offer you comfort, but they are largely empty of any true value or life.”

“I think we tend to focus in that way due to our current definitions of abundance,” I offered. “We are largely taught to define abundance as an accumulation of money and things.”

“Yes,” She said. “You’ve been mentally conditioned to attach these commodities to your current definition of abundance. However, WE, of all that is living, would prefer that humanity begin to define ‘abundance’ through what you have already been blessed with. WE prefer that you would perceive abundance within all the natural treasure that lies within and around you.”

She continued, “If you focus only on what can be ‘produced’ by way of ‘abundance’—never feeling you have produced enough—then, doesn’t it make sense that what would manifest from this type of focus is that a more natural and unmanufactured kind of abundance would begin to disappear?”

“Yes, it does,” I said, feeling a little remorseful.

“All you have to do is notice how true abundance is beginning to disappear or become extinct in places to know I speak the truth here,” She admonished. “True abundance is being substituted by all that has become a shallow replacement. For, at the collective level, the focus on true and natural abundance is disappearing from your minds, hearts, and priorities, failing to be treasured or valued in a concrete way. The more it does so—that is, the more it disappears from your thoughts, hearts, and priorities—unfortunately, the more it disappears from the physical landscape of your waking lives. So, there is the need for you to comprehend how collective manifestation follows intention in both direct and indirect ways. There is, likewise, a need to bring to light those human intentions that are hidden, unconscious, disguised, or even diseased.”

“It seems that life can communicate our personal definitions of even the words we use and what is important to us as a species,” I observed.

“Yes, of course!” my instructor agreed.

“It also seems that we cannot always see how our definitions are impacted by our culture and lifestyles,” I put forward. “We cannot

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always see the effects that arise from these definitions either.”

“Yes,” She responded. “The thoughts beneath certain lifestyles you live by and certain behaviors you as humans condone are all shaped by the mental conditioning you’ve received for most of your lives. Because such beliefs are conditioned into you—and, because you feel helpless to find another way to live that will sustain you—certain ‘thoughts’ go unrecognized or unchallenged. They are thought of as ‘normal.’”

“I see,” I said.

“You ‘believe’ that you need your lifestyle, after all, to support you,” She carried on. “You cannot see any other way to survive. Everyone is living the same way, so it is hard to find fault or to question the sanity of your collectively accepted approaches.”

“It is interesting that we don’t think to use our thoughts to ‘manifest’ a solution to some of our societal and environmental issues,” I said. “We seem to want to ignore them instead. It seems we wish to just focus on a happy outcome. We may not take the time to think about what that happy outcome might look like. We only know we want to create a more peaceful and loving world than we live in now.”

“And, without the ability to visualize the outcome you want to manifest, and what bringing that outcome into form would entail, you will have difficulty actualizing it,” She responded. “The fruits that arise within the world are evidence of your confused and split intentions.”

“Yes, you’ve said that before,” I offered. However, Mother Nature had more to say on this matter.

“Instead of attempting to deny the realities upon the earth that have manifested,” She said, “hoping that if you keep a positive mindset, they will resolve themselves, you could seek to move backwards from what has already been manifested to understand the thoughts and belief systems that lie underneath. This could help you to understand your collective way of thinking, living, and believing more deeply, including what such ways of thinking communicate about your understanding, or lack thereof, of a more loving purpose or Self-concept.”

As I continued to sit outside by the river’s edge with my cat Cricket nuzzling her head against my legs and my attention upon the ripples on the water, I let my mind begin to wander concerning all I had written down. I started thinking about how sometimes philosophies are put forward that suggest we are not supposed to think about some of the realities unfolding on earth. We are taught that to give attention

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to such unfolding realities is the path of fear and not love. We are simultaneously taught to see fear as the opposite of love. But, I had always noticed that this way of looking at things can sometimes make us more afraid in the long run—particularly of our negative emotions.

Wanting to know what Mother Earth had to say on this topic, I put forth to Her, “In the ‘love and light’ movement, we seem to be taught to separate fear from love in a way that generates more fear, including the fear of looking at outcomes in a way that allows us to move backwards from their fruits to see the seeds of thinking underneath. This is because we are taught that to focus in this way will lead to making an issue worse. Is there any validity to this?”

“Yes and no,” She replied.

“So, there is some validity,” I affirmed.

“Yes,” She answered, “but, think of it this way: if you fail to look at things in order to understand the cause, it only makes sense that you repeat what you have failed to learn from and, thus, manifest more of the same.”

“That does seem true,” I said.

“Even if you think of many of your healing modalities, whether they are alternative or conventional, you generally use the approach of treating a cause in order to have an effect,” She argued. “Many of you within the new age movement will even talk to psychics in order to understand your situations or healing issues better in order to transform them. This reveals that most of you understand there is a deeper cause and effect process going on beneath any state of disharmony or disease. You also, on some level, understand that this disharmony can be rectified through being brought to the light of your awareness in order for you to experience a cure. You simply have yet to apply this understanding to the bigger picture or the body of the earth. For in your present state of being unenlightened, you will likely prove ineffective with manifesting any form of lasting healing—using pure thought and intention alone—if you at an individual, collective, or semi-collective level cannot understand what is going on beneath the surface. Understanding must come first to some degree.”

“How can people get beyond the fear of viewing this approach as indulging in something ‘negative’?” I asked.

“It is your own minds that have determined things to be positive or negative instead of what is,” She answered. “You could choose, instead, to see it as an adventure, a challenge to learn from, or a puzzle

to solve.”

“I’m sure half of what the current world deems to be positive is actually having a destructive effect upon life in general,” I said.

“Everything in moderation...,” was what I heard next. “It is less that you need to never experience anything your world would currently deem to be ‘positive’ so much as there needs to be a balance. Right now, the world is mirroring the fact that humankind has gone outside the bounds of healthy moderation. In doing so, it has upset the status quo.”

Then, Mother Nature continued on a new tangent, “As a collective, you could further your awakening process if more of you could understand that while there is a Law of Attraction, there are other laws that are in effect as well.”

“Other laws?” I asked.

“Yes,” She answered. “For example, there is a Law of Balance and a Law of One. These laws, with the Law of Attraction, overlap to some degree. Through only paying attention to the Law of Attraction, many of you will only be able to understand this law in a limited sense; you will only see it as a law that pertains to the manifestations that arise from your individual thoughts. You will block yourself from seeing and understanding what manifests from your more collective belief systems and cultural conditioning.”

“Can you give an example?” I asked.

“As an example, the abuse of a child is not the product of the thinking of that particular child alone,” She put forward. “This type of belief blames the child for the abuse they suffer. It implies that the child caused their parent to abuse them through holding certain thoughts and beliefs.”

“And, because that is a hard thing to believe, we tell ourselves that children come in with karma or a plan to experience that kind of abuse,” I said.

“That might be true,” She answered. “However, instead of seeing the Laws of Attraction in this limited sense, you could also consider the abuse of a child to be the product of the thoughts of the abusive parents, whose pattern of acting out is a product of an even bigger societal or ancestral picture. So, the abused child did not attract molestation or abuse by his or her mere thinking alone. This would still be true even in cases where he or she may have chosen to experience abuse prior to incarnation.”

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"I never thought of it that way," I said.

"So much benefit could come if more of you could allow yourselves to start thinking of it in that way," She responded. "That is, if you wish to be able to more clearly understand the state of your world and the effect that your societal beliefs are having on My bounty. Otherwise, you limit yourselves from being enlightened as to how to get out of your state of collectively being stuck in a rut."

"How can we start to see this collective level of manifestation that you speak of?" I asked.

"You can start by understanding that the physical dimension and what is happening to it mirrors your level of spiritual understanding, as a collective. It mirrors your purpose as well," She answered.

"What is our purpose?" I asked.

"Your purpose is to seek within for who you truly are, without getting lost in trying to find a sense of completion externally," She answered. "When you step off this path, whether collectively or individually, then your world will begin to communicate to you that this is what is happening. It does this through speaking to you through symbols. Sometimes, these symbols get lost or integrated into a state of normalcy. The communication is still there, however, and can still be attended to."

"It seems some symbols speak to us more loudly than others," I said.

"Everything in your world speaks to you in its own language," She said. "In essence, life is a piece of music, a script, a dance. It is communication. It is consciousness. If you pay attention, you will notice that the symbols of the world and what you manifest are constantly communicating to you their causes and effects. What can be created can either be a pleasant song or one that is out of harmony."

There was a brief pause and then the message of Mother Nature continued, "The natural world, when in balance, can only be symbolic of a state of perfection. When brought out of balance due to human efforts, it reflects how a collective of individuals and their belief systems are communicating something disharmonious rather than congruent. Within low populations of individuals, this disruption would naturally be less noticeable. Within higher populations, it would naturally be more noticeable. This is because the greater the number of individuals who accept a certain belief, the greater the collective effect of that belief will be."

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“But with greater population, there might also be greater opportunity to learn from the effect we are having and also to have a positive effect, if we wanted to,” I said.

“When you can recognize the beautiful in what is natural, you come closer into contact with what is natural within yourself,” She expressed. “When the world begins to communicate that harm is coming to what is natural, then this mirrors that a predominant number of individuals—large enough to influence a collective—have split off from their true Selves. In other words, they have lost a true connection with their natural Source and are excessively seeking to find it externally in the world—through external efforts and/or what is artificial or manufactured.”

“That makes sense,” I affirmed.

“If you, as a collective, can begin to see this type of communication—of where harm is coming to what is natural—and what needs to be provided as an answer, then profound changes can be effected,” She said. “Therefore, begin to see life as a dialogue. It will help you to see more clearly what has remained hidden from you.”

“What did you mean when you said that we can become aware of ‘what needs to be provided as an answer?’” I asked Her.

“I meant that through your beliefs, deeds, and efforts, you have an effect upon the greater world around you,” She replied, “and through this effect you have upon the world, you communicate with it and it communicates something back through a mirroring process. For example, if the world is communicating it is out of balance due to man-made pollution and other destructive behaviors, then you have the power, as a collective, to change this so that the world can begin to communicate something different. However, the communication first arose within you as a collective—meaning, you acted out onto the world in a polluting way and from a mindset that supports the poisoning of the Self and the whole. Then, the world mirrored back—that is, communicated—that it was polluted. In other words, the effect you have on the greater world leaves a footprint. This footprint symbolizes whether the natural world found your mode of communication loving or harmful. You then have the opportunity to learn to amend your communication style if the footprint left by you, as a part of humankind, was harmful to the world around you.”

“That’s a beautiful way to see how we interact with life all around us,” I said.

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“Yes,” She replied. “And, when you become willing to amend your communication style, you can begin to collectively communicate a form of loving response that attracts from My bounty, your body, and life’s fruits something which mirrors that you have found your way back onto the true path.”

“But there has to be a balance as you say,” I reminded Her. “We would not be able to survive if we never sought anything externally.”

“The fact that there has been an excessive amount of harm done over a long period of time, in combination with their being an excessive amount of humans on the planet, makes your situation graver concerning the need for more drastic action to restore balance—that is, the need to stop what you are doing in some way,” She answered. “But, remember, this is also the ideal time to learn a form of communication that without such gravity, the call for action might be too silent to hear or learn from.”

A pause passed between us for a while before Mother Nature began speaking to me again:

“While mystics have been able to survive without too much external seeking, it is more about being respectful of a Law of Balance. Everything in your external world is constantly communicating to you through symbols. It is currently communicating that within your human efforts there is too much noise and busy-ness. Your minds are too distracted, polluted, and dominant. Within many of your hearts, you feel lost and ache from within. With many of you, your soul is seeking completion. It is seeking love. It is seeking joy. It is seeking to know itself. However, as the symbols in the world communicate, a predominant number of you are looking in one direction more than any other and therefore creating an imbalance. Many of you have become excessively lost in various desires: for external conquest, money, manufactured items, conveniences, and more.”

“I see,” I said.

“As a result,” She carried on, “there is so much unhappiness within humanity, despite its efforts to strive toward obtaining happiness through external pursuits. There is so much of a feeling of being lost. There is so much of a sense of disconnection; though, you may try to use various techniques or approaches to rectify this.”

“How can we begin to overcome this feeling of being lost?” I asked Her.

“The way out is through honoring what is being communicated

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through the natural world regarding how to get back onto the true path,” She responded. “Honoring this form of communication can lead you back home again to one another, all of creation, and your Holy Spark.”

“You were mentioning that there exists a Law of Balance,” I said. “How can we make use of this law?”

“You can make use of this law through learning how to tread a path between various extremes and polarities,” She answered. “For example, one form of polarity communicates that wherever you manifest excess through your worldly efforts, you will simultaneously manifest depletion or loss. Said in another way, the excessive drive and predisposition toward creating excess has started to grow out of control, thereby simultaneously creating an out-of-control situation when it comes to depletion. This is evident from My bounty, which is becoming depleted despite having once thrived in a state of balance and harmony.”

“Yes, I can see that,” I affirmed. “I also see it in our own self talk. I see how when we too excessively want for more and more, this must come from a place of feeling we do not have enough.”

“Yes,” She confirmed. “Unfortunately, many of you, as humans, are so focused upon manifesting excess for yourselves that you cannot see the polarity mantra that has risen from this kind of pursuit. This mantra mirrors back to you your chronic disposition toward never feeling that you are or have enough. In essence, you end up repeating to yourselves over and over again a mantra that affirms that you feel you are lacking in something and need more—rather than learning to appreciate what you have while feeling blessed.”

“True!” I exclaimed.

“Wherever external striving results in excess,” She counseled, “you will also simultaneously manifest depletion. This is because as one of your mantras manifests (the one focused on acquiring excess), so will its polar opposite (the one that arises from your fear of loss). Any depletion that results may not so much manifest in a magical way through magical thinking or affirmations, so much as it will manifest through the efforts you make to overcompensate for your feelings of lack. This is why finding the middle path between extremes is the best approach to life.”

“I don’t think many of us can understand this, though,” I said. “It is likely many of us can’t see where our drive for manifesting excess is

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producing loss at another level.”

“Your tendency, as humans, is to focus on what you do not have,” She advised. “This tendency arises from an unconscious place within many of you, and WE are not without compassion. WE, of all that is living, understand that the fear of lack is something that you are conditioned to embrace through your culture, and its promise that you can find happiness and success through adopting a mindset geared toward acquisition. Because many of the ways you tend to think and respond are a part of your culture and your way of feeling accepted, many of you may not think to examine or let go of those belief systems that teach you to feel lacking.”

“It seems like an endless maze,” I said. “Even looking at Your bounty, I can see where our collective drive to manifest excess has manifested the depletion of Your resources and vitality. Not only do we deplete Your resources, but we likewise pollute them.”

“At a personal level, your bodies begin to manifest this state of depletion and pollution as well,” She reminded me. “Your bodies become hosts to all sorts of lower energies that arise from your predispositions and beliefs that you need to adhere to what is lower in energy within the world in order to complete yourself.”

“I never thought of that,” I said.

“Many of you would benefit from understanding that when your drive for excess is a drive toward accumulating what is unnatural and man-made, you eclipse your desire to connect with, respect, and value what is natural,” She informed. “As a result, what is natural begins to disappear in some manner. This *is* thought moving directly into form. However, many of you may not see this because of how subtly you have been conditioned not to. This leads many of you to experience a sense of helplessness at an unconscious level. For many of you cannot always see how when you focus too heavily upon what is lifeless—unable to honor, treasure, or find joy in what has life anymore—you manifest more of the same.”

“I can now see that,” I articulated.

“What you may not see,” She continued, “is how your collective experience is communicating where life as a whole is beginning to cave in on itself due to a lack of being supported or valued. Life is not appreciated or cared for anymore; the same way I, your Earth Mother, am not appreciated. So, WE, of all that is living, begin to speak to you our truth through the various symbols that result—such as from how

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man has mistreated what is natural through excessive mining, fracking, waste wells, drilling for oil, and other efforts. It takes both producers and consumers to create this kind of global problem.”

“From what you are saying, it seems the Law of Attraction can be used to help us examine what life is communicating to us,” I said. “And through understanding how our thoughts and beliefs play into what is being communicated, this can help guide us between extremes.”

“Your spiritual journey can be considered a journey in finding all that you can release that does not reflect nor serve the Self,” She responded. “In everything you release, there is something you can gain. You can begin to realize that beyond all of the dualities that you manifest, there exists a state of present-moment-ness where two polarities can be held at the same time. However, this may seem confusing to most of you, and your ego will likely try to advocate this as an excuse for you to continue to pursue extremes. A less difficult task, for now, may be to find the middle path between all the extremes you live by.”

“Shouldn’t finding the middle path be easy for us?” I asked Her.

“Finding the middle path between extremes may prove difficult for those in whom there is too much fear of lack,” She instructed. “In fact, this is a good test to see where you have hidden fears that can be brought to light. For example, if you can truly understand the Law of Attraction and how it has been misused to further fear rather than tranquility, you will see how controlled many of you feel by your thoughts of fear of loss and not having enough. You will then be able to understand how and why your minds and belief systems—having become polluted with many desires for advancement—have manifested an emotional, mental, physical, and environmental state of depletion and pollution at the same time. This includes the manifestation of physical states of depletion within your individual bodies that result from increased exposure to what is unnatural, chemical, and/or parasitical.”

“What is the best way we can begin to come into balance and/or overcome these polarities?” I asked.

“Use the fruits that have manifested upon My bounty as your guide,” She responded. “Let them speak to you. Listen to and understand what they communicate about what is collectively being manifested and why. Let these fruits communicate which beliefs have

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most effectively served you on your collective path and which beliefs can be let go.”

“Is there anything else?” I asked.

“Remember that everything is connected and that you are a guest in a greater universe,” She responded. “Face your fears of going without and of going against the grain. Understand your connection with everything in a new and more grounded way.”

“A more grounded way?” I asked.

“Yes,” She said, and then continued with her message. “A problem occurs when humans come to feel superior or indifferent toward Me and my living bounty, rather than connected and part of a greater whole. Many of you are programmed by the collective unconscious to care too much about humanity’s fate alone. Conditioned by such a mindset, and ruled by concepts of ‘love’ that favor overprotecting humans at the expense of all other life, you can end up unconsciously enabling yourselves in your misunderstanding of who you truly are and what love is truly about.”

“True,” I said. “Even when we talk about ‘oneness,’ we seem to relate it to being ‘one’ with only other humans and only in the spiritual dimension.”

“Yes,” she said. “This is the definition you feel most comfortable with. This is not to say you have not advanced to any degree, for you are learning, very quickly, regarding how to bridge the material world with the spiritual one. You simply have yet to understand how to bridge the spiritual back down to the material again.”

“I can see that,” I said.

“As I’ve said before,” She continued, “your collective lack of understanding—even concerning the popular metaphysical ideals that are espoused—is evident from the fruits that continue to manifest upon My bounty. The fruits never lie, and such fruits reveal that your collective understanding concerning how I am a part of you is somewhere lacking. Otherwise, more fruits would be created that express the desire to honor my Holy Spark rather than to destroy what contains it. And without the ability to understand how I am a part of you, you will be lacking in your ability to understand ‘oneness’ consciousness, since oneness consciousness is a consciousness where you understand you are connected to the whole. Achieving ‘oneness’ *must* honor the Divine Mother and recognize that She *is* in Divine Union with the Divine Father. The life within Her is imbued with His

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Holy Spark the same way you are. Everything is connected and tells a story about the collective consciousness amidst life unfolding and the beauty and holiness that is everywhere.”

“So, how do You and the Divine Father view humanity at this time?” I asked.

“Those watching this story unfold feel great excitement and anticipation concerning whether you, as humans, will come to know yourselves in your true and sacred light, or whether you will destroy your physical world around you through a continued belief in your separateness from the Divine,” was Her reply.

“Will we destroy ourselves?” I asked, hoping to be offered a prophetic glance at a likely outcome.

“Humankind will only manifest such destruction if the predominant choice made is to remain unconscious regarding how everything that is living in the physical realm whispers of its spiritual sacredness with every passing moment,” She said. “However, even if humankind should destroy the current world, you, as humans, are never completely lost to your Father, Great Spirit, Source, or whatever name you wish to give as a label.”

“I think many of us within the new age are beginning to realize this,” I said, “as well as ideas of oneness, though we still have a long way to go.”

“To further allow yourselves to understand ‘oneness’ ideas,” She counseled, “you can lovingly begin to see humanity as a part of a bigger whole and a part of Nature in general. This will help you to overcome your current habit of knowing only how to care about your own separation experience and its self-advancement. It may help you along your path to realize how separated you have become from WE, of all that is living, and our Holy Spark and beauty. If you can come to realize this, it can help you to experience an easier and more natural progression in your understanding, rather than if you were to try to force yourself to overcome your sense of separateness through feeling ‘one’ with humans alone.”⁵

“I never thought of it that way,” I shared.

“You can start by taking notice of how many of you within this technological generation have emotionally and physically moved further away from a realization of wholeness rather than closer,” She

⁵ As opposed to loving all forms of life equally, not making human life the only life that matters.

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informed. “You can likewise take notice of how many of you have moved further away from what is more natural and pure rather than closer. This is evident by how unnatural, artificial, and controlled the world has become. Many of you don’t even accept your natural emotions that are given to you to help you along your path. Some of you are being forced to turn this trend around through its effect upon your health. However, the resistance toward aligning with what is natural is still quite strong in many of you. Of those of you who have yet to turn this resistance around, the fruits that arise from your resistance reveal the truth of where humanity’s predominant focus lies—on the artificial and man-made rather than the natural. This is just one symbol that is manifesting of many.”

“I see,” I affirmed.

“So, there is a need for humanity to collectively come to care about a bigger picture in order to help it to overcome its separation consciousness,” She continued. “The question being asked to humanity right now is whether you will decide to care about nature, living beings, or animals as much as you do your manufactured creations and conveniences.”

“And to care more than just in our words alone, I imagine.” I said, feeling a bit overwhelmed by the idea of applying everything through action.

“You are encouraged to have faith and to understand that while you are a spiritual being,” She said, “in your physical incarnation, you are an aspect of nature. As an aspect of nature, you are joined with Me and the whole of life the same way the Divine Father is. After all, all aspects of nature are imbued with a holy and beautiful spark. When you begin to see the true beauty of this spark, you will gasp and wonder how you could have been so blind as to have never seen it before.”

I took a moment to think about the message She was imparting. I thanked Her for Her wise message. However, She had a few more words to offer:

“Grace be to all. Remember, beauty abides within.”

CHAPTER 5

“Remove the Blindfold”

As I woke on a cold and brisk fall morning, I didn't want to get out of bed because I felt so cozy and warm underneath the covers. As I continued to lie there, I wondered what type of message this day would bring. In my last dialogue with Mother Nature, She had said, “The fruits never lie, and the current fruits of your collective labor reveal that your new age intention to be a loving force within the world is not a clear or focused one. It is being contradicted by other intentions that may support a different agenda.”

This made me think back to a psychic reading I had received a long time ago from a blunt and no-nonsense psychic. After going on and on about how I was doing my best to think positively and use my power of intention to manifest a certain goal for myself, this psychic had matter-of-factly advised me that despite all of these efforts, I was manifesting neutrality for myself. According to him, this was because I had other intentions that were working at cross purposes to my goal.

My issue at the time of that reading was with manifesting loving relationships. I primarily wanted to feel forgiven by others and accepted for who I was. I had a health issue, and the most painful part of it was feeling ridiculed and misunderstood. The psychic counseled, “Well, if it doesn't come from you first, it doesn't happen, does it?” He pointed out to me how my relationships weren't exactly the nurturing type that would help me with reaching my goal. With tears streaming down my face, I knew he was speaking the truth.

After advising me on how to achieve my goal less through trying to

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contort myself to meet others' expectations but instead through developing the self-confidence to be myself, the psychic asked if I had any other questions for him. So, I told him I was pregnant. To my surprise, the psychic then chuckled, which I could tell was in frustration with my predicament. He then told me that while a baby would be able to offer me the kind of unconditional love I was looking for, I had "chosen" to trap myself in a situation where I would be "used." By the end of the reading, it was made obvious that if I truly wanted a harmonious relationship, I needed to make a choice (a form of intention) not to get myself into situations where I was repeating the past in a way that gave me little room to move or grow. I would have to let go of my abusive childhood and my need to recreate my past through my present relationships. Making a choice to remain a victim was not the way to fulfill my intention of becoming a more spiritual and forgiving person. It was also not the way to forgive my parents.

As I thought about this, my mind began to wander and reflect upon how this phenomenon could also be blocking humanity when it comes to our intention to be a healing force in the greater world. Then, suddenly, I heard another voice that was unfamiliar to me interject itself. It said in an assertive tone, "Remove the blindfold."

Not knowing where the message originated, I then heard, "Look up!" So, I obeyed the request. As I looked above me, there, situated in the crease where my bedroom ceiling meets the wall, was a daddy longlegs spider.

Curious to know more, I sat up in bed, grabbed my notepad and pen, and made myself available to tune into and record any wisdom this spider had to offer on the subject of removing the "blindfold."

"Examine any concepts you hold that are out of alignment with truth," were the first words I wrote down. "With a split mind, it is hard to develop a focus. So take the next step to repair what has come undone. Atone and become 'at one.' Begin to bridge what you know of the truth with the physical. Make it your walk of life."

Continuing in a blunt and no-nonsense tone, the message continued, "Treasure truth and let go of regret, for regret is a waste of your time. Instead, remove the blindfold. Your time is drawing nigh. All will be exposed soon whether it reflects truth or something else."

"What exactly is the blindfold?" I asked.

"The falsity of self, false pride," was the message relayed.

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“How do we overcome this?” I asked, wanting to know more.

“Seek the gold and treasure from the inside,” was the reply. “Become aware that you can do more joined with others than you can do alone. Through having too much of a competitive spirit, you can become undone. Open your eyes! See that what is currently treasured most in the world is false light.”

“Competitive spirit?” I asked.

“Might does not make right. What is false cannot be made light,” was the response that I wrote down.

“True,” I said in agreement.

“Use your internal power to find inner treasure rather than looking for fool’s gold,” the spider continued. “Face the fear of going without and you will find what you are truly made of.”

“What do we need to know about nature right now?” I wanted to know.

“Your environmental problem is the work of your hands, minds, and deeds as they focus on what is false,” replied the spider. “They are the fruits of your collective pursuit to acquire fool’s gold.”

“Oh, I see,” I said.

“You will best serve your collective purpose when you expand internally, rather than externally, during this time,” said the spider. “Too much external expansion causes suffering and brings an early demise. Learn to go without a little. Simplify your goals. See what you are using as a means to an end, and how, or why.”

“Means to an end?” I asked.

“Yes,” replied the spider. “Remember that the real journey is within. The external journey, understood wisely, will help you better understand this.”

“What can we better understand about our external journey?” I asked.

“Truth...receptivity...joy...rewards,” was the response I wrote down. There was a pause for a moment before the message continued once more, “Remove the blindfold and realize that what is done to the self is done to the whole, and what is done to the whole is done to the self.”

“That seems a common theme to all the messages I have received,” I thought to myself. The house spider hadn’t finished, however, and had more to say on the topic.

“Collectively, you have allowed yourselves to come undone,” the

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spider warned. “You now have too many regrets for bad choices, and, yet, you keep your blindfolds on. But there is hope! Don’t live your collective life as if you have been defeated and have lost all free will! For you can overcome the problems of the world if you can collectively begin to walk your spiritual talk.”

“In what way do you see that we are not walking our spiritual talk?” I inquired.

“There is a need for more of you to align your daily lifestyles, practices, and beliefs with something more worthy of your collective cause,” the spider responded, “...taking into account how your collective lifestyles and practices affect a bigger picture or create suffering. Change will come when you remove the blindfold and believe!”

“What can we do about the environmental fruits that are already in form?” I asked, wanting to understand.

“Just breathe,” was the answer offered. “Accept your losses and remember to treasure what you have. Do not treat life as disposable when, in truth, life is all you have. When you know this, you can never truly die. When you collectively know this, your external world will mirror this truth and thrive.”

With this, I thanked the spider for its insight and got out of bed to start my day.

CHAPTER 6

The Law of Balances and In-Betweens

Many of the messages that I had written down from prior days were still on my mind as I woke up to the sound of geese making calls on the river. Feeling inspired to start a new dialogue, I got up, dressed myself, fed my two cats, and then went outside to connect with Mother Nature. I particularly wanted to ask about new age concepts that had seemed true to me for a long time which suggested that the measure of a person's material wealth was symbolic of how much "energy" they had or vice versa. I wondered what Mother Nature would have to say about this, considering that many of the messages I have received seemed to focus on our letting go of our preoccupation with material gain for the sake of our personal and collective health. Yet, if money can be equated with energy, it seems as if it should be considered something important to have.

Then I immediately heard Mother Nature's soft voice speaking from behind me. "It's not necessarily money—in and of itself—that is important to consider when looking at energy. It is more about honoring a process of give and take, in which the goal is to maintain a state of balance and to not give into extremes."

"Can you please explain that in more detail?" I urged.

"What drains your energy is when you give into various excesses," She answered me. "For example, if you should over-give without being able to receive back, this is a form of excessive behavior that can result in depletion. You should seek, instead, to maintain a balance through the give and take of energies. This is why it is not

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recommended that you give too much of your energy away without receiving some sort of replenishment in return. What is given in return does not necessarily have to be money, however. Money is merely one form of exchange, and it depends upon your attitude toward it whether it will offer you replenishment.”

“I never thought about it that way,” I admitted.

She then continued in Her instruction, “If a person strives to be liked all the time and to do things for other people without taking care of his or her own needs, this leads to imbalance and a feeling of being drained. Yes, sometimes asking for a monetary form of exchange can bring a sense of balance or replenishment if the money exchanged can be used to meet other needs. But, care needs to be taken that the act of pursuing money does not become something that creates excessive behavior; otherwise, it can result in depletion and imbalance as well. For the excessive striving for anything can lead to feeling depleted, drained, or empty in some fashion.”

“What you say does make sense,” I responded.

“This is why money, as a means of exchange, can help balance energies if it is viewed as part of a give and take process. However, when excessively striven for, your pursuit for material advancement can result in the expending of too much personal energy. It can also result in the loss of sleep or the loss of meeting other needs required for maintaining balance. When this happens, it can naturally lead to feelings of burnout, fatigue, restlessness, or the inability to turn off or wind down.”

“I’ve definitely experienced how my own excessive behavior has, at times, led to feelings of depletion,” I confessed.

“This also applies to humanity’s environmental issues,” She carried on. “Wherever there is excess concerning the creation or manufacturing of man-made items, an expenditure is required of not only personal time and energy, but also My natural resources, which are limited. None of the energies that are ‘spent’ in the producing of man-made conveniences are infinite. If such expenditures of energy and resources are not kept in balance—that is, if more is taken than given in return—then exhaustion can result.”

“How will we know when imbalance has been the result?” I asked. “Because some people don’t understand this kind of concept. Most of us within the Western world are, after all, taught that it is ‘normal’ to expend excessive amounts of time and energy on making money

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and developing projects. We are even taught to ‘grin and bear’ any discomfort that results, thus, ignoring our bodies’ need for rest, sleep, water, food, and other things.”

“You will recognize any imbalance through the fruits being manifested,” was Her reply. “For example, if there is too much excess being manufactured on a collective level, then My physical bounty will start to mirror that too much is being taken or extracted for what it is able to provide. My physical bounty may in places start to reveal symptoms of depletion in the same way that certain places in the human physical body might start exhibiting signs of exhaustion or imbalance if the personality that owns the body is caught up in excessive physical or mental activity. Everything is a mirror. Everything is, likewise, a dialogue or form of communication. There is nothing that is happening in My world and through My bounty that is not happening on some level within the collective consciousness that plays a part in affecting it. If I am exhausted, depleted, and caving in on Myself due to man-made causes, then on some level, humanity—in a general sense—must be suffering similarly. After all, how many of you perceive yourselves as empty, tired, and polluted with toxins? Not enough is being received in terms of ‘energy’ for what is being expended. Then to compensate for this, you may even expend more and more effort to fill yourselves up with something artificial and unnatural to replenish yourselves.”

“This is probably why so many people need to take drugs for headaches, insomnia, or other issues to be able to cope with this type of imbalance and exhaustion,” I said. “Many of us are also on antidepressants or some other form of medication. Some of us even become dependent on alcohol, recreational drugs, caffeine, or other addictive substances. Even the tendency to overeat may be rooted in feeling depleted.”

“True,” She affirmed. “Many of you live with symbolic ‘debts’ of one kind or another, including the types of financial debts that arise when you take out loans or use credit cards. Many of you will put yourself in great financial debt in order to feel that you can have or create more excess. You feel so empty and ‘spent’ that you may overcompensate for this feeling through focusing on ‘filling yourselves up’ in material ways or through using more convenience items that make your daily chores easier for you. Then through attempting to acquire more, you spend more, and it creates a vicious cycle.”

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“True,” I said.

“Unfortunately, the very idea of a debt means you have spent more than you have to the point that you owe something,” She continued. “In similar fashion, humanity is spending My resources in ways that put the whole of life into a state of debt within the physical realm. As a result, My *Bank of Life*—in the physical sense—is suffering from the effects of too much debt and over-withdrawal.”

“That is true!” I exclaimed, never having thought of the natural world as a bank before.

I sat thinking about this concept for a while, and then my mind took off on another tangent. I began wondering if this is why some of us stereotype rich people as being “cold” or heartless, appearing to be empty inside despite their outer prosperity.

Then, I heard Mother Nature chime in again, “Both the rich and the poor have the potential to become cold and overdrawn if excess is sought externally to the point that it causes an internal debt to arise.”

“It almost seems as if the more we have, the less we are satisfied,” I observed, “and the more we then strive for something greater. However, on another level, it does seem there is a Law of Balance, as you have discussed before, that is trying to teach us to tread a path between extremes...to become simpler.”

“Yes,” my guide responded. “Unfortunately, many of you cannot see that nature does require a balance or that simplifying your needs and your life could bring you closer to reaching completion. You are taught to believe that to reach completion requires having or obtaining more of something externally. In fact, if many of you had to imagine becoming simpler, you would likely feel anxious. This is because a great portion of the Western world has been subtly conditioned to perceive the pursuance of a simple life as something that encourages failure or the inability to reach your full potential. Many of you haven’t realized that your full potential lies within.”

“I see,” I said.

“Your greatest lesson within this current timeframe is that simplicity will be your salvation,” She offered. “It will be your gold and silver, and through becoming your gold and silver, it can become your treasure. An attitude toward seeing the abundance within what is simple and pure will allow you to actualize everything you’ve ever wanted deep down inside, for it will allow you to live a life of more relaxation and less fear. All that is required of you is to let go of the

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need for excessive external striving—enough that you can learn how to just relax.”

“That is easier said than done,” I put forward.

“Your mind will tell you that,” She answered.

“Is there any first step we can take?” I asked.

“A first step is to understand that it is safe for you to realize that your salvation will not be found through your efforts to produce or enjoy more material conveniences,” She replied. “You think your conveniences bring you the ability to save time, but you only need them because you are already in debt.”

“Yes, I guess that is true...” I said, surprised I had never thought of it before.

“If you look around you, everything is sped up so fast that you find you have little time to breathe,” She instructed. “Your culture seems to enjoy this hurried state, however. It may feel exciting for many of you...this state of being in an illusory race that you can’t win. But, stop and ask yourself where this race is really leading you? What are you trying to reach the top of and why? Do you even know, or are you lost in the go, go, go?”

“Is there anything else we can do?” I asked.

“You can seek to better comprehend how all of your excessive behavior is part of the fuel that creates your need for conveniences. Your need for conveniences then becomes part of the fuel for your excessive behavior,” She answered. “It has become excessive and has led to addictions of all kinds. Of course, when engaged in by a mass number of individuals, all of this over-activity, addiction, excess, and waste yields fruits of imbalance within My bounty. All of the fruits of imbalance occurring within My bounty attempt to communicate to humankind where you as a collective have strayed too far from a natural and sacred path.”

“Those kinds of fruits are becoming more and more difficult for many of us to ignore,” I assured Her.

As I lifted my eyes from the dialogue that I was writing down, I saw that my two cats were approaching me, seeming to want my attention. Cricket, in particular, wanted me to allow her to hop on my lap so that I could pet her for a while. Although I had more questions, I figured this was a good point to put my pen and paper down. I thanked Mother Nature for Her wisdom and promised to continue with our dialogue another time.

CHAPTER 7

Impoverishment Is Not Enlightenment, But Neither Is Having It All

As I woke to the sound of rain tapping on my window, I found myself wanting to lie in bed and just listen for a while. I had always found a light rain to be so centering and peaceful. Its hypnotic rhythm tapping on my window was undeniably soothing.

The more relaxed I felt, the more my mind began to ponder my last dialogue with Mother Nature. All of the insights She offered regarding energy, money, and balance had inspired more questions to pop forward within my mind. Some of what she was relaying seemed to contradict what many of our abundance gurus teach us. Then, I began to think about a video I had seen in which a man had asked a very prominent new-age guru about the relationship between materialism and enlightenment. He wanted to know why our more ancient and revered spiritual teachers usually emphasized the importance of letting go of material striving. The guru in the video answered that these masters simply did not understand that this was not required to become enlightened. The guru explained to the man with the question that it is important for us to understand that we are capable of manifesting all of the abundance we can imagine for ourselves. She discussed how we tend to fear being perceived as greedy, and that being abundant didn't need to be connected with this negative quality. There was one phrase she used that stuck in my mind. She had told the man, "Impoverishment is not enlightenment." I was sure this phrase must still be true on some level.

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As I wondered about this, I suddenly heard my wise teacher interject, “Yes, it is true that impoverishment is not enlightenment. However, do many of you truly understand the way in which you are impoverished?”

“That’s a good point,” I acknowledged, rousing myself out of bed to grab my notepad and pen in order to record our conversation. “So, I guess it is true that impoverishment is not enlightenment, but it isn’t necessarily financial impoverishment that is important to consider,” I shared.

“Yes,” She replied. “It is less about a state of physical impoverishment as a spiritual one represented by a lack of connection to the Divine,” I was advised. “After all, your religious texts and scriptures are full of accounts of mystics who have achieved enlightenment through what they released of the physical world rather than what they tried to gain. This was the path to moving beyond samsara. In other words, it was the path to becoming released from the cycle of reincarnation and karma.”

“Is moving beyond samsara the same thing as ascension?” I asked.

“To ‘ascend,’” said Mother Nature, “literally means to ‘rise above.’ When it comes to examining ascension as a spiritual process, what this process entails can be viewed in different ways depending upon what belief system you follow. For some of you, this ‘rising above’ process can be likened to reaching a state of Nirvana, or becoming fully enlightened, through the release of passion, ignorance, aversion, and desire. As said earlier, once this kind of enlightenment has been attained, it liberates an individual from the cycle of karma and reincarnation. For others, however, ascension has been somewhat connected to the Christian idea of rapture. Prior to an ‘end of time’ tribulation, it is perceived that those who are ‘chosen’ will ascend into the ‘heavens’ through a physical process, leaving the physical earth behind. What makes a person ‘chosen’ could be that they have followed the same process, however. Thus, having freed themselves of sin and bondage to the world, they can enter into the Kingdom of Heaven. Through entering the Kingdom of Heaven, they can avoid having to descend into a place of darkness and suffering.”

“To me, it appears some of us tend to think of ascension in terms of ‘rising above’ our negative emotions to focus on love,” I interjected. “From what I observe, new age ascension programs do not necessarily require the initiate to give up his or her focus on the material world or

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on having desires or dreams. However, they do tend to favor giving up the focus on the physical world when it comes to giving our attention to the negative, such as the harm that befalls our environment.”

“Love is, of course, part of the process of being released from samsara,” my guide assured me. “However, whether love would deny the harm that comes through the work of your minds, thoughts, and deeds is another matter. This kind of thinking tends to support a more backward approach to achieving your goal.”

“How did things come to be applied in such a backward manner?” I asked.

“Fear of life,” was the answer I heard. “Fear of change and of venturing into the unknown. Fear of leaving the old behind to create a new world—a world that can do more than leave you feeling impoverished while simultaneously impoverishing everything around you. But you don’t know any different, and the not knowing any different prevents you from knowing what kind of new perspective on love is possible. The idea that love could entail surrendering what many of you currently cherish is frightening to you. So, love becomes a concept to be dwelled upon in the mind alone. This type of approach allows you to maintain your current sense of equilibrium and status quo, even though the most enlightened masters have tried to instruct people to follow another path that involves surrender and letting go.”

“Many of us,” I said, “may view ideas that ask us to surrender in these ways as religious types of doctrine that attempt to limit or punish us. We may view that they arise from a belief in an external ‘God’ that lives in the heavens, who inflicts divine judgment or demands our complete obedience.”

“It would be of greater benefit if you, as humans, could see it less in terms that you are being punished or limited as offered a choice,” She counseled. “The experiment that you are partaking in offers you options and dualities to choose from. Some energies are working to lead you to Self-understanding while others block this type of understanding to some degree. While completely forgivable, misunderstanding can have its consequences within the material world. However, despite any misunderstanding or consequences that may arise, you are encouraged to believe that you are loved unconditionally at all times. Even your *Bible* encourages you to believe in God’s unconditional love.”

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“I see,” I said.

“Since you are speaking in terms of religious ‘doctrines,’ and ‘judgment,’” She carried on, “the Book of Revelation within the *Bible* makes clear that judgment is delivered based on the work of man’s hands, minds, and deeds. To see this as punishment, though, is premature. This is because you can only succeed in bringing forth judgment on yourselves within the physical realm through the fruits of your separation consciousness.”

“The fruits of our separation consciousness?” I asked.

“Yes,” She said. “For, when you reject your connectedness with one another, life, creatures, and your awareness of the Holy Spark, this leads to behaviors, or so-called ‘evil’ deeds, that mirror that this connection has been rejected or misunderstood. Not seeing your connectedness with everything around you and how life everywhere contains the same living spark, you may seek to harm other aspects of life, not knowing any better. This harm has its consequences, and these consequences lead to what you call ‘judgment.’”

“So, we are evil?” I asked.

“Your actions are at times,” She declared. “After all, what is the word ‘evil’ but ‘live’ spelled backwards? It is life turned against itself. It is a backward integrated⁶ approach to spirituality rather than a forward one.”

There was a brief pause and then She continued, “You also need to understand that when it comes to ‘reaping what you sow,’ this is not entirely a conscious process. Thus, you are not judged—by way of consequences—based on your conscious actions and intentions alone.”

“What do you mean?” I asked.

“I mean that you will reap what you sow whether you sow something intentionally or unintentionally,” She affirmed. “You will

⁶ This is a term used to describe our spiritual orientation. With backward integration, serving the world and our lifestyles takes precedence to serving spirit. Spirituality becomes packaged in ways to fit into our lifestyles that do not change and that may produce disharmonious fruits. For example, we preach about oneness but still actively pursue what keeps us locked in separation consciousness and in competition with others (trademarks, hierarchies, copyrights, ideas of ownership, etc.). With forward integration, lifestyle changes so that we are better able to place our service to spirit first. With forward integration, we are more able to walk our talk. There are fewer incongruities and more harmonious fruits produced.

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reap what you sow whether you sow something on an individual level or are part of what has been collectively sown. And you will reap what you sow whether what was sown arose in a direct or indirect manner.”

“Can you give an example?” I asked. “Because that sounds a little confusing.”

“Of course,” She offered. “To clarify, you can indirectly, unintentionally, and collectively reap what you sow through the cultural beliefs and lifestyles you, as individuals within a collective, support and follow. For example, the pollution you create for yourselves is not always intentional but is an indirect consequence of collective thoughts, actions, and lifestyles that a predominant number of you within the developed world simply went along with instead of challenging. As a consequence, all of you who participate in this type of reaping and sowing will attract to yourselves further suffering and karma unless you can find a way to repent or, in other words, make amends.”

“Ah, I see,” I said.

“When it comes to your Christian concepts of Judgment,” She carried on, “the *Bible* merely states you are judged according to what you reap—via your thoughts, works, and deeds. This simply means that you are held accountable, and this idea of accountability is not foreign to your new age metaphysical concepts of attraction and manifestation. The main differences between what you as new agers believe and what Christians believe lies with the terminology being used and whether or not there is a belief in reincarnation.”

“What do you mean when you say it depends on whether there is a belief in reincarnation or not?” I asked.

“For those who believe in reincarnation,” She answered, “ascension occurs after overcoming the cycle of reincarnation through right action in the world or reaching proper understanding of one’s Divine purpose or state. Ascension is blocked for those who still have karma to work through or who, in other words, need to learn lessons in overcoming their suffering. Christian belief is very similar, except that there is thought to be only one life, and thus one opportunity, to ascend into the Kingdom of Heaven. Those who linger in ‘sin’—which indicates wrong or unenlightened action—are judged unworthy of ascension and have their soul descend to a place of eternal suffering.”

“Ah, I see how they are both similar,” I said. “Eternal suffering could even be seen as having to repeat life on earth over and over

again.”

“Yes,” She affirmed. “In the end, whatever doctrine you may follow, be it Christian, new age, Buddhist, or other, you *are* similarly held accountable for what arises within your life based upon your thoughts, beliefs, and deeds. You have limitations placed upon your soul concerning whether or not it will be permitted to leave a life of suffering behind in order to find a permanent home with ‘God’—or whatever name is given to this state of divinity.”

“I admit that all of this discussion of ‘reaping what we sow’ and ‘judgment’ makes me afraid of making mistakes,” I said.

“Maybe it would seem less ominous if you could interpret that your ability to make mistakes is evidence of how much you are loved and valued through your being gifted free will and the ability to choose,” was my guide’s response. “Because you have free will and choice, this gives you an ability to learn through making mistakes. If your choices create disharmonious fruits, you can make a choice to do or think something different. If your life was completely set out for you in a predestined and perfect way, you would miss this opportunity. So, this is all part of the holy plan, one where you would be able to experiment with choice and learn from experience.”

Our conversation paused for a while so that I could absorb everything that had been communicated. My mind then came up with another question. “How can we recognize the energies and philosophies that block our evolution or understanding?” I asked.

“You will recognize them through their backward integrated approach to spirituality and their focus upon materialism as the means by which you will find salvation,”⁷ She advised.

“Is there also a forward integrated approach to spirituality?” I asked.

“The forward integrated approach focuses upon the needs of your spirit over the needs of your physical form,” She instructed. “This does not mean you have to starve or deprive yourself, for it is about balance as I have said before. However, you will recognize the forward integrated approach because spirit takes precedence; that is, your

⁷ According to thefreedictionary.com, the word “salvation” is defined as 1. [In general] a. Preservation or deliverance from destruction, difficulty, or evil. b. A source, means, or cause of such preservation or deliverance. 2. [Theology] a. Deliverance from the power or penalty of sin; redemption. b. In religions such as Hinduism and Buddhism, deliverance from the cycle of rebirth and suffering. c. The agent or means that brings about such deliverance.

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material lifestyle will change to conform to the needs, values, and ideals of the spirit first.”

“I think this is what many of us in the new age feel we are doing or those of us who are Christian, Buddhist, or other,” I countered.

“Yes, it is true that many of you are learning the forward integrated approach,” She said, “but because you have been conditioned for so long that the backward integrated approach is the only way to survive, you may suffer from a split purpose. One part of you may be forward while the other is backward.”

“Can you explain more about the backward integrated approach,” I asked, “so that we are better able to recognize it?”

“The backward integrated approach keeps you focused on finding your salvation externally in the material world as opposed to within, where your spirit lives,” She answered. “When backward integrated, spiritual philosophies can become distorted or packaged in ways that allow them to conform to your materialistic agendas rather than the other way around. You are trapped and locked into attempting to serve the world and its co-created constructs. Some of you end up living a purpose that is split between satisfying two excessive drives at the same time. One is toward materialism and the other is toward becoming spiritually enlightened. You then have to go into denial regarding any contradictions that arise from trying to combine both approaches. You also have to go into denial concerning your individual level of accountability when it comes to the collective manifestations that arise over the long term—from following this kind of approach. If you could all see what you were truly doing, and how you were allowing your minds to be affected, you would stop. But your denial and need for rationalization is strong.”

“Why do we go into denial?” I asked.

“Because you are afraid to move beyond what you have collectively and culturally been taught is the way to survive,” She explained. “Certain energies, or those who are on the backward path, can then take advantage in order to offer you a different choice within the experiment of life.”

“Can you explain more about these ‘energies’ and how to recognize them?” I asked. “I know I seem to be repeating questions, but I just want to make sure I understand things clearly.”

“You will recognize the backward energies through their attempt to condition you to believe that your material wealth is a symbol of your

enlightenment while your material lack is a symbol of your failure,” She replied. “They subconsciously teach you to believe and accept that if you do not enjoy material comfort through things and money, which you are falsely taught to believe are symbols of your worthiness, then you must feel unworthy or lacking in some way.”

“Are these energies the same as the gurus that are subtly teaching these things?” I asked Her.

“Energy is energy,” She encouraged me. “An energy may express itself through a guru.”

“Oh, I see,” I affirmed.

“Those energies that may lead you into unconsciousness are not necessarily ominous or intending to mislead you,” She assured me. “Sometimes, where you are being led is part of your evolutionary process. WE of all that is living want you to understand that whatever energies you encounter, express, or serve, you are here as part of a grand experiment—one where you are offered choices. You chose to be part of this experiment. You wanted to discover the truth for yourselves and to exercise free will lifetime after lifetime, to arrive at some point where you can choose to release what binds you in the physical world in order to become enlightened to the path within.”

“Sounds like a very Buddhist type of approach,” I said.

“Many world religions have their foundation in similar truths,” She replied. “Some of the understanding may have been distorted by those who interpreted teachings through a backward integrated rather than a forward integrated approach.”

“As humans, we tend to think religion and spirituality get distorted due to people in authority clinging to power or wanting control,” I said.

“That predisposition is part of the motivation for backward integration,” She reminded me. “It is not only authority figures who follow this kind of approach, but the masses as well.”

“I see,” I said. “So, it’s not about blame, really.”

“Blame is unproductive in the process of discovering the truth for yourselves,” She counseled.

“True,” I said. “Is there anything else we need to know?”

“Just remember that those who teach a backward integrated approach do not necessarily do so consciously. The backward integrated approach is usually promoted unconsciously out of fear, which is an emotion you all struggle with. Both the one who teaches

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and the one who learns that, ‘There is nothing enlightened about being impoverished,’ may be reacting in defensiveness to the teachers who have come before and who became enlightened through giving up their preoccupation with their material forms.”

“I can see how that is true,” I said.

“For wherever there is a reason that a person chooses to follow a certain guru,” She explained, “it is because both the guru and follower find a certain type of philosophy attractive. For example, consider the assumption that you can become enlightened without releasing the need to cling to form. This idea will be attractive to *both* gurus *and* their followers who find comfort in their illusions, who need lifeless things, or who need the approval of others in order to feel worthy and comfortable with what they have.”

There was a brief pause in our conversation, and then She continued with Her instruction, “Many of you have been heavily conditioned to believe that your true worth lies in what you can manifest or acquire. However, I assure you that this is not the truth. What I mean is that your monetary wealth is *not* a reflection of who you truly are. The value of all your material wealth combined could never compare to the worthiness, beauty, and purity of the Holy Spark that resides within you—and within life all around. Your worth is not dependent on anything in form and never was. Whatever or whoever speaks otherwise, be it an angel, being, or human form, may be speaking from another agenda or form of misunderstanding, whether they are conscious of it or not.”

“That’s comforting,” I said.

“What is important for you, as individuals, to understand is that you are being asked to make a decision for truth,” She carried on.

“How do we do that?” I asked. “Some of us might not know what the truth is.”

“You can learn to make a decision for truth through learning from your experience with untruths,” She responded. “What matters less is whether your decisions are ‘right’ or ‘wrong’ ones so much as that you are moving through a process where you are learning more about who you truly are. You tend to define yourselves by what the world values. However, once you can make a decision for truth, you can turn to it for all your self-definitions because its agenda toward you is wholly pure.”

“I’m confused,” I admitted to her. “Isn’t asking us to focus on the

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natural world asking us to focus on materialism and illusion in some way?”

“Not if it leads you toward appreciating the beauty of the Holy Spark,” She replied, “and not if it helps you to see how all life is connected and contains this Spark. The point is for you to begin seeing how all life can be revered as sacred. It is not to be revered as sacred based on its physical merit or what can be gained from it, of course. Life is to be revered as sacred based on the merit that it contains a Holy Spark.”

“Ah, I see,” I said.

“Currently, the natural world is seen as a means to an end,” my guide continued. “When seen as a commodity, it is objectified rather than revered, used rather than appreciated; and because all is a mirror, as you do to the natural world, you continue to do to yourselves and your fellows.”

“Is there anything we can do to become more forward integrated spiritually?” I asked.

“Yes,” She answered. “Try to examine more deeply the dual philosophies that subtly split your focus through asking you to believe that within your material life your worth is determined one way and within your spiritual essence your worth is determined another. Allow your worth to be firmly determined by your Holy Spark. In this way, you will transcend any form of judgment—or fear of judgment—you could encounter based on your unconscious actions within the material world.”

“That makes sense,” I said.

“In addition to this, begin to challenge the validity of any theory that would entice you to believe that you are less than who you are in order to persuade you to continue to conform to the unconsciousness in the world,” She advised. “You feel attached to your various forms right now. However, the light they shine is incomparable to the eternal truth of who you are. WE, of all that is living, encourage you to instead learn to fill your cup from the inside, with the knowledge of your intrinsic worth. Only then, will your perception of emptiness and want be removed.”

“Is there any other advice that you have for us?” I asked Her.

“Learn to question everything,” She imparted.

“Can you give some examples for what kinds of questions we can ask?” I inquired.

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“Of course,” She said. “As one example, you can begin to ask yourselves what you want and why you want it. You can also ask, ‘How do I tend to define things such as my worth, my success, or my failure?’ ‘Who taught me these definitions?’ and ‘Are such definitions still practical in a world that is suffering the consequences that arise from humankind’s excessive behavior and misunderstanding of his true nature?’ You can also examine the definitions that you subscribe to, such as success, failure, abundance, wealth, and poverty. For instance, when it comes to whether being ‘impoverished is not enlightened,’ you can become more mindful that while it is true that living in abject poverty is not enlightenment, it is equally true that any definitions created concerning ‘poverty’ are formed solely within the minds that make such definitions real. One person’s perception of poverty could be another person’s idea of quiet simplistic living. Thus, money is not in itself a good or bad thing, but when so many of you live in a state of addiction, obsession, and dysfunction, this indicates that a more innocent way to perceive money has become corrupted into something needy and grasping. This neediness then results in unconsciousness and dis-ease.”⁸

“How can we cure this dis-ease?” I asked her.

“The cure for the dis-ease,” She answered, “is obviously the employment of simplicity and detachment while seeking to align with what is holy from a more purified, gentle, and unhindered state. So begin to challenge many of your Western world philosophies that would subliminally teach you to believe that a life of humility and simplicity cannot yield its own abundance. Become more discriminating concerning philosophies that leave you feeling that if you do not compete within the world in order to have money, possessions, or recognition, then somehow you have not used your gifts and abilities in a productive way. People tend to fear what they do not understand and, because of this, they become afraid of simplicity because they have subconsciously learned to equate it with being less-than in some way. Has the collective acceptance of this illusion and belief necessarily been an enlightened thing?”

“No, I guess it hasn’t,” I replied.

“Like I counseled earlier, begin to challenge your collectively accepted definitions, particularly of success, abundance, and what is

⁸ The word disease is here (and in other dialogues) hyphenated to give emphasis to a state of lacking ease rather than just the idea of bodily sickness.

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truly required to have both,” She said. “Cultivate the ability to see and know success and abundance where they truly exist. If you seek to know them through the illusions and false light of the world, such illusions will not give you a proper glimpse.

“In fact,” She continued, “if you can take a good and honest look at the world around you, you will begin to see how what is most threatening to its existence is not a lack of material things but an overabundance of man-made commodities. The production of and then disposal of this type of abundance then comes to be seen as waste or pollution within your eyes.”

“I never thought of it that way!” I exclaimed.

“Yes,” She said, “Many of you don’t even realize how you are indirectly *asking* for waste and pollution to be part of your collective existence.”

“We ‘ask’ for pollution?” I inquired.

“Of course!” She answered excitedly. “Think about it. Think about it deeply. As a species, you think too much but often do not think enough about the vital things! But, ask yourselves in what way you have attracted and asked for many of the man-made imbalances that affect your collective experience.”

“That might be hard for us to do if we really do not know what kind of questions to ask ourselves,” I acknowledged.

“It is really quite simple,” Mother Nature imparted. “All that is required is to look at the equation in a simple and practical way rather than seeing it as involving a mystical or complex process. For example, ask yourselves, ‘Do I not subconsciously *ask* to burn petroleum and to be able to live with the effects?’ and ‘Do I not *ask* to be able to manufacture to excess and to cope with the environmental upsets it creates?’”

“I admit that I never thought of it as our ‘asking’ for these things in that kind of way,” I acknowledged.

“Yes,” She said. “A problem occurs when many of you have not understood that perceived plagues within the natural world came by the work of your own minds, hands, and requesting in this exact kind of way. You request these things through adhering to a collective consumer mindset and its dictates regarding what to have, own, purchase, create, how you will transport yourselves from place to place, and more.”

“I can see now how we do bring these problems onto ourselves,” I

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put forth. “We seem to assume it’s not our fault or that it’s the government’s problem to resolve for us.”

“Yes,” She affirmed, “What more of you need to understand is how you have separated yourselves from knowing Me as a part of you. It is through this separation—and how you have acted out your feeling of being separated—that various effects have arisen through My material form. These effects merely arise as teachers for you to experience and gain new wisdom regarding who you are as a guest in this universe.”

“This all also ties in with what you have previously discussed regarding the Law of Balance,” I said.

“Of course,” She affirmed. “Remember that it is only natural that your collective material overabundance would turn into lack as a depletion of energy and resources becomes a perception. Wherever you see depletion, this is evidence that an overabundance of something—physical, emotional, or energetic—once existed in its place. This is a fundamental law of the universe and a reason to strive for balance. For the root of everything that is collectively manifested lies within the root level of humanity’s collective thoughts and desires. If you ask why you would ever need to create so much excess, the most logical answer would be that there exists a perception of depletion and lack. Then, ask yourselves why you would ever perceive yourselves to be lacking when nothing but abundance, magnificence, and beauty lie within you and the whole or ‘one.’”

Then, as I took a pause to think about everything Mother Nature was imparting to me, I noticed that if I looked upon the earth from a detached perspective, I could recognize two forms of abundance. One form of abundance was natural and full of breathtaking beauty. The other form of abundance was man-made. There was no life within it. I pondered how fascinating it is that this man-made form of abundance has become so *over*-abundant that it seems to clutter almost everything. When this kind of abundance becomes unwanted and disposed of, it is no longer seen as abundance anymore, but is considered waste.

Once more I heard the voice of Mother Nature beseech me, “Can you not see that when you focus too intently upon manifesting external abundance, you end up creating so much of it that you cannot appreciate it anymore? You end up wasting so much of what could be your treasure. Then you end up dwelling upon or praying concerning how little you have or how you want or need something more.”

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“I see that now,” I replied.

“Learn to stand outside of life with an open mind and ask to be shown its true beauty and worth,” instructed Mother Nature. “Ask life to show you the difference between false light—what you have been falsely trained to worship that was never real—and the truth. The one thing you have been taught that you can allow to guide you is that love is the way. You are whole and perfect regardless of your status, wealth, or circumstances. You have been deliberately gifted with free will and choice to be able to choose your own truth and way. WE, of all that is living, love you whatever choice you make.”

“This all seems so overwhelming to grasp right now,” I told Her. “While my mind understands, the rest of me still carries a lot of fear when it comes to letting go of the world and aspects of my material security.”

“One step at a time,” She advised me. “As you look ahead to your future, trust that it is okay to be gentle regarding the perceptions you hold of your world and yourselves. Become miracle-minded in a way that allows you to use your love to honor all life as sacred. For all is worthy. Even the part of you that feels lost in sin and unconsciousness.” She then ended the conversation with, “Remember, beauty abides within...”

CHAPTER 8

“Follow the Blessings”

As I sat by the river’s edge at the end of a warm day, everything seemed quiet and peaceful. My cat Cricket had come home from the neighbor’s house two doors down where she had spent the afternoon hanging out with their cat Zero. I think what my cat liked most about going to the neighbor’s house, however, was that they had a kitten. So, every day Cricket would meow at me to let her outside so she could go over for a visit. Sometimes, the neighbor’s son would come outside with the kitten and let Cricket spend time with it. Other times, Cricket would just sit out on their back porch with Zero.

Cricket, being a Gemini, is a very chatty cat. As part of her chatter, she makes this “ech, ech, ech” noise, which is part of the reason why I named her “Cricket” because of the way she chirps and creaks. It’s similar to the noise cats make when looking at birds through a window, but, for Cricket, it is a little more as if she is trying to communicate the way we do—in syllabic sentences (which can go on and on). From the way she does it, it seems as if she thinks I know exactly what she is telling me. I can usually figure it out through paying attention to other signals, such as, “Hey, let me sit on your lap,” (i.e., chirping at me while looking at my lap), “Pet my head. No funny business, please!” (i.e., chirping at me when she wants to be petted but also chirping in an annoyed way if I accidentally touch her tummy), or “Hey, what are you doing? Why aren’t you paying attention to me?” (i.e., chirping at me while walking up to me, expecting me to drop what I’m doing to pet her).

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So, while I was sitting by the river's edge, she approached me with her familiar way of communicating as if wanting to not only tell me all about her day at the neighbor's house, but also, "By the way, do you have some room on your lap for me to sit down?" She looked at me with a familiar gaze that let me know she was ready for me to lift my arms enough for her to comfortably seat herself.

We both sat together for a while, her purring while I petted her. Then, raising my eyes to look out onto the river, I saw that a lone female mallard had paddled up to me. She started swimming around in circles in front of me while quacking.

Cricket looked up at me, giving a little "ech," wanting to make sure I wouldn't become too distracted and stop petting her. However, I couldn't pass up the opportunity to pick up my pen and pad of paper beside me in order to tune in for and jot down anything that the duck wished to impart.

"Help us communicate a message. You have the power," were the first two phrases that I would jot down.

The way the mallard duck kept quacking without stopping, I wondered if it was angry.

"You solved the puzzle!" was what I would next hear. This kind of took me aback. Then, I heard the word, "Terrorized."

This led me to ask the mallard, "What do you feel terrorized by?" I really wasn't sure, since this wasn't the typical type of thing I would expect to hear when tuning into an animal. The words I wrote down from her response were, "Big machines... intrigue... capitalism... denial."

As the mallard duck kept quacking and swimming around in a circle in front of me, I wrote down the communication, "Be courageous. Follow the blessings. Follow where the blessings lead you. Rethink industrialization. Manage consumption."

The duck remained for a long while quacking at me. She then moved down the riverbank where my neighbors were out back and started quacking at them as well.

As I took a look around the area, I did notice that there was a lot of construction going on in many of my neighbors' backyards. We rarely think about how we might be impinging on the territory of other forms of wildlife or of how noisy all our construction is. Even though I live by a river away from the city, I'm often surprised by how noisy it can get while I'm sitting outside. Hammers, drills, saws, bulldozers,

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tractors, and other machinery can, at times, create a cacophony of noise.

Then, add to this the noise of motorboats speeding down the river (some with really loud motors), cars driving on the nearby highway, and noisy lawnmowers, and it can seem as if life is communicating to us a sort of havoc where we lack the ability to be quiet anymore. Yet, as I watch the ducks paddling down the river, they seemed to embrace it all with so much calm and peacefulness. I would never think that any facet of our lifestyles left them feeling greatly disturbed. I always assumed that they acclimate the same way humans do to our human activities, which become part of what is normal for us.

As I was listening to the quacking of the duck off in the distance, Cricket started looking up at me as if to ask, “Should we head inside for the night?” So, I got up, dusted my shorts off, and headed inside the house with Cricket following close behind.

Later in the evening, as I got ready for bed, I could hear a lone duck quacking along the river’s edge. As I drifted off to sleep, I had no idea that by the following morning, a massive construction project would bring disturbance and upheaval to my peaceful place on the river.

CHAPTER 9

“All That Glitters Is Not Gold”

It was approaching summer’s end, and I was sitting outside on the stoop by my front door. There was a lot of construction going on, which prevented me from peacefully sitting by the river’s edge.

I live in a rented property (one of many) situated on a cul-de-sac where the Rideau River branches off into a harbor. Over the summer, my original landlord had sold the property to a new company. While the new landlords were very likeable and accommodating, the only difficulty that arose was dealing with all of the construction that was taking place on many of the properties. Not that this was a bad thing, but it made it more difficult to spend time outdoors. What was causing the biggest disturbance was the process of replacing the septic system that was connected to many of the rental units. This meant not only digging up a lot of the property but bulldozing many of our driveways and walkways as well.

While it was too loud and chaotic to spend time in my backyard by the river, the front of my property was slightly more secluded from all the hustle and bustle. So, my front stoop was the best place to sit for the time being. My two cats had joined me and were rolling around on the warm pavement.

Sitting beside a bush of wild pink roses, I was admiring the flowers when my cat Emerald approached and seemed to be looking at something by my right foot. I looked down to see what had captured her attention and to my surprise I noticed, there on the pavement, less than an inch away from my smallest toe, sat a black dragonfly. What

was even more intriguing was that despite my cats walking around in the same area, he seemed to want to stay in place.

Since, as totems, dragonflies can represent the breaking of illusion⁹, this made me think back to my conversation with the house spider. The house spider had said, “Open your eyes! See that what is currently treasured most in the world is false light.” So as I sat outside watching the black dragonfly, honored that this faery-like creature trusted me in this way, I decided to ask him if he had any wisdom to offer on the nature of false light. I was surprised when the message that came through was so direct and strong.

“Beware of the measures you take to increase your feeling of security,” was the first part of the message I wrote down. “All that glitters is not gold, and your efforts can end up serving a split purpose. One purpose—the one that serves yourself alone—when focused on too exclusively blocks you from seeing your other purpose—the one that serves the whole. Though both purposes are intricately entwined. For you cannot serve yourself without serving the whole to some degree.”

“We do tend to be very focused on our own survival and the fulfillment of our desires,” I affirmed. “And with large numbers of us focused in this way, we can collectively have a less than desirable effect upon the greater world.”

“Yes,” said the dragonfly. “You, as a collective, tend to remain largely ignorant or unconcerned toward any purpose that extends beyond the small self. Through lingering with this predisposition, you block yourselves from being able to effectively bring about a state of collective harmony for mankind as a whole. You tend to pass blame instead.”

“What or who do we blame?” I asked.

“You blame an illusion you have created,” replied the dragonfly. “You allow this same co-created illusion to convince you that you are trapped and not responsible for your own entrapment. This seems true whether your sense of entrapment arises from your independently created constructions or your collectively created ones.”

“Can you explain this more? Because I do not think many of us would understand,” I uttered.

“You need to first understand the illusions you serve and how you

⁹ See www.birdclan.org/dragonfly.html

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make them real within your minds,” the dragonfly advised. “Understand how these illusions affect and encapsulate all of your belief systems, your emotions, your societal laws and institutions, and your definitions and labels. While these illusions can represent the intangible, conscious, and undesirable emotional states that you are attempting to work through, they also encompass much more than this. They represent both the tangible and intangible constructs that have been co-created and which appear to define your lives. These constructs simultaneously leave you feeling captive or even captivated.”

“What do you mean by the tangible constructs?” I asked.

“Figure it out,” was the blunt response. “The answers are everywhere around you.”

I felt a little taken aback. But I pressed forward with more questions, “Is there anything else you have to communicate?”

“Certainly,” said the dragonfly. “What is being asked of you during these chaotic times is to make a choice whether you will continue to serve something that is illusion—or false—rather than the truth. Often, what you may think is the truth can represent false light—that is, a misperception of truth.”

“I see,” I said.

The dragonfly was not finished, however, and continued, “When you misperceive the truth, you will tend to see it in a place, a commodity, a structure, or an institution where it does not exist.”

After taking a moment to digest everything that I had written down, I paused for a brief moment to look down at the black dragonfly resting at my foot. Ants were marching to and fro as if they didn’t even notice the dragonfly was there. The dragonfly would briefly lift his body to allow them passage to wherever they were rushing off to. He would then set himself back down upon the ground once more.

The way the ants were behaving reminded me a bit of how we, as humans, can sometimes exhibit a tendency toward tunnel vision when we have a goal in mind. We can act like bulldozers at times, asking other elements of life around us to step aside or to get out of our way. Yet the dragonfly didn’t seem too perturbed to make way for the ants. He seemed to let them pass through willingly.

The dragonfly then continued with his message, “Guard your thoughts to keep them holy, so that what is not of holy thinking within the world and its collective belief systems cannot reign.”

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I thought about this while remembering how the word “holy” arose from the word “whole.” I then asked, “Is there anything else we can do to help ourselves with this process?”

“Beautify your surroundings with your everlasting grace rather than your dead treasures,” was the response. “It is your dead treasures that come to pollute and clutter everything. So, clear that clutter and also make sure to clear it from where it first originated—within the mind’s eye and within your hearts that are left lusting after what only a fool would desire. Only then will you be able to join as one to solve the greater problems of the world, including the physical polluting of your collective habitat. For both the mental and physical forms of pollution that affect you as a collective are intricately connected. This is because both forms of pollution arise from the same faulty belief systems that the majority of you serve and allow to occupy your minds. These faulty belief systems would have you root yourselves in the pursuance of what is false. In other words, they would have you rooted in what you falsely believe will complete you or give you happiness. Start questioning these falsities.”

“What kind of questions can we ask?” I asked.

“You can begin to ask yourselves ‘Why do we compulsively need to acquire so much?’” the dragonfly answered. “You can also ask yourselves ‘Where and from what belief systems does this need arise from?’ ‘Do these types of mindsets represent the truth?’ ‘Does abiding by them truly make us happy?’ ‘Do they bring us into harmony with the world and others?’ or ‘Do they cause a separation or a rift?’”

“Is there anything else we can do?” I asked.

“You can see how existence will speak to you in much the same language that your dreams speak to you at night,” he responded. “The symbols within a dream merely serve to reflect the mind of the dreamer who dreamed them. So, it stands to reason that the symbols that arise within your collective dream of life reflect the minds of the collective dreamers as a whole—and the most predominant or viral belief systems.”

“I never thought of belief systems as ‘viral’ before,” I said.

“Yes,” the dragonfly responded, “but like any kind of virus, they can be overcome through developing a level of immunity and resistance to being infected.”

“How can we become immune?” I asked.

“You can start with supplanting product worship, pride, and envy

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with the realization of your true worth and value as part of a whole,” was the response. “See where your light truly lies. Here you will solve your problem of worldwide hunger. It is only a problem everywhere, because you are all starving, and you are all starving, because you are trying to fill yourselves up with the wrong nourishment.”

“What about the people in the world who are really starving in a physical way?” I asked.

“Those who are born into areas of abject poverty sometimes come into the world with their own karma and lessons to learn,” the dragonfly replied. “However, souls may also incarnate to play a part in conveying a message about the state of the collective consciousness and how you, as a collective, will continue to repeat a cycle and lesson over and over until you learn it. Some of the locations where abject poverty is a current problem are those that have in the past been home to great affluence and bounty. Through human intervention and efforts, such locations may have lost this bounty or become places of drought or desertification.¹⁰ Thus they come to stand as a symbol of what patterns are repeating within the world due to the repetition of a certain mindset. This is because such a mindset can be observed to manifest similar destructive fruits wherever it may arise.”

“What is that mindset?” I asked, for the purpose of making sure I understood things clearly.

“Figure it out,” the dragonfly said in a playful tone. “It is not that difficult to understand. You can also figure out what is blocking you from wanting to understand.”

There was a brief pause in our dialogue as I stepped back, feeling a bit taken aback by the abruptness of the conversation. Then the message continued, “Figure out what belief systems create poverty in the world, through figuring out how belief systems can work on more than one level—such as a physical level, a mental level, an emotional level, a conscious level, an unconscious level, etc. This learning will help to serve a dual purpose. First, it will help you learn what represents false light. Second, it will help you see where you have been taught and conditioned to serve this false light above the truth. You

¹⁰ Desertification can have a man-made element to it, which can arise from how we overwork the land or treat it. Bringing back the idea that there is a law of balance and overdoing something to yield affluence can over time have the consequence of bringing about a state of decay or depletion if balance isn't pursued as a course of action. See <http://en.wikipedia.org/wiki/Desertification>

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can learn to figure all of this out once you fully understand that true light cannot create anything other than fruits that are beautiful, natural, bountiful, and pure. False light can only create fruits that sabotage or destroy what is beautiful, bountiful, natural, and pure. This said, poverty, when it collectively results from the work of man's minds and deeds, is evidence of this kind of sabotage. At the individual level, though, there may be those who live in places of abject poverty who are contented in spirit, finding nourishment from within."

"This also probably explains why so many people are malnourished even in developed countries," I observed.

"True," said the dragonfly. "Many of you suffer from nutritional problems despite having more to eat than those who live in locations where conditions are less favorable. You may feel malnourished, in a more general or symbolic way, because you have not truly received what you needed to feel nurtured and strong. Your 'diet' focuses on what has strayed from the natural or become impure. This is a symbolic problem that can only be resolved through working on it from the inside out."

"How do we resolve it from the inside?" I asked.

"Through taking your blinders off in order to observe in an honest light what your emotional, spiritual, physical, and lifestyle 'diets' have consisted of," was the response. "Through also asking yourselves why your physical, emotional, social, and spiritual diets have focused on what is manufactured, chaotic, and unnatural as a means to nurture and sustain yourselves. See what is blocking you from placing your focus on receiving nourishment from what is life-affirming, simple, natural, and pure."

"Do you have any other advice?" I asked.

"Only that you learn to guard yourself from being too indoctrinated in the false definitions of the world," replied the dragonfly. "These definitions heavily condition you into feeling enough is never enough."

"And we seem as if we are always left in a state of longing and feeling of incompleteness," I shared.

"The real longing being left unfulfilled lies *beneath* man's desire for money, advancement, and lifeless conveniences," said the dragonfly, "...it lies beneath why he feels he needs these things so much. Within humankind, there is a desire for completeness, a desire to bring resolution to feelings of being separated from a true Self and Source. With this feeling of being separated, there comes a desire for fullness

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and wholeness. However, if you try to find fullness in something manufactured and illusory instead of what is natural and pure, you will leave yourselves with the feeling you are still lacking and missing something.”

“True,” I said.

“The nature of illusion is that it will convince you that your purpose in life is to strive to be good enough in order to be worthy of love and to be accepted by the world and by others,” continued the dragonfly. “The truth is that this kind of pursuit is a hopeless and unnecessary one. If you can instead focus on your spiritual wholeness, you will understand that your belief that you need the approval of the world is something that should be a secondary consideration rather than a primary one. Make primary your desire to fully understand that, in the world of spirit, you are worthy and accepted for who you are. You always were.”

“I may intellectually understand that truth, but something in me resists fully knowing it despite my efforts,” I confessed. “How can I begin to overcome this resistance?”

“If you take the example of dreaming again,” the dragonfly replied, “when the dreamer wakes from a dream, he or she comes to realize that the dream was not real and neither were its constructs. Such dreams were merely the reflection of the dreamer’s belief systems. So wake up to what you are dreaming and the reason you are dreaming it. Become more lucid within your dream of life. Meditate on the fact that your personal and collective dreaming has largely been constructed out of collective belief systems that have proven themselves to be false. Much of what they have mirrored to you were the false things that you served—things that have never represented the truth of who and what you are.”

Feeling this was a good place to conclude our conversation, I thanked the dragonfly for its wisdom. It then left its resting place beside my foot, leaving me to spend time with my two cats. I watched them both as they played together on the grass. After a while, I decided it was time to go inside.

CHAPTER 10

Abundant in Knowledge but Lacking in Wisdom

Waking on a beautiful morning, I decided to sit out on my front stoop for a while before having breakfast. There was still a lot of construction going on by the river, and I wanted to avoid all that chaos. While sitting on my front stoop made it a little more difficult to see all of the birds, ducks, geese, chipmunks, and other animals that I would normally see while sitting by the river, there was nonetheless a lot of life to observe such as bees, ladybugs, dragonflies, and the odd squirrel that my cats didn't chase away.

As a black dragonfly started hovering around the rose bush beside me, I started thinking about the discussion on false light and illusion from a few days ago. I was reminded of how easily we can accept something as the truth when it might be a distortion to some degree.

Taking the example of some of the quotes that float around the internet, for a long time I naturally accepted many of the quotes as the real and authentic words of Buddha and other masters. It is so easy to accept what we are given as the truth without researching further or asking questions. It wouldn't be until I found out about a site called fakebuddhaquotes.com that I discovered a whopping 80 to 90 percent of Buddha quotes that I thought were words of Buddha were not even his words at all. Many were the words of authors such as Swami Vivekananda, Jack Cornfield, and others.

This led me to finally read some of the works of Gautama Buddha. I'm glad that I made this decision because it was a huge wake-up call to realize that the person I thought of as Buddha was entirely different

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from what many quotes, images, and banners had made him out to be. Another thing I discovered is that the chubby Buddha is a completely separate person from the tall and slim Gautama Buddha. So, sometimes, not only are the quotes misattributed, but the image may depict Hotei (a monk who lived in China during the 900s AD) rather than Gautama. And despite how he is quoted in ways that make him appear as if he would be a proponent of the new age, reading *The Dhammapada* made me see otherwise.

The more I started reading Gautama Buddha's real words, the more I desired to share them through social media. However, as a demonstration of how susceptible we are to believing in disinformation, when I posted an authentic Buddha quote from *The Dhammapada* to my Facebook page, a friend immediately posted a comment to advise me that the quote was "not a real Buddha quote" because "Buddha would never have said that." For those who want to know the quote, here it is (from *The Dhammapada*, verse 47):

"As a mighty flood sweeps away the sleeping village, so
death carries away the person of distracted mind who
only plucks the flowers (of pleasure)."

The more I started seeing the distortions that were everywhere (not just within the banners that misquoted various teachers and masters), the more an uncomfortable feeling began to arise within me of how we are exposed to mass amounts of information and, at the same time, copious amounts of disinformation as well. Since many of us are easily impressed upon, this makes us vulnerable. In fact, I was finding that the more I started examining the bigger picture, even with regard to our new age beliefs and activities, the more it almost appears chaotic.

Reflecting upon all of this, I was reminded of an advertisement I had seen on TV. In it, athletes were hurting themselves in order to achieve a goal. The message being communicated was not to be bothered if people called you a "weirdo," "obsessive," "fanatical," in those ways of hurting yourself, because that was what you "have to" be; you have to be beaten, muddy, and sore to be "better, period."

The commercial then infers that this is what is needed to be "better leaders," "better parents," and "better, stronger, more determined, humans." The end of the commercial says this is all about being "more

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human” (typed out in bold letters on the screen).¹¹ But, what is the real, subtle underlying message for those of us who might give our power away to this kind of idea?

Taking a step back in order to examine the messages we subtly pick up from all around us (through various mind-sets and beliefs that are constantly projected onto us), it seems as if much of the information we have been receiving has been keeping us stuck in our minds and harmful lifestyles rather than teaching us how to transcend them. In contrast to this, it seems as if the natural world is screaming that we have it all backwards. It seems to be screaming at us that we are in such a race with life, or in competition to get ahead, that we don’t know how to stop racing or competing in order to just be still. Most of us can’t see this, though because we are conditioned to believe this is what we should be striving for. Thus, while many of us may have high ideals, good intentions, and wish to embrace a philosophy that helps us to collectively overcome some of the problems in the world, we seem to be sabotaging ourselves to some degree at the same time. As new agers, we all want to be a positive force in the world, but sometimes it is confusing to know what that entails anymore.

Observing the new agers that surround me, there seems to be two different trends that are dominant during this time. I am sure both arise due to different styles of coping techniques—for how to deal with the way we sabotage our world and ourselves.

One trend within the new age tends to focus on what is called a “love and light” approach. This kind of approach does not believe in making too many waves. Its mission is love and its focus is on the mental realm and on activating love through the level of our thoughts predominantly. Collective change is thought to be brought about through a variety of means, such as:

- external “shifts” in the universe or galaxy
- becoming more psychic or special (such as through being a starseed, indigo child, crystal child, blue ray, etc.)
- portals in the galaxy opening
- astrological transits or calendar endings (such as the Mayan calendar)

¹¹ The commercial is for Reebok and titled “Freak-show: Be More Human.” See <https://www.youtube.com/watch?v=UDb-7DY3CjU>

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- various “activations” (including of the earth’s grid)
- focusing on world meditations
- increases in “frequency” or “vibration”
- angelic or ET intervention
- other passive things that require waiting on something external

There is usually a simultaneous focus on “ascension programs” or employing healing techniques that could help us become more loving beings or to think more “positively.” When it comes to emotions, they tend to be separated into the categories of “positive” or “negative.” Those emotions and thoughts deemed to be “negative” are thought best to try to avoid out of fear of attracting something undesirable.

A second trend in the new age seems to prefer a more aggressive and revolutionary approach. It tends to see conspiracies everywhere and is determined to overcome them. Despite its idealism that focuses on exposing truths, it still seems to keep its followers feeling stuck and defeatist in ways. To me, it seems to again wait for something external (such as a revolution or for our governments to become more proactive concerning vital matters) to bring about change.

Standing outside of both trends and looking in, it seems whatever trend we follow—some of us ascribing to a little of both—we end up waiting for something external to help us to create the change or “shift” we are looking for.

With this topic in mind, I asked if there was any animal that wanted to step forward with wisdom to share. Suddenly, a crow flew by and seated itself on one of the hydro wires close to my home. So, as I went into my meditation, I asked the spirit of the crow for wisdom concerning our ability to create the change that we are looking for without waiting for something external to make it happen. It wasn’t long before I would feel words flowing through.

“While humanity is abundant in knowledge, it is lacking in wisdom,” the crow advised.

“What do you mean?” I asked.

“Wisdom is the ability to use knowledge wisely,” was the reply, “which you will know when true wisdom has been applied from its fruits. And, until humanity can perceive the fruits of its miscreative thoughts and behaviors, it will continue to miscreate¹² and produce

¹² To miscreate means to create something that one did not consciously intend to

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unloving fruits.”

“Oh, I see,” I said, but the crow had more to say on this subject.

“This problem of miscreation occurs when individuals possess knowledge but do not yet fully understand it inside their hearts,” the crow said. “They only know it in their brains.”

“That’s what I’ve been noticing particularly concerning our concepts of love,” I explained. “We seem to rationalize that all we need to do is to think positively and practice love on a mental level. We do not seem to consider whether our actions within a greater sphere of life are in alignment. We do not even think that it matters to consider these things. Such consideration is deemed negative and likely to manifest a negative effect if dwelled upon.”

Then I heard the crow’s wise voice guiding me once more, “Think of it this way: if a person truly believed in transcendent love or in serving only what was ‘positive’—while rejecting what creates a ‘negative’ or unloving effect—they would automatically desist from taking any part in what corrupts the world. This is because their mind would no longer comprehend any need to have fear. It would no longer have a need to serve a way of life that is polluting. Nor would it need to live a life where they are unable to walk their talk.”

“Many individuals do perceive they are walking their talk,” I put forward.

“This is because their ego is advocating that all that is necessary is to walk the path of love in their minds alone,” said the crow. “This is because the ego likes to take the easy way out. It will try to convince you that your lifestyles—and the actions that uphold them—are not something you have any control over. It will try to convince you that it is unnecessary to consider whether your lifestyles are in alignment with what will have a truly life-affirming effect upon the world, including its plants, animals, and fellow humans.”

The crow continued, “Your inability to see beyond your ego, however, deserves compassion. It is merely the result of misunderstanding that you, and many of your dear brothers and sisters, can only comprehend the ideals of ‘love,’ ‘light,’ and ‘oneness’ in a way that keeps you locked inside a mindset that favors separation and competition.”

“How can we transcend this pattern?” I asked.

create or which goes against one’s best interests. According to dictionary.com it means, “to create amiss or deformed.”

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“The ability to transcend this pattern lies with bridging what you understand intellectually with the wisdom of the heart,” was the crow’s answer. “Then the path of love can be redefined as simply what produces loving fruits. All that produces unloving fruits must be defined as something else. Only then will the mind—desiring to be in Love’s service—know through the wisdom of the heart what action is required: the act of ceasing to partake in what corrupts, sabotages, or harms the whole.”

“What about those of us who believe focusing on the negative fruits isn’t necessary because they are illusions?” I asked.

“For those individuals who feel the corruption and negative fruits of the world must be denied because they are ‘illusions,’ the wisdom of the heart does not judge in terms of positives and negatives but merely in terms of what is,” the crow responded. “It sees such fruits as they are in the present moment as a form of miscreation that has manifested from unloving thoughts, whether such thoughts are conscious or not.”

I began thinking back regarding the two trends that I saw within the new age and their different approaches to dealing with worldly issues. I then heard the crow’s wisdom guiding me once more.

“In the end, there is nothing wrong with being part of either faction. There is nothing wrong with being between stages. For understanding wisdom must progress in stages. However, if people attempt to jump ahead of themselves in knowledge, while stubbornly continuing to serve and cling to creations that are the opposite of love—without understanding why—wisdom will never be achieved.”

“So, it is less about waiting for change to happen externally,” I said, “and more about attempting to understand why we manifest creations that are unloving.”

“And, to take responsibility,” the crow added.

“What do you mean by responsibility?” I asked.

“You have to acknowledge the role you play in the creation of various fruits that manifest in the world,” was the response. “There needs to be more understanding of how you are all creators. There needs to be understanding concerning how everything you do impacts the larger picture around you even in small un-thought of ways.”¹³ Your

¹³ As mentioned elsewhere, this includes our lifestyles we never think about. We just accept them, and our adherence to cultures, definitions given to us for success and failure, etc. All of these things manifest a bigger and destructive

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current and unenlightened approaches are considered normal to you and part of your cultural conditioning. You have to be willing to overcome some of this conditioning in order to see how many of your emotions, agendas, and actions are founded in your unconscious feeling of being trapped, defeated, and helpless but to conform to all that produces miscreation in the greater world.”

The crow continued, “Within this age, you have the profound opportunity to learn how your thoughts manifest the fruits of your thinking into the world around you both personally and collectively. Many of you have been focusing on the movement from thought to manifestation in a very straightforward way. You have yet to learn how to move backwards from the fruits in the world to see the thoughts underneath them—thoughts that you have been unaware you were thinking, thoughts that led to certain actions, attitudes, lifestyles, or other things. For it is the labor that arises from your thoughts that has produced various fruits in the world.”

“What do you mean by ‘labor’?” I asked.

“I mean the acting out of your beliefs and thoughts onto the world around you. All your actions, lifestyles, values, definitions, and attachments originate from seeds of thought,” was the crow’s response.

“How do you suggest we learn to move backwards from manifestations to their root thought-forms?” I inquired.

“In quiet and stillness,” was the answer. “In quiet and stillness, simply learn to pay attention. It is as easy as breathing when you learn how.”

The crow continued with something similar to what the dragonfly had offered, “Live your life like you are dreaming and waking up within the dream. You are becoming a lucid dreamer. You do not need to judge what you dream. You merely need to look for what the dream communicates to you while you are dreaming it. Do not attempt to say ‘I did not dream this’ while running away. You would never wake from a dream at night and try to rationalize it never happened. You would understand that the dream arose from certain things going on within. With the dream that the collective consciousness is dreaming, the symbols of the dream arise from the collective mind and what has been produced through its thoughts and belief systems that many of

picture in which we seek to deny that our small actions and lifestyles matter concerning its formation.

you share.”

“Can you explain that a little more?” I asked. “Can you give an example of what belief system is manifesting?”

“One example is that you have programmed yourself as a collective that you can never slow down,” the crow offered. “Then, because so many of you are rushing to do this and that within the world, everything becomes rushed and this rush produces stress and confusion. You are all so concerned about the future in a way in which you can only focus on your own self-survival, self-interest, or whether you will be able to get ahead or reach a goal. Everything becomes ungrounded. You wonder why you and others may suffer from symptoms of restlessness, exhaustion, or illness. On a planetary level, your environment reveals this rush as well. Due to your inability to keep up the pace, you produce conveniences that you hope will save you time. You also produce and make use of technology that further complicates your situation through exposing you to frequencies that are high speed, low speed, or disturbed.

At this point, I decided to take a break from my meditation and thanked the crow for its wisdom. It left the power line on which it was perched and flew off to settle in a tree nearby.

My cat Emerald started pawing my cheek so that I would pay attention to her and give her some love. So I decided to play with her a bit before retiring inside for the evening.

CHAPTER 11

“It’s All Right in Front of Your Eyes If You Would Pay Attention”

It was a cool September morning and as I got out of bed, I raced to dress myself so I could feel warmer underneath a bulky sweater and track pants. I was trying to wait as long as I could before turning my furnace on.

While I was still feeling chilly, it was not enough to distract me from thinking about my prior conversation with the crow. The crow had used the term “miscreation,” and implied that when we don’t know how to turn our knowledge into wisdom, we tend to “miscreate.” This left me feeling curious as to what Mother Nature would have to offer on this subject. So, I fed my cats and then went outside where I put my pen to paper and asked if She had any message to convey at this time.

“Use the Law of Attraction as a tool to better understand your ego’s motivations and what you are holding onto that can be released,” was what first came through. “This is similar to how a dreamer can come to understand him or herself—and the predominant focus of their mind and beliefs—through learning to interpret the symbols that appear within their dreams. Likewise, the collective as a whole can also come to better understand its own agenda and beliefs through the manifestations it creates. For example, it can come to better understand those manifestations that arise from Self-understanding and those that arise from the ego’s agenda. After all, these symbols that arise cannot help but reflect the focus and mindset of a collective

including its attachment to cultural traditions, institutions, definitions, or what is popular to manufacture, buy, and/or sell.”

“Is the best approach for us to employ the Law of Attraction in a backward way rather than a forward way?” I questioned, since a previous dialogue with Mother Nature had touched upon this topic.

“Yes and no,” was the reply. “You can use the Law of Attraction in a backward way to understand yourself and the dream you are dreaming more clearly. However, once you become more lucid within your dream of life, then you can use this same law in a more forward manner toward the manifestation of those fruits and symbols that reflect an alignment with the Holy One¹⁴. Without using the law to become lucid first, however, you are more likely to use it toward the advancement of the ego and its tendency to keep you locked into a state of separation consciousness.”

“I’m not sure many of us know how to read the symbols of the world well enough to be able to use them to understand what is going on within the collective consciousness,” I admitted.

“It is all right there in front of your eyes if you would pay attention,” She challenged me. “It does not take a brilliant mind to see how actions have their consequences nor to discern the type of mindset that may lie underneath.”

“When you explain it in those kinds of terms, it does seem much easier,” I said.

“Without thoughts, there are no actions,” She divulged. “So, start with examining the fruits within the world that appear disharmonious. Then, ask what actions of mankind lie underneath. Then, you can go even deeper to ask what kinds of belief systems underlie the kinds of actions you are observing.”

“Can you give us an example?” I asked.

“Yes, of course,” She replied. “Let us take, for example, nuclear power and other forms of dangerous technology that haven’t been discontinued. You might wish to ask yourselves what type of mindsets or belief systems are leading people to be passive or defeatist when it comes to these vital issues? Is the issue that too many of you feel you have no control or options? Do you feel nothing you say or do would matter? Do you hope that if you continue to use these forms of power and technology and just deny there is a problem that it will just resolve

¹⁴ In other words, the state of wholeness—i.e., holiness—which comes from being connected to or “one” with the Divine.

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itself? Are you waiting for someone or something external to come along and offer some sort of resolution? Then, go deeper beneath these beliefs to ask yourselves if they are truly valid (such as that you have no other options), if there is something else that would be more productive to believe, or if there are even deeper beliefs that interfere with your ability to manifest a more loving solution for yourselves.”

“That sounds easy enough,” I said.

“Whatever you observe,” She then informed, “see mankind as its own entity rather than focusing on the individual level. Otherwise, you will likely exclude yourself from what you need to learn as a whole; you will block yourselves from being able to see the problem at its lowest and most subtle levels. For if you take an approach that ‘only the bad guys’ are causing the problems, you can end up going into too much denial concerning the types of mindsets you engage in, at whatever subtle level, that play a part in manifesting a larger problem.”

“I can see the process that you are speaking of more clearly now,” I acknowledged.

“I am glad that you can understand the process a little better,” Mother Nature continued. “When the thoughts beneath your actions are not conscious, nor come from an enlightened place, then your actions have the potential of becoming unconscious and careless.”

“That is evident,” I said. “We tend to want everything to be resolved through a quick fix, but sometimes, I think, these quick fixes make some of our situations worse rather than better. In the short term, though, they might seem to make them better.”

“WE, of all that is living, do encourage you to do away with your quick fix mentalities,” She cautioned. “They truly do not serve you anymore, nor do they further your understanding. They stand in the way of true light being able to filter into the world in a meaningful way.”

“What do you mean?” I asked Her.

“I mean that many of you can end up desiring to use your minds to create quick fixes,” She answered, “or to focus on symptoms rather than the causes for why your consciousness has become more wayward. When you do this, you can fail to observe how your consciousness is producing wayward and polluting fruits at an alarming level.

“The solution will come through increasing your understanding of the causes,” She stressed, “rather than through skimming the surface.”

“Skimming the surface?” I asked.

“Yes,” my guide responded before carrying on. “Many of you are currently too confident that your minds, when employed in an unenlightened way, can offer you salvation. In other words, there is a prevalent form of misunderstanding that teaches you that if you can believe strongly enough in your immunity to the various collective problems arising, then this will make you invincible concerning their after-effects.¹⁵ This type of thinking arises from a mindset that tries to ignore a problem until it can’t be ignored anymore. It then seeks to apply a band-aid solution. However, such a band-aid solution will not heal the original root—that is, the thought system—that manifested the problem that is asking for your attention. So instead, cultivate within yourselves an ability to thoughtfully look at and address any self-destructive lifestyles and belief systems that lie beneath the collective issues that are commanding your attention. This will help you to find a more effective remedy.”

“I guess that many of us are afraid to look at the causes because then we might feel guilty or that we have to change how we live,” I added.

“Yes,” She responded. “You fear to go there—to the root causes of the problems in your world—with love and understanding. Not knowing any better, you can close your eyes to what could be your greatest teacher on your path to enlightenment. You close your eyes to your lessons during this time, a time where the future of earth rests on what choices you make as a collective—what choices each of you individually and together make with your hearts, your hands, your bodies, your voices, and your minds. These lessons are such that you have the capacity to learn profoundly from them. Or you can continue to seek an easy escape route from what you find difficult to face together and overcome.”

“What you say reminds me of how I feel about the idea that our thoughts can affect the molecules in a glass of water,” I brought forward. “People use this idea to assert that all we need to do to heal the polluted oceans is to focus our loving thoughts on the water while intending to have a healing effect. But then we go back to doing and supporting everything that would pollute the water all over again.”

“This is more evidence,” She said, “that you would not be learning

¹⁵ Such as pollution, war, greed, poverty, governmental abuses, nuclear power, etc.

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the lesson or becoming enlightened to what is going on underneath the surface of a problem. Effectual manifestation arises from a mind that is focused on a clear intention. With a split mind, you will produce split results. To gain understanding of what your mind is doing, you have to start looking at the dream of life as a whole.”

“Can you explain that in more detail?” I asked.

“Certainly,” She answered. “As an example, if you were to wake from a dream at night, you could choose to focus on only one aspect of that dream. But it might be hard to understand the meaning of that aspect if you can’t interpret it from seeing it in relation to the entire dream.”

“As someone who has studied dream interpretation, that makes complete sense to me,” I said. “Sometimes, I have people come to me to read their dreams and all they offer me is one symbol, wanting to know what it means. I always tell them I need to know the whole dream before giving them an answer. The meaning of the symbol can often have to do with the action taking place within the dream.”

“And there you have demonstrated why action is important when it comes to what you manifest,” She encouraged me. “Action, lifestyle, culture, rules, the things you create, the things you follow and serve, even how you choose to use and spend your time and money, all have an impact upon the overall dream that is manifested, personally and collectively. All these types of action arise from the belief systems you have been conditioned into. They represent the illusions—or dreams—that you think are real. You can choose to only focus on a small part, such as your material affluence, but you will never understand the role your material affluence has in manifesting a bigger picture if you don’t know how to look at the bigger picture to see how the two become connected as one.”

“Connected as one?” I asked.

“As I have counseled you before, you as a collective tend to view the laws of manifestation as occurring in a straightforward manner,”¹⁶

¹⁶ Direct manifestation moves directly from pure thought to its manifestation, such as thinking the thought “I am healthy” and it manifesting health. Indirect manifestation arises from the little unthought of thoughts; i.e., it is about the little things we do and think in a daily way that communicate that we believe in our health, take care of ourselves, etc., which can be spoken through our lifestyles, choices, habits, etc. If we trash ourselves (or the planet), it communicates that we don’t care about ourselves. This, then, could block

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She said. “You therefore attempt to apply these laws in only a straightforward manner. This is good in the sense that your awareness of these laws represents an evolution in your consciousness. However, it is time for you as a collective to take the next step. You need to understand how your straightforward approach has kept you from learning how to deal with the manifestations that arise in a less straightforward manner—due to what you choose to ignore or remain unconscious of.”

She continued, “Another problem occurs when your focus is on primarily satisfying your ego, which always seeks what it wants for itself alone. This blocks you from taking responsibility, and from understanding a more unified picture that you are part of.”

“How do we move beyond this?” I asked.

“In order to move more fully into the peace, love, unity, and ‘oneness’ that you strive for,” She replied, “it is important for you, as humans, to become less shallow in the way you live and the way you’ve embraced spiritual concepts.”

“How are we shallow?” I asked.

“You do not delve beneath the surface enough,” She answered. “You do not care beyond your own self-interest. As has been reiterated through many of your dialogues with the natural world, you apply concepts to the spiritual realm and then you try to feel for how they are true, rather than learning to apply them within your physical reality as well.”

“I see,” I said.

“As a collective, you tend to make too many excuses,” She continued. “So it makes sense that in your spiritual understanding, you remain split—unable to bridge what you know of one world with the other. This is why, as I have suggested before, many of you will tend to seek to run away into a safe mental realm of denial.”

“Our denial does come in handy,” I said.

“Denial may come in handy,” She advised, “because your feeling of separation consciousness is too familiar, safe, and comfortable for you to want to abandon. The drive to excel in the world and to get ahead is like an addiction you fear to give up in order to embrace a more unified way to live. You thrive off your ability to compete with others. You also thrive off the resentments that such an approach to life

manifestation of health whether we are thinking the affirmation “I am healthy” or not.

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stimulates. It is difficult for you to put all this to bed. So, in essence, you live in two different worlds and realities. One tells you to embrace how you are perfect and whole within the world of spirit, while the other tells you that you must act out an opposite agenda of being separated, self-serving, and crude. You lack the middle step, the bridge that your masters attempted to teach you.”

“What is that bridge?” I asked.

“The bridge represents the desire to know the truth through examining the fruits (that is, your manifestations) that spring from seeds (that is, your thoughts and intentions). The bridge also represents the desire to know the fruits that spring from what you choose to follow and serve. Following what is false—or instruction from a false prophet—yields less loving fruits. Following what is truth—or instruction from a true prophet—yields fruits of love and reverence for the Holy Spark that fills you and all that is living.”

“Some people tend to see a false prophet as someone who doesn’t intuitively predict things perfectly,” I said. “Others may see a false prophet as someone who speaks in God’s name but isn’t really speaking his true words or agenda.”

“A false prophet,” She explained, “is anything you follow or serve, including a person, dogma, or institution, that offers you, as humans, a false agenda to live by, which ends up leading you further away from truth. You, as the masses, then follow these types of lifestyles and agendas believing they are the ‘way.’ This said, the false prophets of the world are not necessarily nefarious, but more likely unconscious of what is the truth. In their state of unconsciousness, they shape their doctrines from what they learned to believe and from what they misunderstand about the world.”

There was a short pause as I attempted to process everything She was imparting, and then I heard Her message continue, “It is time to wake up to the truth again—the truth that the masters taught. For the masters taught a path of releasing suffering and coming to enlightenment through letting go of your over-attachment to the world and to sin or unconscious actions.”

“How does their teaching us to pray fit into everything?” I asked.

“Sin can be released through the application of meditation or prayer,” She instructed, “and prayer can be considered a form of thought and reverence for what is truly holy. Thus, many masters offered a path of prayer and reverence for what is holy as an alternative

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to the sinful path of worshipping what is false—or what takes you, as humans, away from reverence. In essence, the masters taught the path of releasing what is false, including false idols, through attempting to teach why these things were false and why they led to suffering and separation from the Holy Father, Great Spirit, Source, or whatever you would like to give as a label.

“That makes sense,” I confirmed.

“Many of the lessons of your former masters,” She continued, “focused on how to let go of the world. Such individuals sought to teach their followers to see the world as a prison and a place of corruption of what is holy and truthful. The world was considered corruptive and sinful to the masters because its social rules, laws, punishments, and definitions corrupted humankind’s ability to understand something beyond those restrictions. Also, because the focus on the world would have you search within it for your own value—for instance, who you are in the eyes of others, society, government, etc.—it blocks you from understanding the truth of who you are to the Divine. It similarly blocks you from understanding who you are in relation to the whole of life, understanding that every living thing that contains the divine spark is connected and holy.”

“So, we were taught about sin as a way to steer us to the right path rather than to make us feel bad if we strayed,” I postulated.

“Yes,” She agreed. “However, without the ability to understand how the world they worshipped and your lifestyles were leading you toward manifesting false fruits, many followers were unable to fully understand or appreciate why the masters taught about sin, suffering, and the importance of releasing their attachments—for their own good.”

“Now, many of us have become comfortable in our state of sin,” I said.

“Yes,” She affirmed. “A lifetime of sin has become normal for many of you. However, it was never the holy part of you that was sinful. It was merely the illusion you became lost in that was sinful. Such an illusion could never represent the truth of what you are.”

“I never really thought of it that way,” I said to Her.

The message of Mother Earth continued, “Too many of you are living by the codes of the world and of those who hold power and influence, feeling you have no other option. This is despite the fact that you have been educated that Jesus died to rescue you from this

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kind of sin and ignorance. His message was to follow his example. In essence, he wanted you to believe in him and the path he followed. However, because you felt unable to truly follow him, you as humans chose to simply worship him as Jesus the man rather than as an example of Christhood or Buddhahood.”

“That is true,” I said. “Many of us have been conditioned to think that all we have to do is believe in Jesus as a God-person and it is enough to help us out of our self-deceptive machinations.”

“You partially believed this due to your own feelings of helplessness, and the feeling you have no other choice but to serve what defeats you, and what leads you into more suffering and sin,” She encouraged me. “But, the way out *has* been paved for you. This ‘way’ asks you to renounce a world of unholiness that you have become overly attached to in order to enter a world of holiness in which you will recognize God’s grace and magnificence everywhere.”

“That sounds like it should be so simple,” I said.

“The path *is* a simple one,” She reassured me, “because it simply asks for you to become simpler, to become gentler. But here, gentleness does not mean passivity, for through their gentleness the masters simultaneously taught you how to be brave. That is, they taught you to be peaceful non-conformists. They taught the opposite of complacency. As teachers, they had become brave enough to challenge the way humans live in order to break all that humankind has been conditioned by. They did all of this in order to live in a more divinely aligned way.”

“Our need for approval, I’m sure, blocks many of us from being brave enough to walk away from aspects of society the way the masters did,” I said. “Our addictive behavior likely blocks us from letting go of a lot of what we could benefit from letting go of as well.”

“Yes,” Mother Nature validated. There was a brief pause in our dialogue and then She began to address the topic of our addictions.

“You, as humans,” She said, “can suffer from a kaleidoscope of addictions. Many of you never question these addictions because it seems as if everyone around you is similarly addicted. These addictions negatively impact not only your relationships but your ability to co-create with Me, your Divine Mother, in a way where life everywhere can thrive and be honored and respected.

“True,” I affirmed. “Most of us within the Western world do have a hard time questioning or letting go of our addictions.”

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“Your addictions are crushing you,” She counseled. “But you cannot always see how you are being crushed because everywhere you look in the world, addiction is applied as a means to survive.”

“Can you give me an example of this?” I asked Her. “I want to know that I fully grasp what you are implying.”

“Your addiction to various forms of media,” She replied, “is most concerning as it shapes your minds, attitudes, and belief systems in ways that can pull you further away from your path if you choose to indulge them. Some of your commercials even point to how dysfunctional the world and your striving has become, using this as a pitch to convince you that you need a pill, quick fix, or quick means for gratification of your addictive desires.

“You are similarly addicted to foods, stimulants, depressants, intoxicants, relationships, sex, conveniences, entertainment, and even to the grid,” She continued. “These addictions leave a mark upon your forehead that you are chattel, something that is owned by the illusions, hierarchies, and corporate entities that have taken over your minds and choices.”

“Are there any other addictions we should be aware of?” I asked.

“Those of you living in the Western world specifically need to be aware of the tendency toward being workaholic, as well as your obsession over your appearance and what people think of you. Some within your collective have become addicted to shopping or even to plastic surgeries. It seems, in many ways and on many levels, countless numbers of you can never get enough. Some of you are even addicted to the Law of Attraction, attempting to use it to focus on fulfilling your other addictions and co-dependencies. Additionally, large chunks of populations are addicted to get-rich-quick schemes, fitness, supplements, energy attunements, labels to define you as special or gifted, and more. Some of you are even addicted to the need to fill your minds with an endless array of knowledge from self-help books, many of them written by gurus who offer various techniques for how to remain addicted to everything you should instead learn to let go of. Still others are addicted to courses, seminars, certifications to increase their rank, or to seeking the advice of healers or psychics. Some of you will even end up turning in this direction to help you to find ways to cope with all of the feelings of codependency, exhaustion, and being overwhelmed. After all, it is hard for you, as humans, to keep up with all the things you feel addicted to and to simultaneously deal with the

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feelings of depression and anxiety that result.”

“Wow, that’s pretty harsh! We sound like horribly ignorant creatures!” I exclaimed.

“If you could imagine yourself as an outsider looking upon humanity and the kind of life you carve for yourselves, you would likely question humanity’s sanity,” She replied. “It would not be an act of love to allow you to suffer in this way without helping you to better understand yourselves and your motivations.”

“I guess it is true that putting us all in straitjackets might be necessary to save us and the environment at this point,” I thought to myself with a laugh.

“Please feel comforted,” She offered lovingly, “that WE, of all that is living, are here to support you through your lessons at this time. WE are not without compassion for your plight. It does not make you less loved or worthy, within our eyes, that WE can see your situation in a clearer way than you yourselves can. And, WE understand that your intentions are not overtly malicious but merely unconscious. Many of you, as humans, don’t intend to be insane. You simply do not know any better. But, instead of feeling criticized, think of the beauty of the challenge you are being offered. Think of how exciting it would be to have the opportunity to embrace this kind of incarnation—where you would be brought up in a way that conditions you to become insane and yet to find sanity again!”

“Is there any one addiction that we can work on as an important place to start?” I asked.

“Start with your addiction to seeking everything externally,” She counseled. “Due to your heavy focus on external seeking, you can end up trying to have control over your personal lives in order to feel safe. Then, your primary focus becomes one of wanting control over the outcomes you want for your small self when a bigger picture is asking you to notice that this is creating imbalance in the world at large. Not that you should stress or worry about what is happening to the world at large. It is merely calling you to attention. However, you will likely not be able to move beyond the smallness—beyond what is truly beneath you—if you can’t learn to see how all of your actions combined would lead to your own undoing.”

There was a pause as I was feeling a little overloaded and needed to turn away from the dialogue for a bit. I got up with my pen and pad of paper to walk over to sit by the side of the river where both my cats

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came to join me. The construction had stopped for the day, so it was peaceful and quiet. I sat watching the stillness of the water before I would hear Mother Nature's voice speaking to me, wanting to continue with a dialogue. "If you could see your blazing glory in the light of how it is viewed beyond the veil..." She shared.

Then, I heard, "So, allow what is beyond the veil to be your salvation rather than your addictive need to focus on your small concerns. Let heaven replace your addictions with something more worthy of you."

"I wonder, is it our addictions that make us sinful?" I started thinking to myself.

"When you allow your mind to become programmed by your addictions, and by concepts and lifestyles that do not serve a holy cause, then this is the meaning of sin," Mother Nature offered as a reply. "As I suggested earlier, sin is the act of turning one's back on what is holy, not appreciating or recognizing where it lies. Sin tends to make a god of all that is addictive and unholy within the world. In essence, it worships idolatry instead of recognizing the truth. Not that anything could ever compromise what is holy and everlasting. But you are here on a glorious journey to overcome sin and to favor what shines a light."

I started thinking back to other dialogues where She discussed how the word "evil" was "live" spelled backwards. Then I heard Mother Nature chime in again.

"To commit evil is to turn life backwards on itself," She said. "This is why people who murder are considered evil. They willfully destroy life where it exists. They fail to recognize the spirit within a living being as a holy thing. Thus, to be afflicted by evil means not to revere what is holy and what contains the Holy Spark. Collective evil is demonstrated by your collective efforts to create a lifestyle and reality that does the same thing."

"It seems so hopeless," I said while feeling discouraged. "I don't think many of us can change our ways that easily even if we try."

"All that is required is to turn back," She offered, "turn back to the light that exists within all life. Turn back, because you are being called. Turn back because heaven and all its angels sing your praises. They wait in anticipation for when you can turn back to revere and to love all that contains the Holiest of Sparks. Learn for yourselves a process of atonement—a process that makes you right again with the One and

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brings you into right alignment. Make this atonement your primary focus with anything you wish to manifest rather than only focusing on manifestation in terms of material gain. Make atonement a more cherished goal than the small things you can have and obtain for yourselves.”

“You make it sound as if we are to have nothing,” I reproached her.

“Not nothing. Just enough,” was Her loving reply, “...enough to live in harmony and balance with everything around you.”

I then thanked Mother Nature for her wisdom and, as a few last words, She offered, “Grace be to all.”

CHAPTER 12

“Allow Yourselves to Witness the Magic in Life”

As I was sitting cross-legged by the river’s edge on a beautiful fall day, my cat Cricket approached and began to hug my legs. We sat together for a while, and I petted her for a bit while observing my surroundings. Many ladybugs were flying all around us. Some were even landing in my hair. This seemed to happen every fall; the ladybugs would emerge, many seeking refuge in my home.

I had always been taught that ladybugs were a totem to denote abundance, luck, and blessings. Knowing this, I became curious as to what kind of inspired writing would come through if I were to ask the ladybug for her insight on the topic of abundance. A message started coming through right away.

“Focus on what you already have,” were the first words I heard and wrote down. “See the blessings that are already in form and everywhere. This way, your true treasures will not be wasted through a lack of appreciation for them.”

The ladybug continued, “It has become an easy habit for many of you to undervalue what deserves to be valued. This undervaluing process of what deserves to be valued leads to the loss of something precious. Not that it is necessary to cherish and preserve what is impermanent and material. It is more about learning to cherish what *is* permanent within your material existence—that is, to value the life spark of living things.”

“Is there anything else we can do?” I asked.

“Look at yourselves in the light of the blessing that you are in spirit

rather than what you seek to be in the eyes of the world,” was the answer I would hear. “Ask yourselves, why are we, as humans, so unsettled? Why is it easier for us to think of all the ways to improve upon ourselves rather than seeing the blessing that we already are?”

“Anything else?” I asked.

“Notice also how when your focus is on manufacturing abundance, it seems to simultaneously be preoccupied with lack,” continued the ladybug, “since the need to manufacture more of something naturally arises from the feeling of not having enough of it. When trapped in this kind of mindset, gratitude becomes reserved for only special occasions. But that gratitude never lasts for long. An internal feeling of emptiness stimulates a new desire to manufacture something more.”

“What can we do to overcome our tendency to have a lack of gratitude?” I asked.

“Allow yourselves to sit for a time in stillness,” the ladybug suggested. “While sitting in stillness, count the miracles you observe in nature, the miracles you observe in your body, and the perfection of who and what you are in spirit. Allow your concepts and definitions pertaining to gratitude, abundance, and blessings to revolve around these miracles. As you do so, feel the beating of your heart. Then, feel your breath moving in and out. These things are miracles, are they not?”

“I guess so, but not many of us can have our mind focused on the miracle of our beating heart all day long,” I responded.

“Why not?” was the question that was posed.

“Because that would feel like too much effort and work,” I replied.

“Are you saying that the effort you put into your focus on the future and all the things you can have and own isn’t work?” suggested the ladybug.

“Okay, you got me there,” I agreed.

“So knowing that your breath and the beating of your heart are miracles, why not rejoice in them?” the ladybug offered. “These miracles allow your soul to remain housed in your physical body for some duration, a precious vessel that many of you can undervalue through not understanding its precious charge. Instead of feeling value for your body, many of you can feel a sort of disdain. Few of you have been taught how to appreciate its purpose and what it has to offer you. Its purpose becomes replaced with the expectation that your body must assist you in your endeavor to acquire money and manufactured

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treasures that contain no real miracle at all.”

“Unfortunately, our tendency toward survival consciousness can take precedence,” I said.

“Yes,” the ladybug replied. “But, this does not mean that you cannot learn to recognize and appreciate what goes beyond survival-thinking in a greater way. What is being asked of you is to learn how to recognize and appreciate when enough is enough. For you, as humans, tend to experience difficulty when it comes to allowing yourselves to settle down and feel contented with what you have and are. This said, we are not expecting that you master these lessons in terms of all or nothing. You are merely, for the time being, asked to be open to releasing what does not serve you or that you do not need.”

“Oh, I see,” I said.

Then the energy changed a little and I heard the ladybug impart, “WE would love to see more of you allow yourselves to witness the magic in life! Don’t let it pass you by! Don’t allow so much beauty to escape your notice. Many of you are too hard on yourselves, and for this WE, of all that is living, feel compassion. You push yourselves and strive so hard. However, you can then start to resent that you feel you have to push and strive so hard. It is like you have trapped yourselves and feel helpless as to whether you can ever halt this never ending busy-ness of pushing and striving. All this pushing and striving puts you at odds with one another as well.”

“I guess that is true,” I said. “It can cause us to be jealous or envious of others who seem to have gained more out of their striving.”

“In addition to this,” counseled the ladybug, “if some of you should feel you have not succeeded enough in the eyes of the world, you could end up depressed, feeling that you should give up. Others of you might strive to try even harder. When this happens, many of you can end up resenting yourselves, resenting your bodies, or resenting their need for rest and nurturance. You can end up resenting your relationships or even resenting your resentments.”

“That is a lot of resentment to carry,” I said.

“You, as humans, tend to resent and judge yourselves and others for not being beautiful enough, perfect enough, thin enough, or other things,” informed the ladybug. “You can also judge yourself and others for being tired and unable to keep up with the self-defeating demands that appear to be a condition by which you are accepted as part of society.”

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The voice continued, “This is a mirror for how you tend to deal with the natural world and even your new age spiritual progress as well.”

“What do you mean by that?” I asked.

“As a society, you can demand too much of the natural world, feeling it has failed you if it cannot keep up or weakens due to man-made causes. Then you, as humans, resort to more strenuous and unnatural production methods to force the natural world beyond its natural limits. This is a mirror for how, in a parallel fashion, you will push your minds and bodies toward a similar goal. Even with your new age spiritual programs, you can end up scattering yourselves here and there, trying to accomplish many different agendas, feeling that this is needed for your growth and progress. You have ascension programs, DNA activations, courses, books on abundance or how to find a twin flame, healing methods, cleansing rituals, and many other things that help you avoid what is the only thing you need for your progress: stillness, simplicity, a connection to what is natural, and an ability to be present in the present moment.”

“Yes, we are a bit scattered in those ways,” I validated.

“Take a step back,” the voice requested. “Take a step back from the current way you live your life and the concepts you follow. See how lost you have become. See that state of being lost without harboring any judgment toward it. Just observe it. Only through observation and understanding can you find what is true again.”

Feeling inspired by the ladybug’s words, I thanked her for her wisdom and then decided to head indoors. However, as I was walking up my porch steps, I noticed an orb weaver spider had caught something in its web. Taking a closer look, I was shocked to see that it was a ladybug. The spider had woven it up in silk, appearing to have set it aside to eat at a later time.

It seems amazing to me how the natural world often communicates through symbols. Normally, spiders feast upon insects we would consider pests. Here, it had captured a ladybug—a symbol of blessings and abundance. I took it as nature’s way of reminding me that if we are not careful, our efforts to seek abundance could have us entangled in a web in which what is of true value can end up devoured and lost to us. It also reminded me not to let any financial concerns become a block to my enjoying life.

CHAPTER 13

“Once You Understand the Material World Is an Illusion, You Will Find True Freedom”

With the construction crew finished with their work for the day, I went outside with my two cats to sit by the river as I usually do during the warm months. As I looked around me, I saw squirrels playing in the trees, racing from limb to limb. A tiny squirrel appeared to be unaware that my cat Emerald was hiding on one side of the bushes, quietly stalking for the opportunity to chase him if he came too close to the ground. Then I saw that something else had caught Emerald’s attention. It was a chipmunk that had come out of hiding for a brief moment before seeing my cat and disappearing again.

My cat Emerald, a Taurus (an earth sign), seems to focus solely on chasing after small grounded prey such as chipmunks, squirrels, and moles. My cat Cricket, on the other hand, is a Gemini (an air sign). Who would have guessed that she liked to go after the birds?

Cricket noticed I was watching her and started walking over to me from my neighbor’s house. Immediately, I heard the sound of blue jays warning her to stay away from their nest. While the blue jays wouldn’t bother with Emerald if she was out and walking around, they would dive-bomb Cricket and chirp at her whenever she came outdoors. I’m sure Cricket deserved it for the kind of harm she inflicted.

With this in mind, I started thinking to myself about the cycle of life and death. I know it is all an illusion. This is what we are taught as new agers after all—that nothing truly can come to harm because

we are all spirit before we are matter, and it's the spirit that "matters."

As I've discussed in other chapters, I admit that the topic of illusion was always one that confused me a little with regard to how we focus on it within the new age. It seems we deem something to be an "illusion" when it is "negative" or when we feel afraid. This leaves me unsure of what to think about the "positive" for it is an illusion too. If we were to go by the teachings of Zen or the works of Buddha, the lesson would be one of learning to let go of attachments in general, whether we perceive them as positive or negative.

Then I heard Mother Nature speak, "Though all the constructs of the world are illusions—and your choice to be bound or not is neither right or wrong—they do, on some subtle level, feel very real to you."

After a brief pause, She continued, "It would help you to better understand the concept of illusion if you understood it as something that brings you freedom instead of bondage and conformity to what is. To overcome illusion means you release all of your attachments. You not only release the attachments that are convenient for you to release but your attachment to having attachments in general."

"Ah, I see," I affirmed.

"Once you truly understand that the material world is an illusion," She went on, "you will find true freedom. But it will be difficult for you to reach this kind of understanding if you are resistant and hesitant to being free."

"That makes me think of a passage within the Book of Galatians," I asserted. "Paul states, 'Before the coming of this faith, we were held in custody under the law, locked up until the faith that was to come would be revealed. So the law was our guardian until Christ came that we might be justified by faith. Now that this faith has come, we are no longer under a guardian.'¹⁷

"He also said," I continued, "Formerly, when you did not know God, you were slaves to those who by nature are not gods. But now that you know God—or rather are known by God—how is it that you are turning back to those weak and miserable forces? Do you wish to be enslaved by them all over again?'"¹⁸

"Paul understood the truth," said my guide.

"What is blocking the rest of us from understanding this truth?" I

¹⁷ Galatians 3: 23-25, NIV

¹⁸ Galatians 4:8-9, NIV

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asked.

“What is blocking you is that you are taking a backward approach,” She answered. “You are backward integrated. You think that if you believe in illusion in a mental way and keep your attachments, which are themselves illusions, that you will at some point reach your goal. You are not really conscious that you are not reaching your goal and that your approach splits you in two directions.”

“I know I’m asking you to be redundant, but how do we correct this pattern?” I asked.

“To correct the pattern, you would benefit from becoming forward rather than backward integrated in your approach,” She reminded me.

“Can you explain what that means again?” I asked.

“With forward integration, you apply action rather than simply mental application in order to come more fully into alignment with what is the truth,” She counseled. “For example, you have to come to live your life as if you understand it *is* an illusion, rather than just living how you currently live while thinking about how it is an illusion on a mental level alone. In other words, you change your lifestyle or your approach to life in order to fit what you know is true.”

“I doubt many of us can do this overnight,” I said. “So, what would be the first step?”

“The first step would be to see that every preconditioned code you live by or lifestyle you conform to is an illusion,” She answered. “In essence, you allow yourselves to clearly see all that you have given your power to. You allow yourselves to clearly see all that has subtly held you hostage or kept you blocked from achieving true freedom. You are not going to see it all right away. You may begin to see it in steps.”

“Then, what do we do?” I asked.

“You face your fear of letting these illusions go,” She responded.

“Can you explain that in more detail?” I asked Her.

“You have to first see where you are fearing to let an illusion go,” She responded. “For example, let’s take the idea that you belong to a country that has a ‘government’ whose rules you have to live by or be persecuted. This feels like a reality that is true, but it is an illusion. It is something made up by people’s minds, and something that you believe is true because someone told you it was true. This belief is reinforced by many people, so it gains resolution and strength. However, if you all decided to withdraw your belief and support in it, it would no longer exist. Yes, there is an enforcement situation built

around this mind-created reality to force a collective to comply, but that still doesn't make it anything more than an illusion, just an enforced one. The earth is still the earth and has not truly been divided into sections and countries that have rules. People's minds made those sections and rules, and people's minds can change them. This is how revolutions have happened. Through revolution, though, the tendency is less to break an illusion but to replace it with another one to be enforced."

"So it's like a story we have created," I offered.

"Yes," my guide responded. "Your illusions are all part of the story that you have built around yourselves. The only way to break the story is to stop telling it over and over again."

"Maybe this is why so many indigo children¹⁹ or more rebellious types have started rising in numbers," I put forward. "Many of them seem fearless in their desire to take risks to challenge authority and those in power."

"These types of 'risings' have been happening throughout history," She reminded me. "There have been generations that came before you—such as the Essenes, the Franciscans, the Cathars, and others—who were set on living in the ways of God rather than under the rule of man or of a manufactured church or state. There were also many within these prior generations who may have died as martyrs—though a great number of them at least died free. That is, they died with the intention of not giving their power away to a life that would force them to live counter to their values. When a ruling church or state demanded they change their allegiance through threatening them with torture or death, they didn't give in."

"It seems like freedom is an important consideration when aiming to overcome our illusions," I said.

"Yes," She replied. "In order to truly embrace the philosophy that 'all is illusion,' you have to feel free first. Otherwise, you will not be able to move in any direction that allows you to actualize this type of instruction."

"That is true," I said. "But, like I already said, it is unlikely any of us will feel completely free overnight. I imagine we would have to take steps toward understanding everything is an illusion and then go from

¹⁹ An indigo child is a term coined by psychics in the new age for children incarnated onto the planet with special gifts, psychic and spiritual qualities, and a purpose to challenge authority.

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the easy stuff to the hard stuff.”

“Yes,” said Mother Nature, “You do, for now, feel rather limited. You feel bound and tied to the rules and constructions you have collectively made and willfully supported. It will be difficult for many of you to simply up and release what binds you for fear you would not be able to survive. For some of you, there will be a need for middle steps. However, others may not even see that there is even a need for middle steps. Many of you may remain split within your minds, following one philosophy in a very superficial manner while living in ways that contradict it at the same time.”

“What are those middle steps?” I asked.

“You will first need to be able to see how you are adhering to various ideals in a way that is detrimental and which causes you harm,” counseled Mother Nature. “To do this, you will need to be able to witness and feel for your lack of true freedom. You need to also feel hopeful that real freedom can be obtained through what you can release rather than what you could ever gain—of the material. But your lack of freedom and your confinement is all you’ve ever known, so you do not even recognize your state of lack in these ways. Part of your drive to acquire money and things is rooted in the hope that these can grant you more freedom of movement within your confined dream. You do not know how greatly you live in fear. In fact, this fear only becomes evident when you think of giving up what you would resist releasing of the world such as the rules you follow, the laws you abide in, your concepts of money and success, and your need to cultivate a mindset of greed in order to sustain yourselves, all aspects of illusions that you feel are too real for you to let go of, all causing you harm on some level and to some degree.

“So, you need to take the middle step toward creating the freedom that would allow you to release your attachments,” She continued. “This means that you need to first conquer the fears that bind you to outdated forms of conditioning and attachment that keep you acting at cross purposes with your primary goal: to discover what is real and true. You need to conquer your fear of letting go of your conditioned experiences. You can conquer such fears through reminding yourselves that a lot of what you think is real is only a dream.”

She could feel that I was wondering if there were different ways that the same goal could be achieved such as through meditation, mindfulness, or other approaches. She then said, “There are different

approaches to realizing the same goal. Some disciplines would have you move straight from point A to working toward understanding the reality of point B. Through using nature, however, you can learn to reach the same point [B] you are trying to reach through an approach that has a few more steps in between. Using the natural world is a good tool for those of you who wish to learn to read the world symbolically in order to come to the understanding that it is just a dream, one that can communicate with you if you know how to read what it is communicating. Those who make use of nature in this way can begin to look at the world and see what your collective obsessions and attachments have wrought. Through what you can learn, you can heal the split between the way you live your lives and your good intentions. You can likewise learn to separate the true path from the one that would bear less favorable fruits for the whole.”

“That sounds a little easier than giving everything up immediately,” I said.

“For many of you,” She continued, “taking a stricter path of going from point A to point B without any middle steps would leave you without a means to support yourself. Those who join specific communities²⁰ or monasteries would have an easier time with stricter paths because communities and monasteries are more self-sustaining and less reliant on serving the structures of the world. For those who do not have the means or desire to join a community or monastery, your task will be a little more difficult. The idea of suddenly releasing everything you’ve held dear—through a process you don’t truly understand—might feel too restrictive for you or artificially forced.”

“Can you give an example of the path that would be too ‘strict’ or ‘restrictive?’” I asked.

“I was referring to the type of path where you might choose to spend time in a cave, a monastery, or unfamiliar form of communal living that allows you to take a break from the normal stream of life. Many of you might find this type of lifestyle too unappealing or restrictive. So, as a first step, for those who are unready to go that extra mile, using nature to learn the importance of balance, simplicity, finding what is natural within, and moderation can start you on your path.”

“Now I understand,” I said.

²⁰ Such as intentional communities. See ic.org

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She continued, “Through learning to love nature and to revere all of the life surrounding you, you can start to see that the spiritual world is everywhere, constantly communicating what is truth and where to find it—internally and in a natural place. Through learning to love nature, you can learn to embrace simplicity and to move away from the external forms that keep you trapped in the path of seeking for something material and an illusion to complete you. For some, truth can be realized through seeing through the eyes of nature your interconnectedness with everything—seeing the type of lifestyle and values to live by that will help you to come up with solutions to some of your world’s more dominant issues. Though these world issues are illusions that seem very real to you, you can use what they communicate to embark on a new path.”

“Can you give an example of that type of communication and how it could help us embark on a new path?”

“If you look at what the world is dreaming as a whole, there is much pollution and threat of extinction everywhere. Even the oceans are becoming polluted with radiation, oil spills, chemicals, and other toxins. All of this pollution represents the clutter in your minds and lives; it represents something that pollutes each of you that participate in that collective way of life. It communicates a low vibration that is close to death.”

“To hear new agers talk, we and the earth are increasing in vibration rather than lower in vibration,” I said.

“You are asked to focus on attaining a harmonious vibration rather than one that is high or low,” She replied.

“What do you mean?” I asked, not sure if I understood.

“What I mean is for you to let go of using ‘higher’ versus ‘lower’ as indicators of a healthy versus unhealthy vibration. Instead, think in terms of using the indicators of ‘harmonious’ versus ‘discordant.’ In other words, the harmonious vibration is the fruit of a productive path and the discordant vibration is the fruit of the destructive path. Higher vibrations can also be discordant and are not necessarily indicators of health or that you are on the right path. A vibration that is too high can increase speed and can be discordant, as can be attested by the negative effects of high frequencies and high frequency emitting technologies upon your health and the health of the planet.”

“Low frequency emitting technologies can negatively impact our health as well,” I offered.

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“Yes,” She replied.

“How will we know when we have created a harmonious frequency state?” I asked.

“You will see an end to nuclear and other forms of threats,” She affirmed. “Like I have repeatedly said, you will know from the fruits when you have collectively come onto the right path. Your lifestyles, governments, manufacturers, technology, popular forms of fuel and power, and other symbols will change to represent something more healthy and balanced. Some of you are currently feeling compelled to live in new ways, which is creating a small shift, but many of you still feel trapped in outmoded forms of living and conditioning.”

“Ah, I see,” I said.

“Due to the fact that a great number of you are engaging in a discordant way of life,” She continued, “it is leaving you vulnerable, in many ways, to what is discordant, manipulative, or corrupt in vibration and which communicates a message of self-sabotage and harm. This is because everything is a mirror. What harms the whole must harm the self to some degree and vice versa.”

“And the harm in the greater scheme of things is still just an illusion, right?” I asked, knowing that I had brought this up before but wanting clarity.

“Yes,” She replied. “It is part of your collective dream of life, but this does not mean that you cannot use what the dream communicates to understand your approach to things more clearly.”

“Can you offer what we could understand from this communication?” I asked. “Just so people understand.”

I then heard a laugh as if Mother Nature found my questions a bit amusing.

“I offer that only a fool continues to engage in what brings him harm if he or she knows better,” She said in a humorous tone. “If you truly know better and have broken through your denial, you should find yourself naturally wanting to gravitate to what would be the more loving rather than the more harmful approach. A loving path might be one of asking yourselves what habits or lifestyles you could develop that would have you participating less in what is having a polluting effect—internally and environmentally. In response to this kind of dialogue, you may wish to simplify your life. Perhaps you will wish to use less energy resources that come from natural gas, oil, or nuclear power, seeing what these things symbolize or communicate and how

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they represent something harmful or manipulative in vibration that you could detach from. Others of you might lean toward creating self-sustainable communities that have found a way to live off grid and that are ecologically friendly. What is important is to begin to feel a desire emerge from within to honor and revere everything that is blessed with a Holy Spark. You may wish to demonstrate this reverence through pulling away from your adherence to what corrupts the world or has distorted values.”

With this, I was feeling thirsty and needed a break. My cats were pawing at the back door, expressing that it was time to go inside and unwind for the night. I thanked Mother Nature for her wisdom and then went inside.

CHAPTER 14

“Denial Allows You to Cling to a Sinful Life”

In the last conversation, one of the messages I had written down pertained to denial. The message that had been given to me was, “If you truly know better and have broken through your denial, you should find yourself naturally wanting to gravitate to what would be the more loving rather than the more harmful approach.” I wanted to find a space to communicate with one of nature’s creatures to learn what they might have to say on this topic. So, I sat outside for a bit and asked that if an animal wanted to come forth with any wisdom on this subject, it should present itself. Then, a moth flew into my vicinity.

I find it interesting how synchronicity presents itself with its own communication. The symbolism of the moth seems to fit perfectly with this topic. According to whats-your-sign.com, the passage below is part of what the moth represents as a totem animal:

“Even at the risk of losing its life, the moth is ever-vigilant in following its path of light. This may also serve as a moral to us to keep our own vigilance, but not fall victim of blind faith. Here we see a fragile vulnerability in the moth. The moon is her mother, and she will follow her course at all cost. This makes her open to distraction, vulnerable to harm. Here we may find another message to adjust our course as our path

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indicates rather than drive forward without heeding important signs along the way."

So as I sat outside on my front steps with my pen and paper in hand, I went into meditation to ask the moth for wisdom to impart to the collective of humankind.

"If you could all see what you were truly doing and how you were conditioning your minds, you would stop," said the moth. "But the denial and need for rationalization is strong."

"Can you explain this in more detail?" I asked.

"You have no trust," was what I wrote down next.

"Trust in what?" I asked.

"Life," was the answer.

"What does trusting in life have to do with being in denial?" I asked the moth.

"You have a hard time leaving the darkness and drama behind in order to be drawn to the light," the moth replied. "It is as if you think if you let the drama go, you will not know who you are anymore. So, you are busy trying to construct who you are instead of allowing yourselves to let your constructions go."

"I'm still not sure how denial fits into all this," I said, wondering if I was writing down the message in correct form.

"Denial fits into all of this," said the moth, "because you use your denial to tell you that this is not what you are doing. You need your denial to tell you that what you are doing is the more productive path. You need your denial to ignore all the warning signs that are trying to tell you otherwise."

"Now, that part is making sense," I said.

"Denial allows you to cling to a sinful world while telling yourselves you are not engaging in sin and depravity," said the moth. "In the same way an individual may deny being in a dysfunctional relationship with a lover, a collective of individuals may deny that it is in a dysfunctional relationship with the greater world.

"Your denial goes very deep," the moth continued. "All of your constructions and your rationalizations for needing to construct a dysfunctional identity are very strong. You could more easily achieve balance and find your way back to the true path, but your need to justify your excesses and addictions prevents you from letting them go."

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“We tend to see our excess as the way to be special, successful, or important,” I said.

“This is the way in which you have been taught to construct your identity,” confirmed the moth.

“But we can’t really help this,” I said. “We are all taught that this is how it is done.”

“Yes,” said the moth. “But life is trying to teach you something different now that you are all grown up. It is trying to send you a message. But this message may be met with more constructs that attempt to prove the message is a false one.”

“Many of us may connect paying attention to a warning with embracing fear,” I shared.

“The only reason you feel so much fear,” said the moth, “is because life as a whole is trying to communicate that you, as a collective, are becoming a threat to yourselves and to life’s very existence. It is communicating you are becoming even further separated from who you truly are rather than closer. In fact, in subtle and unconscious ways, you are attempting to annihilate any trace of your real ‘you’ through your behavior. This is why the world is mirroring that humanity is on a sort of suicidal path—away from truth and understanding of the Self. Denial, however, will tell you to ignore this, and to ignore life and its message, in order to keep pursuing the familiar.”

“Oh,” I said.

The message of the moth continued, “Denial tells you to ignore what has manifested from your unconsciousness in order that you can continue in your path of self-deception, mistaking what you have manufactured—and what is unnatural—as something that can be used to complete yourselves. However, how can what is manufactured or unnatural make you whole? The meaning of the words ‘manufactured’ and ‘unnatural’ imply a movement further away from your true and natural essence rather than closer.”

“In order to find our way back to our natural Self, is it necessary to become more natural within the world or just preferred?” I asked.

“The world is a mirror for how well you understand the truth of who and what you are in spirit,” said the moth. “When you find a way to connect with your true essence, you will naturally gravitate to a life that is lived more naturally and pure. This is because you will understand that what is natural and pure is all you need to complete

yourself. You will understand that trying to complete yourself through something artificial would seem absurd. In fact, it is your need to construct what is unnatural, in order to call it 'you,' that poisons and pollutes you."

"And I guess when a whole collective is doing it, it poisons the world, the oceans, the air, etc.," I contributed.

"Each of these things is symbolic for an aspect of your consciousness," said the moth. "Each is being poisoned or polluted as a way of communicating to you how and where you have accepted a belief that you need to pollute yourselves."

"Can you give an example?" I asked.

"The waters represent the emotional realm and your intuition," said the moth. "How many of you know how to feel your natural emotions anymore? How many of you can know your personal internal world and what it communicates in order to understand the external collective world and what it has to say about the fruits that arise from your collective feelings of insecurity, envy, greed, resentment, competition, desolation, and more?"

"I guess emotions are another thing we tend to deny," I said.

"You can also deny and repress thoughts and memories, as well," said the moth. "There are many ways that you can tell yourselves to ignore what you have made your reality. This includes ignoring certain thoughts or ideas in order to conform to what society, family, schools, systems, scientists, doctors, therapists, psychics, and spiritual leaders want you to think and believe."

"It sounds like our denial can represent the ways we are controlled or attempt to control our realities," I said.

"It is because you are denying what you truly are: a free agent. You have been taught throughout many generations and ages to deny this in order to meet societal approval," said the moth.

"Or, not to be killed or persecuted," I added. "In past ages, people could be killed or persecuted if they challenged something or refused to conform or agree."

"And such persecution is still going on today," was the message.

"Yes, I guess it is," I said. "It's probably another thing we prefer to deny."

"You are afraid to truly live is all!" exclaimed the moth.

"Yes, you said that before," I said. "I'm still not really sure what that means."

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“What it means is that you may think you are living life as a free agent when you are not really free at all,” said the moth. “You are unable to move.”

“I don’t think many of us would see it that way,” I said.

“Yes,” said the moth. “Because you move within a box you create. Having movement inside that box only gives you the illusion that you are moving. But the truth remains that you are moving within a box and have not yet acquired the courage to move beyond it.”

“To think outside the box...” I said.

“To think, dance, breathe, and live outside the box and more,” said the moth.

“Oh, I see,” I said.

The moth continued, “To begin to do this requires not only coming out of denial, but coming into who you truly are in order to overcome all fear.”

“That makes sense,” I said, “because to go outside the box, we could be killed, put in jail, or cause the collapse of the whole system if enough of us pursued such a course.”

“You are on the path of collapse regardless,” said the moth. “You are just seeking more time before you are forced to leave what is comfortable in order to try something new. You think an all or nothing answer is required when really all that is asked of you is to exert a little effort toward a new way of living that supports who you are—a way of living that allows you to more easily join with others and learn to work in unison, rather than as separate or striving to overcome the world alone.”

“Can we do anything to avoid a collapse?” I asked.

“Why would you want to avoid it?” was the question I heard as a response. “The collapse of the box—and of what you think is the truth—is needed for you to truly come to live outside of it.”

“Well, I mean, can we avoid a collapse in a way where we incur for ourselves less suffering or distress?” I asked.

“Yes,” replied the moth. “You can find ways to join in unison toward a common goal. Learn to support each other, grow together, share together, and empower one another in an interdependent way, a way that allows you to release your dependency on all that would have you only move inside a box instead of outside of one.”

This dialogue reminded me of something that the blunt psychic had said to me (who I mentioned in chapter 5). The psychic had asked me

to visualize myself inside of a box with people pushing on all sides. The harder I tried to break free, he said the more pressure I felt from people trying to keep me inside. The box was just an illusion, however. It was only my feeling I had to remain within it and to conform to the demands of the dysfunctional relationships I was a part of. I guess society can function as a dysfunctional relationship on its own.

I began to visualize within my mind all the little things I could do to not only step out of the box, but to knock all of its walls down. I then felt a sense of panic arise in me at the thought of suddenly being “different” or less liked for branching off on my own path or becoming a little bolder. I would definitely need to work on this visualization more to overcome this feeling of anxiety. But I figured at least it was a good place to start. It was at least a step toward increasing my awareness.

My mind then reflected upon how I had recently read about the group called the Essenes²¹ (a Jewish group that is connected to the Dead Sea scrolls). Through living in a communal way, these Essenes were able to honor lifestyles that were not dependent upon the various societal infrastructures of their day (including the monetary system). As I thought about this, it brought back to my mind everything the orb weaver spider had communicated about experimentation, taking risks, and gathering the resources and funds to “form new communities that valued new values.” So, as part of my visualization, I began to imagine being part of a community, and how I could start putting money aside to fund that kind of ideal (such as through being able to buy land, go off-grid, or other things).

After visualizing this way for a while, I then thanked the moth for its wisdom and headed indoors.

²¹ See Josephus’ account of the Essenes at <http://www.biblicalarchaeology.org/daily/biblical-artifacts/dead-sea-scrolls/josephus-on-the-essenes/>

CHAPTER 15

There Is a Child-Like, Teen-Like, and Adult-Like Way to Function in the World

As I sat outside by the river's edge on a surprisingly warm September day, I observed some mallard ducks that were congregating on the other side. It seemed as if it was only yesterday when they had gathered around me by the river's edge with a message to communicate. As I sat at the river's edge watching them, I was thinking about how they would soon be migrating, leaving us to endure our cold winters without their presence, while they found somewhere warmer to reside.

As I continued to sit and watch the mallards paddling around on the river, I became fascinated by how they have to advance through the stages of being a duckling, then a young adult, and then fully mature in a very short span of time. We, as humans, tend to take a little longer to mature.

As I was thinking of the stages of development that various forms of life phase through, I found myself thinking, "I wonder if the collective consciousness or our collective mindsets go through maturity stages in the same way that our bodies and personal development do."

"Of course they do," I heard the voice of Mother Nature reply. "While you all have your own personal maturation process and lessons to learn, you are all here to play a part in the evolution and maturation of the collective consciousness as well."

"That makes sense," I replied back.

The voice of Nature continued, "The collective consciousness has

been trapped in a child-like way of thriving within the world for a very long while.”

“How so?” I asked her.

“You all suffer from extensive and self-limiting emotional and other types of dependencies,” She answered. “In fact, if the infrastructures, institutions, hierarchies, or beliefs that you are codependent upon collapsed or were removed, many of you would not know how to survive.”

I thought about this for a while since it reminded me of my conversation with the moth. Here was the mention of “dependency” again. The message of the moth from yesterday had been, “Learn to support each other, grow together, share together, and empower one another in an interdependent way, a way that allows you to release your dependency on all that would have you only move inside a box instead of outside of one.” It does seem true that we are very dependent creatures. We tend to be very dependent upon the system and end up sucking at the teat of our parental figures, institutions, rules, lifestyles, and authorities that we believe (and expect) will take care of us.

As I pondered upon this, I heard my wise instructor’s voice again, “In a dysfunctional family, a parent may attempt to sabotage his or her child’s independence and maturation process in order to keep the child dependent. This process is not necessarily conscious. It may even be interpreted as necessary for survival.”

Thinking back upon my own family’s dynamic, I could definitely relate to this concept. Not only does the concept of sabotage apply to the “parent” in this situation but to the child as well. Even when full-grown, an adult can sabotage his or her own maturation process, preferring to remain dependent upon the parent in ways, such as through needing money, parental approval, or other things.

As I thought about many of the dysfunctional ways family members interact with one another, I heard the voice of Mother Nature encourage me, “This is also what is happening at a societal level.”

“Can you give an example?” I asked her.

“Yes,” She replied. “For instance, you could consider your religious institutions, monetary and other systems, your sources of authority and power, and your convoluted ideals and rules as mind-made and man-made constructs that set up a situation where you feel unable to mature or gain independence outside of them. You feel helpless. Then this helplessness can be taken advantage of by the dysfunctional and

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patriarchal 'parents' or groups that you serve."

"For what purpose?" I asked. "For what purpose do they take advantage of us?"

"For the purpose of attaining more power and control," She replied. "Such a goal can only arise from a feeling of insecurity and greed. This said, the striving for power and control is something that influences many of your smaller and more daily lives. So, it is not as if these authorities are acting completely out of character with what is common behavior to an entire collective of individuals. The larger authorities around you merely exhibit a need for power and control in a more visible way."

I paused for a moment to think about the issue and then posed the question, "I guess it is time to break away then?"

"Yes," She replied. "That is, if you wish to mature past your present state of evolution and understanding."

"It just seems such a huge leap to make," I said. "It really is as if we are babies. What I mean is that it would be like asking a baby to know how to survive without its parents all in one step."

"You do, as humans, like to make everything about all or nothing," She replied, "as if it is making one large leap or making no leap at all."

"It seems that is how everything is often explained to me, that one state of being is 'wrong' while the other state of being is 'right,'" I confessed, "So, my desire is to do only the 'right' thing."

"Try not to think of your evolution in terms of all or nothing or right or wrong," She replied. "Think of it in terms of expanding your understanding and consciousness. Any effort you take is neither right nor wrong but can create favorable or less than favorable fruits for yourself and the whole—but only within the dream of life, not your spiritual reality. As a first step, many of you would benefit from maturing in your understanding of your collective situation of what isn't working for you before you proceed with trying to do what you feel is 'right.' After all, you wouldn't let a child out on their own to wander in the streets if he or she hadn't become mature enough to understand how to not get hit by traffic."

"That is true!" I exclaimed.

"So humanity, too, can learn lessons that will help it to gain more understanding," She advised me. "If you all attempted to abandon your governments, systems, rules, and religions all in one step, chaos would likely result. Not that creating chaos would be 'bad' or 'wrong.'"

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But if you act too hastily without forethought, you could attract severe and unnecessary retaliation and violence. Much like the rebellious child who gets sent to his room for disobeying his or her parents, you do not want to be thrown in jail.”

“Nor do I want to end up on the streets with no way to survive!” I said with a chuckle.

“No,” She assured me. “So, instead, you must find a way, within your limited maturity and understanding, to increase your independence and free thinking through becoming less dependent upon the paternal structures and voices in the world that want to tell you who to be, what you must become, how to survive in the world, how to follow the rules, and more. You must learn, like all young adults, to carve your own way. You must also understand that by carving such a way, you have the potential to carve it for the collective, if the collective—or a portion of it—should follow.”

“This phase of ‘carving our way’ sounds like it would be the teenage phase,” I said. “It seems like the indigos are expressing some of that teenager energy at present.”

“Yes,” She said. “The consciousness that you label ‘indigo’ seems to embody more of an energy of transmutation and change. There is a huge population of humans upon the planet who are tuning into this consciousness stream and beginning to question authority.”

“This is a good thing, right?” I asked.

“Yes, if the energy does not become too stuck,” She answered. “In this teenage phase, the consciousness can become stuck on seeing the authorities around them as suppressors of their independence and ‘the enemy.’”

“That is natural that this would happen, though,” I offered.

“Yes, but you are asked to press beyond this stage to see the full truth,” She confirmed. “A problem can occur if the indigo consciousness sets itself upon a path of dismantling the system, while still wanting to be taken care of by the patriarchal infrastructure, enjoying all of the perks that this infrastructure has to offer. It would be better if the indigo or teenager saw that there are rewards for maintaining obedience, and that the teenager is no longer entitled to receive these rewards after leaving the system behind.”

“That kind of reminds me of when Jesus told people ‘render to Caesar what is Caesar’s,’” I said, “because it is not like we can use money that belongs to our governments and leaders and then decide

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not to pay taxes.”

“Yes,” said my guide. “When you use something that does not belong to you, there are consequences and rules for its usage.”

“That also reminds me of all of the uproar that is going on regarding our electric companies putting smart meters on our homes,” I said. “However, if we are using their product, they have a right to do whatever they want if it creates efficiency for gathering their data, etc. We can’t simply expect we can tell them how they must offer their product and services while feeling they will be obligated to listen and comply. We can, however, stop using their product and solve our dilemma at that end. Then it becomes an issue of supply and demand. If they want to keep their product in demand, they will have to change how they supply it. Plus, it is probably better for us to get away from our reliance on power companies anyway. If more of us can turn to self-sustainable sources of power, then we will not have to fight so hard for something that only serves to keep us dependent and subject to someone else’s rules.”

“Though the fight you see them fighting seems a fruitless one to you,” She said, “it is better than complacency. For you, yourself, understand how difficult it is to become ‘sustainable.’ Otherwise, you would have done so already. And, not all of you are ready to make that leap or have the capability or resources.”

“Ah, I see,” I said.

“Though you are right,” She explained, “that, to prevent becoming locked into a pattern, there is a need to place your mind upon finding or learning more about alternatives. So, the next step is, as you say, to realize that the real issue is the dependency that needs to be broken through finding another alternative. If the indigo consciousness becomes locked into being unable to find another way, then, much like a teenager, it may begin to harbor a great sense of inner resentment and a false sense of entitlement. When this type of consciousness gets trapped in its sense of entitlement, it can become hypocritical and unmoving. All it will know is that it wants to enjoy the perks of being part of a dysfunctional infrastructure while at the same time not wanting to follow the parents’ rules. It must then resent that it only follows these rules out of fear. Such an entitled stance will only correct itself when the consciousness learns how to take responsibility for itself and move beyond its codependency and resentments.”

“True,” I said.

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“The indigo consciousness can, if not careful, become overly rebellious and blameful,” She continued. “Much in the same way rebellious teenagers can.”

“This is at least, as you said before, better than not making any shift at all,” I said.

“Yes, of course,” was Her reply. “Being stuck in a phase is not wrong but merely delays the advancement in your understanding and consciousness.”

“I know some people can view the rebellious and revolutionary energy of the indigos as aggressive, angry, or negative,” I said.

“Yes, this indigo process that is happening can appear negative at times,” She relayed, “because it is bringing feelings of disempowerment to the surface and, with this, the realization of a certain level of dysfunction, deception, and abuse that is ongoing. However, it still demonstrates an advancement in the maturation level of the collective consciousness beyond its child-like complacency.”

There was a short pause in our conversation, and then She continued, “There is a struggle that is going on within the consciousness of the Western world, and this struggle is necessary. It is something that can be moved through to gain greater understanding and maturation.”

“What is that struggle?” I asked Her.

“The struggle is that a large body of the collective knows it wants independence, but does not know anything beyond its codependency and its feeling of being stuck,” She answered. “It doesn’t know anything beyond its feeling of being unable to do anything other than to continue to obey its masters, including the corporations that offer conveniences and many toys to enjoy. So this body of the collective must become creative and willing to make a few sacrifices. This is similar to the path of the young adult who must make sacrifices in order to begin to make his or her own way in the world. After all, such a young adult can no longer rely on his or her parents for continuous financial security and emotional support. In similar terms, the indigo portion of the collective—as you call it—must envision ways in which it can begin to separate from the patriarchal authorities that attempt to parent it. It must make the sacrifices involved to start an independent life without them.”

“Is there anything else you can tell us about the child-like phase of the collective consciousness and how to recognize it?” I asked. “I

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know we are talking about the teen-like phase, but I want to make sure I fully understand the child-like phase first.”

“In the child-like phase, the focus of the child is on serving and pleasing the good mother and father,” She counseled. “Here you have dissociated yourself from a good mother, and, in place of the good father, you are parented by a stepfather who makes rules to be followed. This stepparent has become an absent and abusive parent to a degree. In fact, you could say that you live as a guest in a household where your True Mother²² and Father are entities without much influence. The stepfather has supplanted everything. Your True Mother—who could nurture you—is being abused by your stepfather while the whole household stands by and can do nothing except participate.”

“Wow, interesting. I never thought of it like that,” I acknowledged.

“Well, begin to think of it like that,” my guide said, “and you will be closer to the truth of your situation than where many of you stand now.”

“But, that way of seeing our reality places the child in the position of having to protect its Mother rather than the other way around,” I informed. “This is what happens in dysfunctional families.”

“Yes,” She agreed, “but the perspective should be less on viewing the Mother as to be protected so much as maturing enough that you can step outside of the family dynamic and not become a participant in what the stepfather is doing to Her.”

“Can you explain that more?” I asked.

“Yes,” She replied. “You could try viewing it instead as a process similar to a human situation where a child grows into a young adult where he or she is then able to give up the job of having to protect the mother—in the case of an abusive family dynamic. By becoming free, the young adult no longer feels obligated to be part of the cycle of abuse. When it comes to your collective situation, you have the choice to let go of relying on your stepfather—that is, the patriarchal forces of the world—as you are able, in order to rely on the support of your True Father instead. Once you have stepped outside of the dysfunctional dynamic, you can then see that your True Mother was always there for you—to love, nurture, and support you. You can then develop a new symbiotic relationship with Her where there is give and

²² Nature is referring to herself through much of this conversation using a third person tone.

take and mutual respect.”

“Ah, I see,” I said.

“Right now, there is a subtle disdain for the Mother,” the message continued. “She has provided of Her endless bounty but could not protect you from your controlling and rigid stepfather. The controlling stepfather—not just your government, educational, and religious institutions, but media and culture—has conditioned your mind away from knowing the love of the True Mother and Father to a degree. Through their own unconsciousness, they taught you how to think in ways that did not give value to the True Mother or to your True Father. They demanded, instead, complete obedience to a system and way of life that leaves you feeling limited, depleted, and confined.”

“I guess all the abuses—including religious and other forms of persecution—that have happened throughout history could be seen as the stepparent punishing the child for disobedience, while thinking it knows best,” I mused.

“Of course!” She exclaimed. “Humanity was too child-like to understand its true freedom and felt too weak and small to do anything about it.”

“It is funny that Christians may label God as a jealous God,” I imparted. “It seems more like the stepfather is jealous and tries to separate the child from knowing its True Father’s love.”

“Your True Father simply wants you to know him as your only Father,” She replied. “His greatest desire is that you understand that He does not obligate you to follow a stepfather who attempts to co-opt His parental position.”

“Reading on the Essenes, they seem to have found ways to avoid being ruled too much by a ‘stepfather’ while still being able to live in alignment with their values espousing purity, vegetarianism, and their own truth,” I said. “They kind of secluded themselves from the mainstream of human life, however, living in more self-sustaining communities. It seems that they are kind of like the Amish and Mennonite communities, or the newer communities forming now that are off-grid or eco-friendly.”

“If a community or tribe can arise,” Mother Nature said, “that can understand how to support itself without the need to depend so much on power companies, infrastructures, the monetary system, and manufacturers of conveniences, it has embraced the more adult-like way to live and thrive. In essence, it has outgrown its child-like need

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for pacifiers and toys, to a degree. It has let go of the need to be pacified at every instance.”

“Our child-like need for toys and to be pacified at every instance probably leads many of us into unhealthy behaviors and addictions,” I expressed. “Kind of like we are spoiled...”

“Not ‘spoiled,’” She offered, “just not conscious that you can make a choice to move in another direction.”

“It’s funny because Illuminati conspiracy theorists tell us that our government’s agenda is to keep us distracted so we are never moved to challenge that agenda,” I said. “I guess there is some truth to that.”

“There is truth to a degree,” She responded, “but the problem is more locked into the collective mindset as a whole. After all, no one is forcing anything upon you that you haven’t agreed with.”

“I guess we do agree with everything,” I said, “to a degree.”

“You yourself brought up that your economy operates through a law of supply and demand,” She reminded me. “If so, you are all intimately in charge.”

“What do you mean when you say we are ‘intimately in charge?’” I asked Her.

“I mean that due to your own feelings of powerlessness, and feeling unable to escape this state, you create for yourselves your own pacifiers, toys, and conveniences to keep you distracted and amused. These items can end up becoming your prison. You will even indebted yourself to have and own them. Then your distractions become one more thing you will have to give up to accommodate change. Your primary fear, however, is of changing the parental dynamic. Your secondary fear is of the power of the parent. Both of these fears keep you locked into something you feel hopeless to ever be free of.”

“I think many of us don’t even want to be free,” I admitted.

“Why would you when you could enjoy so many comforts and benefits through remaining in captivity?” She asked me. “But, the perks are not worth this feeling of confinement you feel locked into, particularly having to work excessively, and having to worry at all times if you will have enough to support yourselves. Add to this that you now have to worry about the fruits that are becoming more visible within My bounty. What is being revealed is that something is toxic and amiss.”

There was a pause for a bit, and then She continued, “The other fallacy is the belief that the people who work within the system—

making laws and in positions of control and leadership—are not anything more than children themselves.”

“People have a hard time seeing that,” I said. “They can’t see that our leaders are locked into the same dilemma we all are.”

“Yes,” She said. “They are also children to the patriarchal way of life that is embedded into the collective consciousness. They are just as helpless as everyone else is. Many would not know how to survive if the system fell apart. This increases their feeling of helplessness and need for more control and power.”

I paused for a bit to think about all she was conveying and the idea of letting go of needing to be parented by the infrastructures of the world. Then I began thinking whether this same premise could be applied in our personal lives. Suddenly, I heard Mother Nature say, “Outgrow all of your parents.”

“Outgrow all of my parents?” I asked, wanting more clarity.

“Yes,” She said, “and when it comes to your family dynamics, you can outgrow your need as an adult to still have a personal ‘mother’ and ‘father’ as well as the need for rituals and traditions around those relationships...as other mystics have.”

“What does that entail?” I asked.

“It entails ceasing to need them anymore to provide a parental role,” She imparted. “You outgrow any idea of servitude or obligation to them.”

“That is a hard concept to think about,” I admitted. “We can still have a relationship with them, right?”

“Yes, you can have a relationship if you want one, but you don’t have to need one and do not need to feel obligated,” She informed. “What binds you to what doesn’t serve you is your sense of obligation. If a relationship is holding you back and binding you to codependency and dysfunction, you can trust that it is okay to sever the bond. When you feel obligated, you keep the whole system of dysfunction going from the personal level to the collective one.”

“I see,” I said.

“As you mature into adulthood,” She conveyed, “a parental relationship should become symbiotic rather than adhering to a hierarchy or power dynamic. If the relationship is symbiotic, it need not be severed. However, the fallacy is that you need to continue to see such individuals as your ‘mothers’ and ‘fathers’ even after they have outgrown this role. Instead of seeing them as mothers and fathers,

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begin to see them as sisters and brothers instead.”

She could see that I found this puzzling, so she clarified, “I mean to suggest that your semantics and rules seem to get in the way of things. ‘Mother’ and ‘father’ are just words after all. However, the thought of the words ‘mother’ and ‘father’ automatically brings up the idea of hierarchy and obligation. So change the words to ‘sister’ and ‘brother’ as you mature, so that you can begin to see the individuals who raise you in a new light. You are all, as humans, a family of sisters and brothers with one True Mother and one True Father who love you.”

“That has a kind of Native American feel to it,” I noted.

“Yes,” She asserted.

“But, it would be a challenge to begin to see the person who gave birth to me as a sister,” I acknowledged.

“She is your sister, though,” was my guide’s reply. “This is what you have yet to understand as a species. Her physical form came from the earth and will go to the earth when her soul passes over to the other side. She came out of a womb, and you came out of hers in order to learn various lessons. However, in the realm of the spiritual, she is not your mother. She is merely given the opportunity to take care of you within the physical world for a short time. In the animal world, the bonds between mother and child can break once the child matures. After this point, the child is not obligated to the mother for visitation or anything else.”

“I never thought of that,” I confessed.

A pause passed between us and then I decided to take the conversation in another direction. “What about the adult-like way to live?” I asked.

“We are talking about the adult way to live,” was Nature’s response.

“Oh, so it is about maturing out of dependencies of all kinds,” I observed.

“It is about learning how to become self-sufficient in the world in ways you are equal to each other rather than inserted into a hierarchy of one form or another,” was Her response. “When you no longer subscribe to being inserted into a hierarchy, and are no longer dependent on what is above or below you, you can enter into a more unified and cooperative stance.”

“But not in a codependent way,” I clarified.

“That is right,” She said. “Your current mode of connecting with

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others is largely formed around your habits of dependency and codependency on one another. Instead of being codependent or dependent, you could learn to be interdependent.”

“Can you explain what interdependence looks like?” I asked. “Because it seems as if it would still be a form of dependency, right?”

“With interdependency, you realize your equality with others,” She validated. “You can become communal-minded without needing to have power over the community or to serve any one part of it.”

“So, is it like communism, then?” I wondered.

“With communism, there is still a leader to force that type of philosophy on people, whether they see the benefit or not. The idea of force inserts a hierarchy,” She explained. “I would more liken the idea of interdependence and sharing to how a monastery operates. The motive is a spiritual one, and each person who joins a monastery does so by choice and because they want to partake in that kind of shared lifestyle. Monasteries that are self-supportive and self-sustaining can find ways to live and operate that are less dependent upon the patriarchal and other systems of the world. They have a more gentle approach to life. Some of them farm or grow their own foods, make their own cheeses, etc. They live a simple, quiet life that is focused on the benefit of the community above the individual. Such a lifestyle allows them more spiritual freedom and movement without interference from the rest of the world.”

“Those kinds of communities are already arising,” I affirmed.

“Yes,” She agreed, “because in the world right now, your biggest issue is with power, both metaphorically and your actual sources of energy. These types of communities help you to tackle both these issues in ways that help you learn to support one another to grow and evolve, rather than continuing to support a system that blocks and sabotages this process.”

“I imagine this is what realizing oneness is all about too,” I put forth.

“Of course,” She responded. “When you truly understand oneness, you will understand it is not about what you can create, hold, or protect for yourself—through copyrights, trademarks, or other signifiers of ownership—but what you can contribute to the whole.”

“I guess a good place to start is through learning how to share and become more community-minded,” I spoke.

“It is learning where and how you are placing your energy and why

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you place it in a particular place,” She advised me. “It is about your service. So begin to ask yourselves what you are serving in the world and why? Who does your service truly benefit in the greater picture of things, and what does this entity that benefits stand for? For you can either stand for what is outside of God or stand for what belongs to heaven and God’s sons.”

While I was sure there was more that could be said about the adult way to live, I needed to take a break from writing. I thanked Mother Nature for her wisdom and just sat by the river for a while, watching the ducks paddling by.

CHAPTER 16

“You Are Always in a Relationship with Something”

As I sat outside by the river’s edge, instead of spending my time meditating on nature, this time I had a book that I had brought outside with me. The book of choice was titled *Buddha-Messiahs: Yeshu, Essene Jesus of the Gnostic Nazoreans*, and I had become deeply engrossed in it—that is, until I heard a noise that caused me to look up from the page I was reading.

As I looked toward the source of the noise, I noticed a family of geese was climbing up onto the embankment nearby. Before I knew it, two other families of geese had stopped by as well. One stayed in the water while the other came onto the property, off to the right of where the first family was camping. Seeing how they were all assembled in my backyard, I went inside to get my camera so that I could take pictures.

Because of my fondness for the geese, I thought this was a perfect occasion to ask these family-oriented creatures if they had a message to relate to humanity at this time on the subject of relationships. The message from yesterday had expressed that once we mature out of needing our parents to play a parental role, we can begin to see our parents as sisters and brothers rather than in hierarchical form. This had stirred my curiosity as to what would be said about our relationships in general, including with family. So I closed my eyes to tune in for any message that the geese might wish to impart.

“Many of you are seeking too externally for love and approval,” I found myself writing down, “and because of this, many of you can end

up losing yourself within your relationships, having never really been taught how to look within the self for a sense of identity and completion.”

“I see,” I said.

“In such cases,” the message continued, “romantic love may unconsciously and inappropriately be defined as a necessity of life. Making it a necessity makes you feel that you need to seek completion through an external second party. This also makes you feel dependent on needing a certain kind of approval that you perceive only a romantic love interest can give. If you do not know how to remain grounded, you can inadvertently lose yourself rather than gain yourself. You lose yourself within others’ expectations and the expectations of your relationships, particularly if you become codependent. You can then call this aspect of losing yourself an act of ‘love.’”

“That does seem true,” I affirmed. “Is there anything else we need to know on this topic?” I asked the geese.

“With those of you that tend to lose yourself when in love,” replied the geese, “the act of being loving comes to be seen as an act of self-compromise rather than self-understanding. This false definition of love can act as a catalyst for many of your emotional dilemmas and resentments. Then you may be confused why, despite trying so hard to be a loving person, that you feel so full of resentments, jealousies, or a sense of competition. Part of this is due to concepts of ownership and coming to see partners and your biological relationships in an ownership type of way. Having to own others and having them own you keeps you locked in feeling separated instead of being able to share with one another.”

“Relationships do tend to bring up a lot of emotions for us to process,” I put forth.

“True,” said the geese. “When you become distracted by the emotional dramas that you succumb to within a personal relationship, you lose the ability to see how you fit into a whole. You become blinded and unable to see beyond your personal relationships, interactions, and how you are perceived by others and society. In truth, it is not important how others and society see you right now. It is important that you see yourself and become self-aware and able to perceive your relationship to a bigger and grander whole. If you can do this while having a relationship and not losing yourself within it, this is all the better, but many of you don’t know how to do this, and so you

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will suffer from hurts, jealousies, resentments, as well as addictions and obsessions of all kinds, including those related to relationships or sex—which can be used to experience a high.”

“I think the whole point is that many of us want to lose ourselves,” I said. “We like feeling swept up in the high we can feel from love, and some of us even thrive off of the feelings of angst or challenge that certain types of relationships offer.”

“Yes,” said the geese. “Many of you like the feeling that you can strive for something and emerge triumphant. Some of you will even feel bored in a relationship that doesn’t offer enough challenge.”

“True,” I said.

“This is largely because so many of you feel lost when it comes to knowing your true worth and identity,” continued the message. “Due to this, you may try to prove your worth or find a sense of self through seeing yourselves through the eyes of another person. You allow your relationships to offer you a definition of ‘this is who I am in the eyes of another.’ Then you allow any feedback to shape who you ‘should’ be or ‘should not’ be when it comes to your connection to society and the world. You end up competing with all the other constructed identities that have, in some form, been judged ‘not good enough,’ as well. Your main objective is to find out where you fall in line. That is, are you better than, less than, fatter, thinner, more attractive, less attractive, etc.? Not that this is negative, but it keeps your focus upon striving in an external way to maintain an individual identity that needs to be protected from hurt, anger, and feelings of betrayal, abandonment, or loss if these self-constructed identities turn out to be ‘not good enough’ in some form.”

There was a brief pause in our conversation, and then I heard the geese further impart, “You all want to enmesh with one another while remaining competitive in spirit. It would be better for you if you were able to remain self-contained and yet unified and cooperative. For, it is your backward approach that stirs up emotions that can make you feel even more lost and inadequate. Then, with your emotions in the driver’s seat and a sense of separation telling you that you are never quite good or whole enough, it is hard for you to let go of your ego’s agenda.”

“What is our ego’s agenda?” I asked.

“Your ego’s desire to overcome a limited sense of being through increasing external efforts rather than relinquishing them,” counseled

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the geese. “That is, your egos insist that you must resist letting go of external attachment and control. They insist that you need your external attachments in order to feel worthy and whole. However, a feeling of wholeness can only come through centering yourself in order to find it within and through your innate and holy connection to everything living.”

Taking time to process all that I had written down, my mind began to wander onto the topic of “twin flames” and “soul mates,” wondering whether there is any truth to these ideas. I then asked the geese, “What is the truth regarding twin flames?”

“It is another concept that can lead to your self-undoing if it is misunderstood,” was the response.

“What do you mean by that?” I asked.

“When you misunderstand what is expected of you with regard to your relationships with others and the world,” answered the geese, “it keeps you locked in separation consciousness instead of actualizing a greater understanding regarding your position within the wheel of life. It teaches you that completion is to be found externally in the seeking for not just a special relationship, but a special one and only relationship that will help you to evolve yourself.”

“How will we know when we are using a concept like twin flames to hinder our becoming whole?” I asked.

“You will know if you find yourself distracted with personal drama, anxiety, depression, or obsession regarding a relationship,” was the reply. “You will know if you begin to feel unworthy or give too much significance to a relationship to the point that your realization of who you and others are internally begins to disappear.”

“Is there any truth, on a physical level, that we can belong to soul families or have contracts to have relationships with certain people when we incarnate?” I queried.

“Through making preordained contracts, the past can be recreated in the present, and a different choice can be made,” said the geese. “From these contracts, you can recreate a relationship in which you lost yourself in the past. The goal, for many of you, is to find a way not to lose yourself again.”

“It seems we, as humans, have been lost in our ideas of sex and relationships for a very long time,” I said. “I mean, it was not that long ago when women were treated in marriage as if they were slaves to men. They had few rights of their own.”

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“Many of you are now learning how to transcend those kinds of expectations,” said the geese, “which is good. This is sometimes a gradual process for the soul and can take more than one incarnation.”

“So, relationships are not all bad,” I acknowledged.

“You are always in a relationship with something,” said the geese. “And what is an important goal to strive for, in evolving your consciousness, is the realization that you are not obligated to allow your relationships with individuals in the world to impair your relationship with the wholeness that can be found within the Self.”

“What about sex?” I asked. “Should we be pursuing sex without a relationship?”

“Sex is a very intimate act that involves trust,” replied the geese. “When you have sex just to use another person’s body or when you have sex where there is no relationship of trust, you again set yourselves up to experience emotions, resentments, and an egoic need for prowess or to feel attractive and desirable to others. While a relationship is not necessary for sex, you must consider what you are truly looking for and why you are engaging in it. If engaging in it out of a feeling of addiction or through responding to your ego’s agenda, then you can inadvertently cause pain to others or to your sense of self. Always seek what would bring a sense of balance and wholeness. Let go of chasing after what would only leave you feeling separated, used, using others, or abused.”

Though the geese were still present in my backyard, I was feeling it was a good place to end our dialogue. I thanked the geese for their wisdom and went inside with my cats to relax for the evening. I was not sure I knew how to master every lesson I was learning. For now, I just wanted to allow everything to simply percolate and sink in.

CHAPTER 17

“What Is Simple and Natural Provides Everything You Need”

It had been a while since I sat outside with pen and paper in hand to allow Mother Nature to convey a message. It was November, after all, and there had been a few cold snaps and even a little bit of snow. Because of this, I had been spending more time indoors. However, the weather had warmed up to the point that I didn't need a coat, so, once again, I ventured to sit outside with a pad of paper and a pen in order to take notes.

As I sat on the front step, I was shocked to turn to my left and see one wild pink rose had bloomed since I last sat there. I thought this very strange since I would assume roses, like most other plants, would be unlikely to bloom after such a cold snap. After doing a little research, I discovered that it is actually not unheard of for roses to bloom during mid and late November. This said, I still wanted to ask Mother Nature the meaning of this rose blooming so close to winter.

Tuning into Her for a response, I would write down, “It is a message to value and cherish what you have and treat it as a gift or blessing. It is also a message for you to try not to expect too much from life. Too much expectation can lead to disappointment if an expectation is not met. Instead, embrace the power and the beauty of ‘what is’ within the present moment. Do not let the present moment become mundane or meaningless.”

“That’s a beautiful message,” I said.

“Yes,” She said before continuing, “For example, notice how you

cherished this rose more than other roses that had bloomed in what appeared to be a more mundane fashion. You cherished this rose differently because you did not expect a rose to bloom so close to winter. Nevertheless, it is a rose just like any other wild rose that would have blossomed in a warmer climate.”

“Wow!” I exclaimed. “You are right. I did cherish this rose more because it seems special in some way.”

“You tend to wait for something special in order to see it as a gift or to know that you are loved,” replied Mother Nature. “The ordinary becomes too mundane to catch your attention or for you to see it as something to treasure.”

“That is true,” I said.

There was a pause for a while, and I thought about everything that had been communicated. Then I asked, “Is the message of the rose primarily one of love?”

“The pink rose is a symbol of love that is unconditional,” said my guide. “As said earlier, it is a message to embrace the power and the beauty of the present moment without placing conditions onto it. This allows you to more fully experience what it is to love and cherish the living spark, and to feel loved and nurtured by it.”

“Oh, I see,” I said.

“What is simple and natural provides everything you need,” She counseled. “In fact, you will find that the simpler you become—and the less demands that you have of yourself, of life, and of the world or environment around you—that you will have more to love, not less.”

“I’m sure many of us believe we will have more to love and cherish if the world and others meet more of our expectations,” I said. “But, I think you are right. If we lower our expectations, we will have less to feel disappointed over or to complain about.”

“Yes,” my guide said. “There is power in simplicity, if you employ it wisely.”

“I was wondering if it was an issue of application,” I said. “Because many of the past dialogues seemed to point to the reality that, at times, action is needed and to move out of complacency.”

“Most of what you are asked to move out of is what pulls you away from being simple and natural,” my guide said. “This is where some ‘action’ may be needed. You as humans tend to make the easy so complicated. You become complacent about what brings you stress and challenge without realizing there is another way to live.”

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“I have another question about unconditional love and the idea of non-judgment,” I said. “I’ve noticed that we as humans can focus a lot on these ideals, and then we use these ideals to excuse our sense of entitlement and how we affect the world. Various websites are even linking new age idealism to an increase in individual and societal narcissism and entitlement rather than a reduction.”

“This effect results from applying a principle in part rather than in whole,” She said. “For example, when it comes to applying the principle of unconditional love, in order to have a sense of entitlement, one must move away from unconditional love into attachment and expectation. For if you truly become unconditional in your love—of self and others—you will not feel as entitled anymore. You will instead work to release your attachments and expectations rather than focusing on accumulation and self-gain. You will also begin to judge yourselves and others less on the basis of what the ego has acquired, but more on the nature of the indwelling spirit. You will feel less of a need to engage in damaging forms of ego-stroking—of your own ego and of others. Because of this, you will be less likely to enable others to focus so much upon external efforts and striving toward damaging goals. You will understand that it is this type of enabling behavior that keeps you maintaining hierarchies and feeling locked within your sense of competition with one another.”

Her message continued, “Right now, as I have discussed in other dialogues, many of your approaches to spiritual truths arise from a split perspective. While the masters taught the holistic approach, you have split that approach into those pieces you understood the value of and those you did not. You saw how an approach fit one area of life, but you could not see how it applied to all others. This is not intentional but comes from the lack of ability to understand a philosophy as a cohesive whole. Likewise, you lack the ability to understand its purpose in terms of the whole rather than just the self.”

As I paused to think about things for a while, my mind started wandering over everything I had written down over the past months, specifically related to our cultivating an ability to live in a more natural and pure way. I thought of an article that I had seen on the internet that was asking us to work on perceiving a sense of immunity to everything unnatural and chemical in the world in order to better endure it. The article suggested that anything telling us that we need to avoid unnatural foods, drugs, lifestyles, or other things was asking

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us to give into a fear-based illusion. So, I wanted to ask Mother Nature about this subject.

“What is the real effect when we lose touch with what is natural and rely too much on artificial quick fixes?” I asked. “I realize that the words ‘natural’ and ‘artificial’ can refer to something emotional, physical, mental, or other. Or are we supposed to see all this as an illusion and attempt to transcend it?”

“The point is not solely one of overcoming the illusion but also understanding why you engage in it in the first place,” was the message I heard back. “Yes, you can become increasingly more immune to an increasingly more lifeless and artificial world, but why would you want to? Why not think in terms of manifesting a gentler reality for yourselves where there is less to immunize yourself against?”

“To express it in another way,” She continued, “when you try to blindly overcome an illusion, you then miss the point and fail to learn why you gave the illusion power in the first place. You are still choosing to remain blind after all. Without knowing why you gave your power away, you will keep repeating the process. For example, to overcome the illusion of why you need to be tolerant and invincible to all the artificial things you assault yourselves with, you need to understand why you would turn to what is unnatural to find a sense of completion or satisfaction. Begin to ask yourselves why you would rely on what is “unnature-al” when you could rely on what is “nature-al” instead? Meaning, why would you choose the path that leads you further away from finding your true nature and its intrinsic worth rather than closer to it? So, it is a matter of which illusion you are focusing on: the one that tells you that you need to give your power away to what is unnatural and to engage in an unnatural form of existence that leaves you out of touch with your true and natural self or the one that tells you to deny the effects of this.”

“That is pretty deep,” I said. “That is probably too deep for many of us to understand.”

“Even the manner in which many of you attempt to purify yourselves from the effects of engaging in what is unnatural can become unnatural, contrary, or extreme,” She observed.

“How so?” I asked Her.

“Many of you will embark upon purification programs,” She said, “in order to better cope with what is impure. That is, you will purify yourselves and then go back to living in the same impure and unnatural

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manner that led to impurity in the first place. 'This is contrary thinking since the act of purification is the act of becoming more natural, simple, and unpolluted. Instead of fighting a losing battle, you could instead realize that you can drop the impurity in whole.'

"What you say makes sense," I said. "It is like we sabotage our purification programs from fully working for us in a lasting way."

"The problem is not that your purification programs do not yield lasting results," She advised me, "but that many of you suffer from cravings for what is impure or artificial and refuse to drop this craving. Your first step to turning this around would involve learning to understand why you so desperately want to move away from a natural state of living and being. You can start to ask yourselves why you find it so difficult to feel natural, to be natural, to eat naturally, to love naturally, or to express yourselves in a natural way, or why you cannot tolerate to be relaxed anymore?"

"As you have said before," I said, "the more we focus on what is lifeless, unnatural, or artificial, the more what is natural, vital, and full of life begins to disappear within the material world."

"Yes," She responded, "and the more it begins to affect your bodies, minds, environment, and ability to relate to one another."

"Despite all that, I feel this guy is in some ways right," I challenged Her. "After all, if we focus on purification too much—feeling impure within ourselves—this can become a fear space to some degree."

"Yes, there is truth in some of what he says," Mother Nature spoke, "and with regard to a process of purification becoming something that creates a 'fear space,' the problem occurs when the intention is to try to purify in a superficial way, such as through a quick fix. With needing a quick fix, you are attempting to purify yourselves for an external reason—such as wanting more vitality to be able to do more things—rather than through dropping the need to be impure. The true process of purification involves connecting with what is pure within you while being able to release your attachment to what blocks this connection—such as your dramas, emotions, conflicts, and more.

"When you work at cross purposes with yourselves, it is only natural that your purification process would involve efforts to increase your external striving rather than allowing yourselves to let it go," She continued. "This inability to let go enough to become more simple, pure, and present in the moment leads to your addictions. It is these various addictions and cravings that pollute you, stress you out, or lead

you to feel that you need various forms of cleansing and healing to find relief. It becomes a vicious circle in which even the act of engaging in various purification rituals can become another compulsion or addiction that serves to move you further away from purity and simplicity rather than closer.”

“Can you give an example so we know how to put what you are saying into practical application?” I asked.

“Sure,” She said. “As an example, in the Western world, many of you will ignore your natural cycles, eat unnatural foods, farm the land unnaturally, enjoy artificial consumer goods, and/or indulge in artificial pastimes such as alcohol, TV, social media, and other addictions that offer you artificial highs. You never ask why it seems that the whole way that many of you live your lives is as if to conquer everything that is natural and replace it with something artificial, hoping somehow you will find the elusive key to understanding the universe and your salvation. Then, as you look at the collective consciousness and your environment, you wonder why everything appears to be a mirror for where you have forgotten how to honor what is natural anymore or how to treat life as sacred.”

“I admit I do see this pattern within us as humans,” I confirmed. “As I have said before, even at an emotional level, many of us cannot be natural anymore.”

“Yes,” She said. “Many of you can also suffer from anxiety, panic attacks, addictions, or other forms of imbalance. These issues are on the rise despite all your efforts to mediate them, medicate them, rationalize them, deny them, practice yoga and meditation, and more.”

My mind turned back to the article that had inspired this topic of conversation. I just wanted to make sure I fully understood the message being imparted, so I asked Mother Nature, “Is the person who wrote the article right that our fear of vaccinations, medications, chemicals, unnatural foods, etc., are illusions?”

“Yes, everything is an illusion,” She answered. “But, everything is also a mirror. As such, you can use this mirror to start asking yourselves, ‘What are the illusions beneath our illusions?’ For example, why is it you don’t want to be natural anymore? Is it because you are all in a race to reach an imaginary finish line? Are you attempting to have more of what is unnatural because what is natural is not enough?”

“It does seem that we need more and more and more,” I said.

“As we have discussed in previous dialogues, you believe in the

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illusion that you are never enough,” She offered. “You also believe that you never do enough and can never be enough. This conditioned and core belief system drives you to continually feel that you need to do, be, and have more, whether this is in your own best interest or not. Many of you do not even want to know what is in your own best interest anymore because you think your best interest lies with the ‘being more,’ the ‘having more,’ and the ‘doing more.’ So you strive to do things that are unnatural, you go against your cycles, and you end up feeling exhausted and polluted. All the symbols of the world begin to scream at you concerning where you have gone off course, but you are so distracted by all your desires and pursuits that you cannot heed nature’s gentle and simple wisdom anymore. You think the task being presented to you is to become invincible to it all. Yes, you can become invincible to it all, but this is not necessarily the point. Even if it was the point, achieving invincibility would require becoming enlightened and aware of what most of you are currently unaware of.”

This all made me think back to when I had developed various issues with my health and my main goal with healing techniques was to achieve health as a means to achieving another goal: social approval.

Then I heard Mother Nature remind me, “Health is about returning back to the natural for the sake of being natural.”

“Do we even know what that means anymore?” I asked.

“Natural foods, respecting the earth, respecting natural cycles, developing a practice of moderation, and finding balance,” I would hear next. “What do you have to lose or fear through being natural? What illusion is telling all of you that you need vaccinations, quick fixes, chemically or genetically altered foods, and to tolerate all this other unnatural clutter?”

“It seems to be a pretty complex illusion,” I said.

“Yes,” She agreed. “But, only because your greatest fear is to love and to be gentle and kind to yourselves.”

And there was the crux of it.

With this, I thanked Mother Nature for her wise words and ended our dialogue. I then sat outside with my two cats and watched them play for a while.

CHAPTER 18

“Your Purpose: To Become Angels in Human Form”

While the construction crew that was working on the property had halted their activity for about four weeks, the backyard was full of what appeared to be chaos left behind. The landlord was waiting on some sort of permit or inspection. However, without so much noise and busyness going on, I did have a chance to once again sit outside on the steps of my back porch. As I sat there, I asked, “If there is any creature that desires to come forward with a message, I ask that creature to come forward now.”

Suddenly, a bee flew around the corner of the house but quickly retreated when my cat Emerald began to chase it. So I asked my question again. Sure enough, another bee flew beside me and hovered for a while, so I asked if there was any message that he or she wanted to communicate.

The first word I heard and wrote down was “angelic.” I asked, “What is angelic?” and heard the words, “Your purpose: to become angels in human form.”

“I guess we have a long way to go before we can emulate that,” I put forward, feeling a little disappointed in humanity’s (including my own) predicament of being stuck.

The bee then responded, “WE, of all that is living, wish you to feel encouraged for we see and understand your plight. We have compassion for those of you who feel trapped within your human forms, and we feel tremendously grateful for your good intentions. Though we perceive that many of you are still left dwelling on the

natural world in an unnatural and often unapologetic way, we know that this has not been intentional but part of your programming in early life and throughout many generations.”

“Do you have any advice for us concerning how we can transcend some of this conditioning?” I asked.

“While many of you—out of the beauty of your heart—aspire to become more like angels in human form, being mindful of your actions can help to move you out of the realm of having beautiful aspirations into understanding more fully how to translate them into something more concrete,” the bee responded. “So, it is our hope that you can learn how to act out your positive thoughts and good intentions in loving and generous ways, realizing that you and everything else within this hive that you call ‘life’ are part of the divine and deserve to be treated as sacred.”

There was a short pause in our dialogue, and then the bee continued, “As part of the action you can take, you may wish to embrace simplicity and to steady your pace. While you are learning to use your mind to master the realm of matter, it is also important to recognize when it is necessary to give your mind a rest.”

“Is there anything else we need to know?” I asked.

“Release obsession,” the bee answered. “Occupy your mind with what truly matters. Begin to work together in ways in which you can learn how to harmonize what needs to be harmonized. You will also advance further along in your process if you can teach yourselves and others to understand that true magic has a harmonizing effect. True magic will free you from your present personal and collective confinements. False magic binds you to your fetters in life; it imprisons your choices so that you cannot manifest beyond a particular matrix or mindset that is yielding an effect—one that compromises you at a deep level.”

“By magic, do you mean our ideas about manifestation of thought into form?” I asked.

“Yes,” the bee responded, “but it is much more than that. The type of magic I speak of involves you, as humans, becoming enlightened as a lucid dreamer in the dream of life. To become more enlightened, you need to feel comfortable with challenging what has been done to the natural world in order to use any new insight or understanding toward seeing how that harm can become undone.”

Then the bee imparted, “Right now, as you look upon your world,

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see how everything can come into wholeness through cooperation, and through making your service to the whole your primary goal,” said the bee. “Allow yourself to understand how this type of service matters and how you can accomplish more for the whole than your self-service could accomplish for yourselves alone. The world, right now, is trying to teach you this precious lesson. To fully learn it, you must learn how to listen. The world is calling you. Pay attention for it is calling loudly for you to collectively become more hive-minded and simplicity-focused. Right now, many of you perceive that your ability to manifest external change is dependent on your ability to change at an individual level. And, yes, this is true. However, this is only one part of a step. The other half of the step is missing.”

“True,” I said. “I do think we get tripped up when we focus only on internal change without relating it back to what needs to change externally.”

The bee then imparted, “While it is true that transmutations must occur within the self, you are right in determining that they have the greatest effect of serving the whole if you can keep a focus on the bigger picture and how you affect it. Only then can you learn more concerning what will get your ‘self’ on the path of true and harmonizing love and off the path of separatedness and self-destruction.”

“If we are on the path of love, does it automatically mean that we would not be on the path of self-destruction?” I asked.

“Yes,” the bee responded. “And to be truly on the path of love requires establishing love through not only the mind but heart-centered action—because, for love to be established, a foundation must be built in a proper way and not haphazardly. There is a need for you to build a foundation through your actions. Loving thoughts alone are not enough to co-create a loving reality. Only through your loving efforts can you co-create loving change. In other words, you will find yourselves better able to tread on a more fruitful path if you can become hive-minded in a way that supports the hive rather than depletes it.”

I started feeling doubt concerning whether enough of us, including myself, would be able to master this kind of lesson in our lifetime. I then heard, “You can do it! You can learn to consider the benefit of the whole hive over the benefit of the mere self. Allow your mind to visualize what it would feel like to represent the entire hive instead of

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your mere self or only one member. While it may seem unnatural or uncomfortable to visualize that you are the whole of something rather than just a part, try regardless. Then ask of yourself, ‘When visualizing myself as the hive as a whole, what do I perceive that I need right now?’ ‘What is having a supportive effect upon me?’ ‘What is leaving me unsupported and unkempt?’”

“It seems as if we are being asked to perceive a whole community as being its own entity or having its own needs, desires, and personality,” I said.

“Yes,” replied the bee.

“Are we asked to visualize in this kind of way so that we learn a type of empathy for something collective rather than related to an individual?” I asked

“You are used to applying empathy toward placing yourself in another human’s shoes,” advised the bee. “But empathy can also be used in a bigger way to help you understand your connection to every living thing around you.”

I looked up from the message I was writing down, and the bee had been joined by another. Both of them were dancing over the hedges by my small apartment on the water. So I watched them for a while as they were partaking in their life-giving task of pollinating all the flowers. As I began thinking about how important this task of theirs is, I heard the message of the bee continue, “All that is required to fulfill your own life-giving task is to learn how to touch life in a friendly way. For it is the unfriendly touch of humankind that has left an unfriendly mark upon Mother Nature and Her living waters. Though humankind is full of holiness, many of you have forgotten how to touch life in a holy way—understanding how everything is connected.”

“That is obvious,” I affirmed.

“The touch of humankind could be gentle if you truly desired,” the bee went on, “however, it has lost its reverence; it has lost its sense of the magic it is capable of. The touch of humankind has become unholy, but only because it has failed to see how everything is connected. It has become unholy because it mistakenly allowed the beauty of what should be revered to be tarnished, ignored, and unappreciated. It has become unholy because it has demonstrated its lack of understanding of its own sacredness and how to approach the great mystery. Humankind, as a collective, has lost understanding for how to build and create with its hands and minds in a sacred way. Find

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that sacredness again. Don't delay."

"That is a powerful message," I said. "Is there anything else you want to add?"

"Yes," replied the bee with excitement. "Learn how to play! Learn how to play without all the gadgets and the need to distract yourself in an unnatural way with nonessentials. Learn how to play in a way that releases you from addiction, obsession, and various forms of greed. Learn to play now through being simple again and through taking enjoyment in natural treasures."

"That's sweet," I said with a smile.

"Remember," the bee's pert message continued, "that beauty is everywhere. Magnificence is all around you. Sacredness encompasses your every act of taking a breath in and breathing it out again. Let all that is beautiful, magnificent, and divine renew you with every breath you take."

"Do you have any final wisdom?" I asked.

"Only that we would love to see you, as humans, smile more often," responded the bee. "When you understand what true treasure is, you will. As a guest in our universe, when you can smile at your Host and all that is hosted around you, you are in a way saying 'thank you.' You communicate your appreciation of all that life has provided you."

"I will definitely try to feel this sense of appreciation more often," I affirmed.

"You cannot keep doing as you've been doing and continue to evolve," was the warning. "All WE ask is for you to take one conscious step at a time. Keep things simple and allow yourself to visualize solutions to some of the larger issues of the world. You were not meant to live your lives trapped and defeated. Know that it is your purpose that this habit be outgrown."

"It is a relief, though, that this can be taken in steps," I admitted.

"There is a need for you, as humans," continued the bee, "to bring your minds out from its habit of dwelling and conforming to its shadow processes and cultural conditioning. Don't be afraid to allow your minds more flexibility and free reign. Give your mind permission to let go of its stubborn way of clinging to what needs to be left behind. Offer the mind some direction, but then let go of it for a while. Always maintain the balance.

"For example, you do not need to stress over what you feel unready for," continued the bee, "but also do not close yourself off from the

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ability to envision new possibilities at the same time. Let go of too much control of your mind. Too much control will leave you feeling confined. This said, having no control isn't the answer, either."

As a last message, the bee communicated, "The world is waiting for you to stand up and come to attention, to come out from behind closed doors. The world is waiting for you to recognize where your collective fears, strategizations of your minds, and your excuses are leading you. Leave those strategizations behind in order to strategize new solutions. Be brave and allow your destiny to unfold."

With this, I thanked the bee for its wisdom and put my pen and paper down. I was now feeling as if I had received an answer to almost every question I could think to ask.

CHAPTER 19

“The Earth and Universe Are Calling You”

I woke up one morning in late November after having a night filled with dreams. In one particular dream, two animals were talking to me. One of the animals was a raven while the other was a dog. The raven had a braid in its feathers over its head. In this way, it reminded me of a Native American.

The topic of their discussion was the nature of materialism. While both animals had something to say about the nature of materialism, each approached the subject from a different angle. The raven had the more scientific and mystical approach to the subject while the dog had a more simplistic approach. Both argued the dangers of our over-reliance on technology and our buy-and-sell mentality. The dog argued more for how this mentality affected our relationships. The raven argued more concerning how it prevented us from learning the true mysteries of the universe. Both animals warned about the dangers of our nuclear technology, stating that we would have to find a way to band together to resolve these types of issues, or we would be compromising the future for generations below us and to come. They said we would be able to transcend this challenge if we truly wanted to.

Having this kind of dream made me wonder, “What is the purpose of these types of dreams?” and even “What is the purpose of earth empathy in general (for those who are sensitive to natural disasters, feeling symptoms in their body)?”

In 2014, I joined an earth empathy group on Facebook looking for

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answers. However, I did not really find what I was looking for there. It seemed a lot of the discussion centered on how members could “shield” themselves from picking up on external energies. To me, this idea of shielding left me feeling a little perplexed. Is what we pick up—since all of us have this ability whether we know how to use it or not—something we are supposed to try and shield ourselves from? Or is what we pick up something offered to us for our ability to learn from it? I wanted to ask Mother Nature its purpose to receive Her perspective.

The first words She imparted were, “Telling the truth.”

“The truth?” I asked.

“Yes,” Mother Nature replied. “Trust what is being communicated to you.”

“Oh,” I said. “Do you mean the truth that things are disruptive and out of balance?”

“I mean the truth that the earth and universe are calling you, attempting to communicate a message,” was Her answer. “And yes, sometimes part of what may be communicated to you is that something is out of balance.”

“So, what are we meant to do with the insight we receive?” I asked. “I mean, if an earth empath sees or feels a disaster coming, are they supposed to warn others? Or is there a greater purpose?”

“The information you receive can become your teacher if you allow it to take that role,” was the reply. “Whether you use what you learn to then teach others is your decision to make.”

I took a moment to think about what She was sharing with me and what it meant. Her message then continued, “When a person empathically picks up a message that is being communicated regarding the environment, such events are, to some extent, already in form. They are potentials that are being held. For those who speak in terms of ‘vibration,’ they are a vibration that is manifesting from the vibratory level into a more concrete one.

“Seen in another way,” She continued, “If you can see the earth as having an energy body the same way a human does, you will understand that this energy body can suffer from blocks, impurities, and imbalances that can manifest into dis-ease or eruptions at times in the same way the human body can.”

“So, we aren’t supposed to ignore or deny them,” I said.

“Denying what is being communicated does not necessarily prevent

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a potential from occurring,” She assured me. “In fact, denying a message is simply a decision to remain unconscious regarding a potential that is forming or already in form. Awakening and becoming conscious in order to take a more mindful approach regarding an issue—without having blinders on—would yield more fruitful results.

“For example,” She continued, “if a person has cancer and never visits a doctor to receive a diagnosis, this does not mean that the cancer will cease to manifest as a problem. Such a person could deny they have cancer all they want. However, if they keep living the same way as they always have without dealing with the fact that, at a vibratory level, something is manifesting into concrete form, they are not exactly solving their problem or becoming enlightened.”

“I see,” I said.

“Also, if you notice,” continued Mother Nature, “people who see healers will, at times, experience a cure only to later relapse into their former condition. This is because a root level or a change in lifestyle was not addressed fully. A problem was merely treated at a superficial and energetic level. The same applies to the body of the earth. For example, you can heal the bodies of water of the effects of a nuclear disaster, but if you continue to use nuclear technology and another disaster happens, you have not really taken care of the real problem, leaving it as one that will likely recur.

“So,” She counseled, “if the earth, universe, nature, or other forms of life are speaking to you about the state of the whole, and you can listen and hear the message being conveyed, it allows for you to fully diagnose an issue such as whether there is an imbalance occurring at a collective level or something you need to become more conscious of. Some things that are communicated may already be in form, and there may be little you can do other than learn from them or warn others so they can be prepared. For other things that are communicated, you may have time to change your human course, especially pertaining to those things that could potentially arise from the work of human efforts. But to deny the message, or the messenger, would be the same as a patient denying their doctor or a diagnosis. Once you have a diagnosis, it is up to you whether you want to apply mindfulness, mind over matter, and/or other more grounded techniques—such as changing your beliefs or lifestyle—to resolve your state of imbalance.”

“That makes sense,” I said. “After all, how many people go through an illness who then have something to teach and share about the nature

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of life, becoming healthy and whole, learning to focus on what matters in life, or other things?”

“Exactly!” exclaimed Mother Nature. “As above, so below. As within, so without. Everything is a dance of communication so that you can awaken and learn the secrets of the universe that are essentially the secrets of your Self.”

“Is there any last message you want to give regarding earth empathy?” I asked.

“Change,” was the word I would hear. “It is a call for change. You are called to change less so that you can focus on a material outcome but so that you can focus on how you are part of a greater whole. What you change for the self, you change for the whole—whatever small or large impact it has. Likewise, what you change for the whole, you change for the self. This is how the dance is orchestrated. Do not be afraid to engage in the dance and to learn its steps. Do not be afraid to create a new and more holy path for yourselves and your world. Remember, you may be a guest in a greater universe, but you are a part of that universe too.”

And with this, Mother Nature had said it all. I thanked Her for Her wisdom and for the contributions She and Her creatures had offered to this story I would tell. I went outside to stand by the river’s edge, and gazed at the ducks that were swimming by. My two cats were looking up at me, as if wondering what I found so fascinating. “The beauty of creation,” were the words I would answer in my mind. I then crouched down to pet both their heads before heading inside.

ABOUT THE AUTHOR

Maeve-Ann Wiseflower is a professional relationship intuitive, psychic visionary, and earth empath. Her psychic ability has helped her on many occasions to accurately predict earthquakes and other disasters before they happened.

In 2010 Maeve-Ann started receiving dreams and other insight into the subjects of man's relationship with materialism and the consequences that can unfold for earth if certain patterns are left unchecked. Many of these types of messages are what propelled Maeve-Ann to put this kind of wisdom down in book format.

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