

SUPERCONSCIOUSNESS

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with St Germain

“We are with you in every moment, in every cell, in every aspect of your being we are with you. But you are here not so that you can discover us but so that you can discover that we are one and the same.

There has been so much in your learning and so much in your experience that has lead you to question “who am I, what am I, what is the nature of life and consciousness that presents itself through me?” And often for humans that is the quest for an identity. Truly “what am I?” is the very distinction between “who am I?” and “what am I?”. And yet here in your Earth reality they tend to be the same. Agree? *Who* and *what*.

What we are really looking at here is the essence of life and it is very difficult when you are living from a concept of identity to remember that you are the essence of life, you *are* the life. And it is true to say that you are not living a life and it is true to say that you are not expressing as an experience of life in this reality, because that is not going to be enough for you anymore. This is about moving deeply into the acknowledgement, recognition and experience with you that you *are* the life and that every living cell, every aspect of light that pulsates within you is a universe unto itself. It is easy to understand that you have a consciousness, that you have a soul and an identity through which you are expressing in this physical form. But we wish to go way beyond there with you - we wish for you to experience the sun in the solar system of who you are, the vortex in the galaxy of who you are, the eye in the centre of the universe for who you are. You may have begun to glimpse the essence of multi-dimensionality that you are, and that the move out of your human identity into your true capacity directly involves your understanding of your multi-dimensional self. And yet what is it to experience that? What does that mean? How can you embrace this beyond identity?

Even those that are beginning to glimpse who they are beyond this beyond this reality still relate their experiences back to this form. That is the ‘I’ that you have come to understand. Let us illustrate it to you this way; you have the sun and you have the planets and all of them are moving in orbit around you. And so in your sense of identity within your concept of life you are the sun and you may have glimpses of other experiences, you may have glimpses of other times, you may have glimpses of memories that you are not sure whether or not belong to you and you may have senses that defy the locality and the 3rd dimensional location of your physicality. So for example you can be here and you can be having a sense of something somewhere else, or you can be having a sense of another life experience, or perhaps another aspect of your personality. Some of you even have glimpses of other dimensions and other planetary existences - but all of them get related back to this. All of them get related back to the ‘I’ that is the current human identity on the planet. Let us call that the ‘sun’ for the sake of this illustration.

So you may say well I had a glimpse of this memory in another life and immediately it is related to you. I had the glimpse and it was another life that belonged to me. So in that kind of glimpse of your totality it is still a very limited view because everything is being related back to this identity. And so you can see it only in reference to what you already know. This is the point at which your multi-dimensionality becomes finite because you have a fixed point of reference to which you can glimpse reality or life. What we wish to introduce to you is an experience of multi-dimensional self *beyond* the reference point of your sun. In other words, a glimpse of multi-dimensional life that lifts you out of the finite view of this. So instead it being anchored back to this suddenly you are in the vastness of cosmos.

Now, why are we doing this with you? Because the planet is moving into a time now where it is no longer useful for your consciousness to still be identified with one point of reference. That is because each and every one of you that are here with us are incredibly impactful beings, but you have been impactful and creative in your design beyond your view. And so there are many of you who feel the frustration. “I feel the expansiveness of who I am, I feel as if all of these things are happening and yet I am not seeing it in my view. I am feeling it but I can’t see it. I am sensing the grandeur of the consciousness that I am but why is it not translating into my every day life? Why am I still invisible?” Can you see it? “Why are these amazing things happening for other people but they are not happening for me? Why are they only happening internally for me? Why is it not translating into the greater view?” And so all of those frustrations and all of those senses of limitation are only because your multi-dimensional self is still being referenced to one singularity.

When you learn how to release your multi-dimensional experience beyond a singular point of reference, you suddenly begin to translate that which you are into your external world. In other words, you begin to actually experience life beyond singularity. You begin to become consciously aware of what happens when you come up and you touch a person and you get to see all of the permutations of that. The joy of consciousness in creation, the knowing that every breath that you take, every movement that you make has an incredible impact on the entire universe.

Now that is not mindfulness, that is being fully conscious. And you must be very aware that when you begin to experience the totality and the expanded state of awareness that is that, this is never to be a question of “now I really need to be careful what I do, now I really need to consider every move that I make, for the ripples permeate through everything else”. We say unto you *no*, and that is why we will be playing with you about what your sense of entitlement is, because you must have a sense of entitlement to be powerful and masterful enough to really embrace this.

Let us talk for a moment about “responsibility” shall we? When you see that word within your English language immediately there is a reference there to *response*, therefore every action that you take there is a response mechanism involved. So you must always consider with every action that you take what the response may be. And yet we say unto you that this is only relevant within a 3rd dimensional cause and effect paradigm. Now that is very well if you are 3rd dimensional beings but you do not believe that you are a 3rd dimensional being. Would you disagree with that? You have a 3rd dimensional reference point, you have a 3rd dimensional identity – which is an anchor point for your multi-dimensionality.

If your anchor point for your multi-dimensionality is 3rd dimensional then responsibility plays a major part in how you express and it is not just a conscious choice to be responsible, it is actually

embedded into all of the light codes that exist within your physical body. Did you know that? *That responsibility is encoded into every cell of your body?* It is encoded because your cells are 3rd dimensional in nature within this reality and therefore they are subject to the laws of cause and effect. So it is not your fault, but you are beginning to move beyond the limitation of it. You are actually beginning to move beyond the boundaries of yourself.

Responsibility has always been an encoding that has been bound by the limitation of the boundary of the cell. If you look at the cell within the human body it is all about encapsulation, and it is about absorption and cooperation. Again, hallmarks of the conscious human wouldn't you say? Yet we aren't looking at you being conscious anymore - because being conscious within this reality is about being aware of your surroundings. It is about being aware of the relationship between you and something else, it is about being aware of the relationship between you and your mind and your thoughts.

What we are talking about now is super consciousness. **SuperConsciousness**. Because if you are here to be just conscious you are going to fall asleep. You will actually pass out in this room. It happens many times when we introduce ourselves to an audience. Those who have come to be conscious pass out because what we introduce is SuperConsciousness - *a state of awareness you move into when your multi dimensionality is no longer referencing to a 3rd dimensional self*. It is what you have been waiting for and we will be talking about what happens within the cells because your physicality will begin to change as you move into SuperConsciousness.

As these physical changes start to happen for you it is important that you allow yourselves to express what it is that you are experiencing. This is not a time for internal dialogue. If you are having an experience of internal dialogue you are referencing back to the 3rd dimensional self because remember the multi-dimensional self - the SuperConsciousness - is not contained. The cell is not contained in this state either and neither is your physical body, so it is very important moving forward that there is a freedom to express whatever is happening for you. Not only because it is going to give you a demonstration of how everybody is having a collective experience but because it is also an exercise in no longer limiting yourself to a contained identity. In fact there will be moments in coming months where you will have a sense that there is only one consciousness in you are all facets of that.

The Act of Channelling

This one (Rebecca) has an understanding that what we do with them is bring information and knowledge that is not normally accessible (and when we use the term 'normally' we use the term in reference to the brain). So bringing information and concepts that are not normally possible through this one is an act of consciousness – an *action* of consciousness.

Yet there is nothing in the realm of SuperConsciousness that can be considered an altered state. When this one first experienced what they call channelling, they sensed that something arrived or moved into their space, and it felt like it came in near the head and then there was a huge expansion (this is how they felt it – they call it the marshmallow effect). And this is how it was for many years

and it would be defined by (Rebecca) as an altered state of being because it was so far beyond their regular state of experience.

As they went through the years, the experience became a more like and embodiment (and yes they did put on some weight but that is not what we are talking about!) It began to feel as if the body could start to accommodate the energy more, which meant that every time the 'channelling effect' occurred it wasn't so much an altered state of physicality, it was more an altered state of awareness. So in other words it was starting to become a little bit more integrated. Then after another few years it was almost like multiple points of personalities or aspects all coexisting together. Perhaps sharing the same body but at an time very easy to move from one to the other. So again, instead of one energy coming in there is an awareness of multiple energies all at once. What happens next is the experience of the SuperConscious human - no longer having to have an altered experience in order to access everything that is available. And this is actually what the human was originally designed for. This is SuperConsciousness.

What is the shift here? The shift is no longer needing to identify with one point of reference. In other words with the sun. And that is why we said unto you in the beginning of our conversation that this is the same as moving everything that you experience from this point of reference out into the cosmos.

So there is a process at some point, how does that process work where we have responsibility in the 3D?

Well moving out of responsibility is the 1st phase.

So with the cells it is a process of movement.

We would not say it is a process. We would say it is a shift in experience because remember process is 3rd dimensional and it slows everything down.

And this shift happens bit by bit or can happen?

Of course, it can happen in any moment. You are here for that! You are not here to learn anything. Forget learning. We are not learning. We are not interested in teaching you anything. We are interested in assisting you to have an experience of the totality of that which you are and then giving yourselves permission to unlock that and unhook that from this 3rd dimensional reference point.

Death & Singularity

So this is where fear of death happens. Now let us explain it to you like this; fear of death is what happens when the body starts to move at a singular identity. As soon as you start to move from "I am having the experience of something that is beyond me or outside of me" or "we are now existing in a multiverse, there are multiple aspects that are available to me" there is a death experience that happens. That is why it happens for you in that way because you get very close to that happening and the fear of death pulls you back. Now the fear of death is also part of the light coding in the cells for the 3rd dimensional physicality. It is part of the coding because the history on the planet has been that the only time you can lose your identity is when there is a physical death and so there is so

much memory within your DNA that says I am about to lose my singular identity because you are moving into multi-dimensional awareness. You are about to have a death.

If you consider for a moment the increasing life spans that have been happening over the ages you can see that for at least the last 350,000 to 450,000 years on the planet the life span has been relatively short compared to what it was before because once the DNA got altered there was a much shorter life expectancy. Now when that happened humanity lost its awareness of SuperConsciousness, moved into singular identity, the karmic cycle was introduced as a concept and the only way you could have a new experience was to die and have a new physical experience.

So the only way you could lose your identity was to die. You were born in a village, raised in a village, married in a village, worked in a village and died in a village. And yet you look at this time on the planet and every single one of you in this room has multiple experiences of life and multiple identities. Some of you are going through that change right now or you are moving from who you used to be to who you are becoming and every time that happens the body says "I am going to die". The other thing that happens is it says "I want to die" and so you also see that there is a great rate of suicide on the planet that is happening at this time because of this shift into SuperConsciousness. The overwhelming fear in the body and the overwhelming fear of the mind of losing singular identity overrides the experience.

So, if you feel like you are going to die then welcome to SuperConsciousness! And indeed even those who do choose to leave the planet they are still choosing SuperConsciousness aren't they? Because the pull is so strong and they are perhaps not aware enough or don't have the understanding of what is happening and so they are still choosing SuperConsciousness, and they are doing it beyond the body. So it is not a tragedy. Even this one has lost a family member to this in the last year or so and now they understand in this moment what was happening with that – very helpful.

No More Learning

Remember that when you move into SuperConsciousness you are the centre of your own universe and yes it is your reality, but when there are other people around you that are not very conscious they actually step into your universe. They have a glimpse of what is possible and because of what humans are beginning to understand about DNA - that DNA actually reverberates and is a signalling device within the body - the SuperConscious human emits a particular vibrational frequency for creation that begins to reverberate within the cells of other people. That is why there have been humans on the planet who travel great distances to be with those who are SuperConscious because their cells begin to wake up too.

Now *that* is impact, but it is not impact because you are trying to save the planet, it is impact because the only thing you are now interested in is what you can actually do with this and create and explore and play and then everybody benefits! There is no responsibility involved in this. There is no responsibility because when you create from SuperConsciousness you are not interested in the effect. *You just do it because you can.* You let go of the outcome. A very basic increment of this for

you is letting go of the outcome and you have all learned in your creation practises (perhaps metaphysically – perhaps with the mind) that when you have a glimpse or a vision of something, you feel it and you let go of the outcome.

So that is a glimpse of SuperConsciousness because it appears within you as an idea...you express that and you move onto the next one. *The creation happens in your wake.* That is the SuperConscious human without the thought. There it is, there it is, there it is. Where is the responsibility in that? There isn't any because all you are interested in is the open space in front of you. You are not interested in what happens behind you. That the leadership of the new paradigm. You are not focusing on who is following you, you are not focusing on who is being impacted by you, you are not focusing on any affect at all because as soon as you do you are glimpsing back into limitation. Don't do it! And we are saying that to you because we know how this can be an accelerated experience for you and responsibility is the only thing that will slow you down.

And we also know that there are not too many spiritual practitioners on the planet who are going to take humanity off the hook for responsibility. Why? Because they feel responsible for what they say! Can you see it? A spiritual teacher that feels responsible for their students will not take them off the hook of responsibility. So be aware. The only responsibility that you have is to the SuperConsciousness that you are. Is that not why you are here? Because you are no longer interested in your personal journey. There has got to be more. And there is.

If there was ever a time for you to experience what it is to create without responsibility and, this is it. This one is in a position now where they cannot absorb any information. And if you do try and give this one any information they won't remember it a few moments later because it is only about the creation in the moment. Also because the realities are shifting so quickly now there is a very quick shifting state of realities in this moment and it means that the knowledge and truth that exists here will be different here and will be different from here so there is not really a lot of point in retaining anything.

That is why we encourage you to be experiential, because when you experience something you can reference it again later. But the words will be difficult for you to contain. In fact there will be moments where won't remember anything we have said. Perfect! That is what we want for you. So you begin to trust yourselves beyond knowledge. Knowledge is not helpful to you at this time. The act of creation is. This is about repositioning yourselves. You are not here to learn.

Peace be with you."