



# TRANSCENSION GATE

## *Membership*

## Love & Life Cycles

### with the Rosicrucian Council

## *Mentoring*

Hi. Today this lesson is about the energy of Love in connection with how you go through the cycles of life. First of all, we live inside a Simulation. This planet is an environment that is designed specifically for our learning. I know that you know that the material reality is sort of one plane of existence and then there are other planes of existence that are not physical. If we put it all together, we understand that that is a simulated environment as a game within which we are meant to play in order to learn. This is the part that quite often gets lost in translation because a lot of times when we enter the game it's not that much fun because it looks like something that we saw outside of the game.

When you are incarnate you have a body. The body experiences reality differently than when you're looking from the outside of the game and you don't have a body yet. Let's say as a Soul that's incarnating into the Simulation you are within the Earth realm. Let's say you're an Earthling Soul. You're looking at the plan for your lifetime and what you're going to be learning. You're setting up all the parameters and lessons. If you have some karmic patterns, you're going to bring them too to finish up those unfinished lessons. Everything is awesome. You're excited.

When you come in to a lifetime you would forget the plan. That's kind of the whole point of how we learn. If we remembered everything all the time a lot of learning could not actually happen. A part of the learning that we are experiencing here is actually by the fact of us not fully remembering what is going on. It's very rare when we do. There are some exceptions. People who have the access to being able to read, let's say, what is going on and what your Contract is. Like me, for example. There are others like this, obviously. The majority of human beings do not remember when they incarnate.





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The lessons are not always as fun when we're inside the lesson. From the outside when we planned them they might have looked like a really, really cool idea. Something that would be really fun to experience or we were feeling really brave and courageous. Like *"Yes, I'm going to bring this karmic pattern and face it and deal with it and I'm even going to give for myself support this person and that person."* But when we are inside the incarnation we forget about this person and that person or we miss the messages a lot of times because the pain takes over.

If we're talking about long-term, like let's say you're a Starseed Soul and not from this planet and let's say you're incarnating on Earth and let's say it's your first time ever, why would you come to Earth? You would come to Earth partially because of the duality that exists here. The two opposites here are very far apart. That creates a lot of tension and that is a potential for creativity. For most Souls that are not from here that are thinking to incarnate here it is partially because of this duality and the potential for creative expression of uniqueness; of individuality.

Individuality on this planet is pretty extreme. If you're fully embodied, you're in your Authority and your Sovereignty and you are loving to yourself, you can be an incredible master here that is individual. That is a very rare opportunity so a lot of Souls go for that. Plus being supportive of the Earthling Soul Group process of moving through their inner darkness into the Light, so their own Ascension process and we come to contribute to that. That's a secondary Mission. But the first Mission is always about something with the Self.

Now, we just looked at two ways – the Earthling Soul that is within the Simulation on the outside of life that then incarnates into the Simulation and the Starseed Soul that is outside the Simulation of this planet altogether and then comes here and chooses to incarnate and have a body. Either way, the internal workings are very similar. From the outside it all looks fun, good and super interesting, exciting and possible. You're feeling courageous and the possibilities are all apparent. When we come here on the inside of the Simulation it's very hard sometimes to remember the possibilities because we get so fixated on whatever we were conditioned to believe or see as reality based on the karmic patterns, the conditioning and imprinting that we had throughout our lifetime.





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This is what brings us to the topic of Love through the cycles. Everything on this planet goes through cycles. This entire Simulation works cyclically. Not only do we have cycles of the summer, winter, fall, spring – like we have all those seasonal cycles - but we have cycles in the ocean. Cycles in the wind patterns. We have a planetary weather cycle because of the actual location of the globe. But we also have inner cycles. Those are the emotional waves that we experience when something is really exciting and you're encouraged and hopeful and then it crashes down and now you feel miserable and discouraged and sort of not happy. Then it goes back up into an inspiring wave.

Our job is to love ourselves through our cycles. Everybody has different cycles. Some people go up and down all the time but it's not a very dramatic up and down. It's kind of like their mood changes. Like *"Oh, I'm happy. Oh, I'm not really happy. Oh, I'm happy. Oh, now I'm frustrated."* Some people have huge cycles. More dramatic artist types of people, the creative expression people who usually have some sort of a very obvious talent that is expressed, like it could be a musician or an artist in the literal sense like they're painting something like that or somebody who is an actor or an actress let's say. They would have huge cycles when the energy goes really up, like this internal uplift and then really crashes down. Some people literally get suicidal when it goes into the down cycle.

Then there are cycles that are kind of long waves when it's sort of okay and then it's sort of depressing for a while, then it's sort of okay and then it's sort of depressing for a while. That while could be 2-3 years at a time or longer. And then there are cycles where we get stuck which is when we over-focus on the negative part of the wave. We all have our normal cycles, whatever is part of your Soul design that is natural to you. But then we also kind of keep ourselves in the lower part of the cycle if we forget to love ourselves while we're there.

What that looks like is let's say you're going into your up cycle. Everything is great. You're inspired and excited. Then you start crashing down. That might be a part of your normal cycle. You're supposed to go down and clean up your own darkness to go back up again. If you love yourself through that cycle then the cycle is short-term and then you move back out/up. If, on another hand, you forget to love yourself through that downward cycle and instead you go into self-judgment and into pain and then the pain becomes your experience then you forget that this is a Simulation and that this is a part of your learning.





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It begins to seem to you that this is what reality actually is. That's kind of like going into the basement and forgetting that there is a whole building on top of you, like completely forgetting that it even exists and instead you start thinking *"This basement is all I've got. There are no windows. I'm underground and that's just that."*

Of course, that's not how reality actually is but if we make our reality that for the time being (the lower part of the wave) then we get stuck. That stuck-ness means we prolong the lower part of the wave. Eventually we'll still switch but we might resist that shift. That's where the Lower Self almost wants to keep us miserable. I know that sounds kind of strange. Why would we want to keep ourselves miserable, right? A lot of times we actually do. That's because when instead of being committed to self-love we are so committed to self-hatred or self-minimizing or self-judgement and as soon as we start to feel better it almost feels like we're betraying our own pain and suffering and whatever else we've built our defenses upon. Then the Lower Self fights for its own existence. That prevents us from switching to the positive side of the wave.

One of the biggest misconceptions here is that it's always supposed to be just the positive, as if there is no wave. That is not true! There is no human being who just has the positive side. It literally does not exist. You could be a Buddha or a Jesus and you are still going to have the lower part of the wave. When you have the up and down though, somebody who is Masterful is able to keep their baseline high enough and stay loving through the darker time. Because of this internal commitment to the energy of Self Love they are able to not get stuck in the lower parts of the wave. Okay?

This is the main lesson for today and for this month for you. It is to understand that when you're in the lower part of your emotional wave, first of all it doesn't mean anything other than that. It is just a part of the learning process on this planet, in this Simulation. And second, look at what you are committed to. Are you committed to Self-Love no matter what? Or are you committed to self-judgments, self-hatred, self-minimizing and other things (your pain, essentially) no matter what.

This is a really, really important piece because a lot of the time our commitment gets kind of mistranslated in our childhood years and then we become committed to the wrong thing. Like, let's say,





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being committed to self-protection. That's a problem because we are meant to live undefended which means being open with a healthy Boundary. So, let's say you're committed to being protected. Now you're committed to essentially using a lot of energy incorrectly. You're wasting a lot of energy on a defense and you're expecting the danger to come from the outside to you. That expectation becomes a negative energy Broadcast which then attracts danger to you to prove to you that you were correct to create the 'potential protection from potential danger'.

We create our reality by our own expectations. That's another good thing for you to look at. What are you expecting from life; from people around you; from strangers, even? Are you expecting danger? Are you expecting being hurt? Are you expecting being tricked and are you constantly on the lookout for someone who is not telling you the truth here? Looking for *"Where is the lie? Where is the trick?"* Are you expecting that generally people are good? And you know, sometimes if they do something off it's just because they are young or didn't quite get the conscious piece yet. It might be that they are in a different stage of development than you.

Most of the time it's not actually because they are meant to hurt you. Most of the time people don't mean to create a negative experience for us. They definitely do that plenty of times but most of the time it's not because they actually intended to do so. If they had a conscious awareness and realized what happened they would kind of be appalled. They would be like *"Oh, I'm so sorry. I didn't mean to do that. I didn't want you to think of it that way."* Or *"Well, I just meant this but not that."* That's because they are speaking through the filter of their own issues, of their own pain and hurt.

Somebody's off-hand comment might hurt your feelings a lot if you take it literally. If you realize that that off-hand comment was something about that person discharging their junk out of their field (and yes, that's not a good thing to do; they do it because they're not conscious and they're not handling it correctly) nevertheless it's not intentional and not really against you. The reason that your system perceives it as pain or insult or danger is because of your filter taking it this way, not because it actually is so.





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To summarize everything that I just said, commitment to Self-Love is where we want to 'park ourselves'. No matter what happens in your life, going up or going down in your emotions. No matter what externally is being reflected to you. It's still a matter of *"Can you Love your Self through that?"*. Can you stand by you? Not protect yourself. Not defend yourself. Not be somebody who is *"I'm never going to let my inner kid get hurt again, so I'm going to go and fight everybody."* That's not actually beneficial. That's not being a spiritual adult. That's still being essentially an older sibling to the hurt younger you but it's not being a grownup.

Being a grownup means that you know *"This is safe."* You know that this is all Love and that this Simulation is all essentially an environment for us to learn through variations of that Love. Some of them are variations in the completely opposite so it becomes hatred. But it still overall is the same Universal kind of neutral and Unconditional Love energy and we go into this from the standpoint of wanting to learn.

Are you going to be that grownup that then is helping your inner child by loving him or her? Or are you going to be the middle one (the Ego which is essentially an older sibling) that is saying *"I'm going to protect my child. I'm going to protect this younger sibling of mine, and make sure he or she never gets hurt"*? If we do that we're still inside the illusion. The ego desire to protect, to defend, to hate, to watch out for being tricked or whatever is actually an immature solution. It's not the real solution. It's not in alignment with the Universal Law. It is a part of us that is still within the illusion. It's like the child who got hurt within the illusion and then the older sibling (the ego) is trying to protect the child, fully believing the illusion.

The Higher Self part of us is outside of the illusion. It knows that all of this is not real. That's the only part of us that can truly Love us. When we're talking about being committed to Self-Love, we're not talking about protecting, defending or any of that ego stuff that we think means being loving. That's when we end up giving the child way too much freedom and actually acquiescing to incorrect desires. We end up not parenting ourselves correctly because older siblings are not meant to be parents.







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The grown-up part of us, the parent that is actually meant to parent the Lower Self child part of us is outside of the Simulation. It's the part of us that is conscious. It's not inside completely. It's sort of like one foot in, one foot out. It has access to the outside. Of course, it also is on the inside because that's the wise part of us within this lifetime but the Higher Self component is sort of inside the Simulation and outside having access to the Soul wisdom and the knowledge. It knows that this is not real. Commitment to Self-Love no matter what means commitment to being your Higher Self no matter what happens, no matter what your inner child is experiencing and then helping him or her from that standpoint, not by defending or fighting or protecting. Okay?

So, I'll leave you with that. That's your lesson for this month.

Be LOVE. Be FREE. Be GOD.

*Eugenia Oganova*

