

Staying in the Light in a World of Instability

Interview with Mirabai Devi

Where is Humanity at on the evolutionary spectrum?

We are at the beginning stages of our human awakening. There have been many stages throughout history of more evolved civilizations, for example Atlantis, Lumeria, and some of the more matriarchal civilizations.

The time has come where we are now moving into another awakening period. We are now in a very concentrated time of awakening. It's not easy because there's a lot of pressure on us to wake up through complex and unpleasant circumstances. We are being pushed to wake up at large.

We are moving through a tough time but on the other side we will come out into a more awakened cycle, hopefully with greater spiritual leadership and wiser political leadership. We will be in time of greater Light. We are going through this for a purpose. It's a time we've been waiting for, and the purpose is to get to the other side for a world filled with more Light.

What does it mean for us to be in a Polarization of Dark and Light?

Duality comes from splitting consciousness. When consciousness splits it polarizes into negative and positive poles where things become a whole spectrum of colors. This spectrum includes pain, suffering and heartbreak on one end to love, peace and joy on the other end.

We all have the polarization of Dark and Light within because we are a replica of consciousness and form. Our evolutionary journey is about experiencing this scale of Darkness and Light. It's up to us to look at if we are stuck in a suffering model or a joyful mode.

Rising up out of negativity

We can rise up out of negativity. Ultimately the goal is to overcome duality and be One in Unity and Consciousness. That we rise above our emotional state and our outer world, that we rise above the duality within our internal world and our external world, that we rise above the pleasure and pain so we don't hurt ourselves and others. We are here on our paths to learn how to overcome the duality into Unity Consciousness.

Ultimately it is about living in the world in a state of neutrality. Neutrality brings us into Unity.

What is neutrality?

Neutrality is taking a challenging emotion or negative experience and releasing the trigger or reactive charge that is connected to it. We then are able to bring it back into a state of equilibrium and balance within the Self. It is taking on an attitude of God Consciousness where we see the situation from the Soul's perspective. We can take it from a reaction to a negative circumstance to neutralizing it to be in equilibrium and balance to ultimately finding the blessing in each circumstance. When we are finding the blessing we are seeing it from the Soul's perspective.

Neutrality brings us peace of mind and allows us to gain perspective over pain and suffering. Shiva is consciousness. Consciousness is neutral, it transcends duality. Once consciousness manifests into form it splits into form of Light and Dark in order for there to be a more clear experience of lessons. As Paramahansa Yogananda says, "we need both the Light and the Dark to project the images onto the screen." In order to create this movie of life as we know it we need both the Light and the Dark.

How is Neutrality different from Indifference?

Checking out comes from emotional trauma that's not fully processed. When we do a spiritual bypass we bypass our feelings and we fragment ourselves. We fragment ourselves because we cannot handle reality due to the painful experiences. We check out because it's a survival mechanism.

Often doing deep emotional healing work and process work, along with overcoming being frozen in time into certain certain traumatic circumstances in our life, this then requires a certain amount of soul retrieval work in addition to emotional release work. It's very important we do this work while we can when we're in a body and we don't carry it with us into the afterlife. Many people carry the trauma throughout lifetimes and never really clear it or heal it. It may take the work of a skilled spiritual, emotional healer or someone who can do shamanic soul retrieval work in order to release these stuck, fragmented, traumatic spaces or places. This gives us the opportunity to recalibrate and integrate.

So you can see the difference between neutrality and indifference is that

neutrality comes from seeing through the eyes of consciousness versus indifference which is bypassing emotional feelings due to emotional trauma.

Where is humanity on the spectrum of neutrality and indifference?

Humanity is mostly in reactivity and that humanity needs to learn to respond rather than react. Humanity is coming from emotional triggers from childhood trauma, past life trauma and from feeling disconnected and separated from consciousness.

How can I know where I'm at?

Each human being will need to do some deep soul searching to uncover these fragments of trauma that are frozen in time and space. We are all here to experience, and many of us find ourselves in our own evolutionary search. In fact, the journey and path of the soul in itself is a deep soul search. We come here to learn lessons. It's like our lessons are an onion and with each discovery we peel back the next layer of the onion. Each time you look there's another layer to peel back to release the trauma.

How do we stay in the Light when everything around us is unstable?

We learn to develop a relationship with our Higher Self, the Self Within, the Light. The Light or Self Within is our deepest most inner self that needs to be honored as our first, more foremost relationship in our life. Going into consciousness and prayer, and forming a relationship with Divine Self always works. It always helps above all else.

Another way to stay in the Light is to increase and deepen our daily spiritual practice, to open into the guidance of the Light, clearing the blocks and obstacles that limit us, releasing and cleansing the negativity that we accumulate throughout the day, and focusing on God. It's important to give ourselves fully to this. Practices for this might include daily gratitude offerings, positive affirmations, mantra practice, staying connected with Nature, and more. This will help us to remain in a positive attitude and mindset so that we may stay in the Light.

For example there's a phenomenon happening right now on our planet which all of you know about: the COVID-19 virus. This virus is creating a fire-storm of panic and fear as it spreads throughout each country and the continents. Each of us are being impacted by it in one way or another,

whether it's financial, physical, social, or emotional.

We may have a friend or family member who has tested positive for the virus or gets sick without knowing what illness they have. This is terrifying for family members and friends. And some of our community members are being heavily exposed to the virus as they work in the medical and healthcare field to care for the sick. Our physical wellbeing of being 6 feet apart but it's something that we must do to preserve our human race and keep our loved ones safe.

Our finances and work may be impacted as business have closed, people are out of work, or business have been directed to have employees to work from home. People all over the world are cutting back in their spending, in fear of not being financially replenished, and not knowing how they'll pay their next mortgage or month's rent. Schools and churches have temporarily closed where childcare has now created another issue for parent's who work. If children are home and cannot get to school come cannot get to work.

Socialization and the emotional aspects have been impacted by this pandemic. As each state in the process of issuing stay at home quarantines, we find ourselves more physically isolated than ever before. It's bringing about a deep loneliness and isolation from friends, family and loved ones, and co-workers. It's hard on the elderly and on those who experience depression. This feels like it's creating a deep separation within which is impacting many people on an emotional level. I'm hearing more and more from individuals that they are experiencing depression and sadness.

The paradox of all of this is that even though we are living in more physical separation we are actually coming together in community. We are reaching out to friends and family by phone or video and we have more time at home with our family. We are seeing community members, loved ones, friends, and even strangers coming together in virtual acts of love.

More people are volunteering at food banks, delivering meals on wheels, and helping in ways that that are not spreading the virus. We see and hear the singing from the balconies in Italy and from the streets of San Francisco. We are witnessing how people are offering love for their elderly or infirmed family members by calling every day. We're hearing how people

are picking 3-6 people to call and reach out to on a daily basis. And we continue to hear more and more stories about how individuals are reaching out to lift each other up.

This is all a testament to our human spirit, that we can come together in community even though we cannot be physically together at this time.

Again a good way to stay in the Light is to increase and deepen our daily spiritual practices. Forgiveness prayers will indirectly help clear the karma by cleansing past karma and lineage which blocks us from accessing Who We Are.

Affirmation statements will change your subconscious belief systems and reprogram them into a more positive version of what you want to create through your subconscious mind, ultimately helping you by raising your vibrational frequency. Prayers will call on the Divine Grace that will help to dissolve these specific blockages.

Using a daily mantra will also help to release these feelings. Mantras, forgiveness prayers and affirmations will help you by raising your vibrational frequency. By practicing these you will begin to vibrate positive Divine frequencies to yourself and others.

This topic of Staying in the Light in a World of Instability is a vast topic. Because of that, and because of the timing of where we are at in the world today, I will be offering this in a three-part series over the next three months. So we will continue to focus on raising our vibration and staying in the Light as we navigate together through these global shifts.