

Episode 12: Quitting War

Hello, beautiful souls. And welcome to this week's podcast episode.

I wanted to speak with you today and just reflect with you about what's going on in Ukraine because I know it's on our hearts and our minds. And I'd like to help us sort of zoom out a little bit and look at it from a wider perspective than obviously we receive in the mainstream media. And I'd like to place it within the context of this shift of consciousness that we are undergoing collectively and globally.

So what we're witnessing, of course, in the invasion of Ukraine by Russia is yet one more example of the consciousness of ego or the dualistic consciousness, a consciousness of separateness. We're seeing yet one more expression of that. It's the consciousness that gives rise to the concept of enemy. It's a consciousness that focuses on domination and control. It's a consciousness that, of course has its roots in the idea of separateness and seeing kindred souls as the other.

So we're seeing something that we are actually quite familiar with. It's the story that's been playing out on planet Earth for millennia. And we know that, and we know it quite well. And we also know how much suffering it brings.

So on one level, we're seeing the same old story. The same old, same old. On another level, we are seeing something shifting. We are seeing this mobilization, this growing will to come together and to in a sense starve that behavior of aggression of the resources that it needs to act in the world.

And what we're seeing also that's different is that there is not the immediate jump to meeting the aggression with further aggression. It's not about sending in troops. It's a different form of response to this kind of aggression. And that's something that's new.

And also something that's new is that we are now globally connected through the internet, and so we have this kind of collective awareness of what's going on. We've also been in a pandemic for two years, which has caused us to increase our awareness of what's happening. I've talked before about COVID, meaning, literally, that word co-vid, if we break it down into its root forms, it would mean to see together. So we are in this season in which we are seeing together the effects of this kind of consciousness and how it creates unnecessary suffering in our world.

And there is this gathering will to cease this kind of story, to put a stop to it, not in the usual ways of meeting it with equal force, but to find other ways to withdraw support from this kind of behavior.

That said, we are also seeing in this new way of responding, we're also seeing the continuation of some aspects of that egoic consciousness. We're seeing the continuation of the idea of enemy, that the Russians are the enemies or Putin is the enemy.

So it's very fascinating to me to see how this shift is happening in some ways where we're doing something different, and in other ways, we're not quite there yet. We're still holding on to that idea of enemy.

So we're seeing more of the same in the same old story. We're seeing changes in the response, the global response to this aggression. And at the same time, we're seeing the same old story underneath some of that response.

So for those of us who really do want to open to and anchor, truly, the consciousness of love, the unitive consciousness, I see this moment as an invitation to us to really open up our hearts and our minds, to transcend the whole idea of enemy. In this scenario, there are no enemies. There are simply actors that are playing out this consciousness that has been part of our human experience for millennia.

And so for us, as those who are interested in supporting and opening to, and participating in this we awakening, this is an opportunity for us to, in our own minds, divest from the entire idea of separateness, of other—to quit war at every level.

And what that means is to not only quit war when it comes to political engagements, but to quit the pattern of war in our own minds, where we find ourselves at war with our circumstances, at war with people close to us, at war with ourselves, at war with our own minds. To simply allow this moment to be an invitation to us to divest from war all together, in our own beings, in our own minds, our own hearts.

And I think that collectively a lot of us are feeling that sense of weariness around what's playing out right now in Ukraine. We feel this collective weariness about this story. Here we go again. Why do we have to do this again? There's this deep sense of tiredness in us.

And I believe that that weariness and that tiredness is also an invitation to us, to listen to it, to listen in our own minds and hearts how we are tired of this story and how it plays out in our own lives, and our own imaginations, and our own consciousness. To allow ourselves to recognize how tired we are of the story.

And allow that tiredness to be an impetus for us to lay down our weapons, however they appear in our own minds, or imaginations, our own relationships—to allow this to be a moment that invites us to quit war at every level.

And in closing, I would like to share a couple of passages from the sixth book of Choose Only Love, which is a series of messages that have been channeled by Sebastian Blaksley.

"I do not want you to fall into the error of believing that creating a New Heaven and a New Earth is a task to be performed, or one that involves eliminating the current world and replacing it with another. . . . To include everyone in the embrace of love is to create a New Heaven and a New Earth. To keep everyone within the being that you really are, and keep them in your heart as if this were the universe where they live protected by love is to create a refuge where hearts can live in peace, that is bringing heaven to the world. For it is true. We are one heart."

So I encourage us all to hold this entire situation and all of the players and all of those who are suffering in our hearts, transcending the idea of enemy and quitting the idea of war.

And until next week. I bid you peace