

Regeneration: the Grace of the Holy Spirit

by
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We are in accelerated times, to say the least, as we rapidly approach the end of the millennium and gaze with questioning eyes into the unknown frontiers of our future. It is a time in history that has been referred to as the “shift of the ages” by ancient wisdom text which prophesy the close of a grand cycle leading to the birth of a new world. These ancient texts are known as: the Holy Bible, the New Testament Apocrypha, the Book of the Hopi, the Dead Sea Scrolls, the Book of Enoch, the Egyptian Hieroglyphics, the Emerald Tablets of Hermes Trismegistus, the Kybalion, the Nag Hammadi Scriptures (Coptic Text), the Rosy Cross (Rosicrucians), the Secret Orders and ancient Mystery Schools, and the Myan Calendar ... to name a few. And they all imply that something major will occur around the close of this 2,000 year cycle and the beginning of the next. We believe it is the ushering in of the Age of the Holy Spirit, the movement of God’s love as Father, upon the divine idea of humankind, the Son, to usher in the second coming of Christ, the awakening of Christ consciousness in all.

If we look at the evolution of the spiritual consciousness of humanity as unfolding in awareness in alignment with God expressing as trinitized Being (Father, Son and Holy Spirit), we can make a correlation to the times of the Old Testament teachings as being that of the Age of the Father. It was a time in history where the consciousness of humanity was awakening to the awareness of God as Father, meaning principle, law giver. The New Testament brings to light a new age, the Age of the Son in which the Master Jesus expanded the consciousness of humanity, not by doing away with the law, but fulfilling it through the teachings of grace. “I did not come to destroy the law but to fulfill it,” was the essence of His teaching. “And from His fullness have we all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ” (John 1:16-17). Now, 2,000 years later, we find we are once again entering into a new age, the Age of the Holy Spirit. It is a magnificent time of increased mystery and resolution beyond the reasoning mind; a time when the Holy Spirit is quickened by the movement of the Son at the impulse of the Father to make the Word flesh as in Him who said, “[i]n that day you will know that I am in my Father, and *you in me*,

and I in you” (John 14:20). That day is now, and the Holy Spirit is moving upon the waters, the waves of consciousness, the deep within us, to reveal the face of Christ so that we no longer see through a glass darkly but stand face to face with the mirrored image of the beloved I AM that I AM!

As prophesied, these are the “end times.” The end of ignorance to the awareness that God’s created world responds to minds and hearts in perfect alignment with God’s perfect law of grace, not karma. The end of judgment, referenced as “the judgment day.” We are no longer allowed the labeling of someone or something as right or wrong, good or bad. It is time for the end of conditional love offered by conditioned minds and the end of time understood as past, present and future. There is only now. All of this is creating a major shift in consciousness that was destined to come of age by the prophesy of that which was seeded in the heart of every created being in the beginning as the DNA (Divine Nature Attributes) of God. Anything less than pure God (love) memory is being called to the surface to be transformed by the activity of the Holy Spirit. All energy is being raised to the frequency of light, that we may enter into the eternal life consciousness of Christ, and live in the house of the Lord, forever!

The Holy Spirit is breaking down the illusions of the mind and heart that have kept us in pain, suffering, and the sense of separation for eons of time. That within, which serves two masters, is being called to the loyalty of only One. The fickle, the vain, the father of lies; the fearful, the timid and shy; the bound, the burdened, and the hopeless, are all being called to trial before the Holy Spirit (whole spirit) of God who exposes them to the Truth that sets them free from serving karmic penance. The last trumpet has sounded and we are being set free by grace. We are being regenerated and attuned to the resonance of pure love and wisdom. That process is known as ***regeneration***, which means to renew, restore, revive, rekindle, activate, and awaken. It is important to remember, however, that the process of regeneration also includes letting go, release, and relinquishment. Therefore, as we look at the particulars of this process, it is important that we learn to distinguish what is breaking down from what is breaking through. Otherwise, we are liable to be drawn into a mental state of despair instead of the joy that is warranted in these times. That which is breaking down is anything that is being ***tenaciously held in fear***. That which is breaking through is ***unconditional love which holds on to nothing, has no predisposed conditions for activation, and needs no object upon which to bestow itself***.

Taking one step aside to view the activity of this moving force within us, it looks something like this: (1) Change ... dynamic changes in thought patterns,

feelings, emotions; (2) Change ... drastic change in the behavior patterns of individuals, families, groups, governments, weather; (3) Change ... in policies, structures, belief systems; (4) Change ... in sleep patterns, memory retention, body chemistry, nutritional substance; (5) Change ... in the prayer experience, meditation practices, hearts desire; and (6) Change ... in the five senses: hearing, seeing, tasting, smelling, touching. To the degree we resist change in any of these areas will we fall prey to the hopeless, helplessness of despair that always accompanies tenacious resistance to change, and we will miss the joy that is available to us as the process of regeneration brings into manifestation the conscious co-creative being our prayers profess we desire to become. Through the regenerating force of the Holy Spirit, the mind which is in Christ Jesus is becoming re-membered in us. This is what is meant by the second coming of Christ. "I will come again and will take you to myself, that where I am [in consciousness, in mind] you may be also" (John 14:3).

This mind is far removed from the Garden of Eden consciousness which is tempted to partake of the fruit of the Tree of the Knowledge of Good and Evil. It judges not the actions, responses and choices of others, but embraces them with a greater love which simply allows, knowing that in doing so, each of us gains the wisdom of co-creation that free will offers. "I allow all, and all choices, trusting in the Source at the center of all consciousness to awaken Itself through the gift of free will, and quicken the wisdom that is gained through the awareness of the consequences of each choice." This is to partake of the Tree of Life and be regenerated by the choice of the Higher Mind. No judgmental energy is released, and thus the degenerative energy that judgment generates does not tear down the mental, emotional and physical system. Without the restrictive energy release of judgment, the Life Force automatically flows, renewing, revitalizing, restoring to wholeness. To the degree that we still insist on being judgmental, will we encounter the pain of resistance in this shift. We are destined not to judge, for judge not doeth our Lord, and we are created in that image. The Holy Spirit has come to transmute all resistance to this *change* of consciousness.

In this regenerative process, *Love has come of Age*. This is not love as we have known it from the fruit of the Tree of the Knowledge of Good and Evil, but again, love from the Tree of Life, the ever free flowing Source that replenishes Itself from Itself, with Itself, to Itself. Others behavioral patterns responsive only to certain standards of condition are not prerequisite to Its free flow, for conditions are completely foreign to Its nature. As judgment is left behind in the Garden of Eden, and allowing becomes the energy of consciousness, the portal of the heart is opened to reveal the entrance into the kingdom of God's love, the New Jerusalem,

which contains the full-fulfillment of all love's desire. Herein we are renewed, restored, revitalized, regenerated with that which we are, and we become the love we have sought to receive from our conditioned state of awareness from which we have viewed life for eons of incarnations in the process of evolution. We are supplied from the Source, by the Source to the Source that we are, and the flow of love spills forth into the manifest world blessing each person, object or situation, but needing none of these things or conditions to activate the flow. In this regenerated state we **ARE** patient and kind, not jealous or boastful, arrogant or rude. We do not insist on our own way. We are not irritable or resentful. We are empowered to bear all things, believe all things, hope all things and endure all things. We love with an everlasting love, for the veils that restricted the flow from the Source within have been transmuted by the fire of the Holy Spirit. All attachment to conditions has been removed. We are boundless and free. This is regeneration. This is eternal life in Christ. This is the way, the truth and the life.

As this process accelerates, many of you are experiencing symptoms of regeneration. I am going to list some of them here, and remind you that as they come upon you, **REJOICE**, for they are making of you a new creature in Christ. There is nothing to fear and everything to be at peace and in joy about. The frequency of energy that is regenerating you is **Light**, and many of you are now experiencing regeneration at the speed of light, or so it seems. The more you relax with it and **allow** it, the easier and more joyful will be your experience. Some of you will have a few of these symptoms, and some of you will have all of them. Each of you will have them in varying degrees, for each of you is at a different stage of purification. Sometimes you are being infused with the light, sometimes you are being defused by the light. Because of this, you will more than likely experience extremes of energy:

1. Extremes of emotions ... bliss and joy, to sadness and grief
2. Conflicts in relationships
3. Extremes of high and low energy on any given day
4. Sleepless nights or needing extended sleep
5. Sense of emptiness, void--no goals, passion or ambition
6. Strange skin sensations: tingling, itching, twitching
7. Unusual body movements: jerking, swaying in meditation, head rotation
8. Heart fluttering, hot or cold energy in the body, rapid eye movements, headaches, rashes, flu symptoms, elimination activation
9. Strange dreams, reoccurring dreams, nightmares, prophetic dreams
10. Unusual breathing rhythms, pressure, speaking in tongues
11. Mental confusion, loss of detail memory, sense of time loss

12. A sense of loosing your mind

In a very real sense you are loosing your mind, the old mind, the one that was restricting the flow of love, wisdom and truth. You can't put new wine in old wine skins so the Holy Spirit is creating new ones. All past memory that is not a vibrational match to the memory of the divine idea for humankind, Christ, is being regenerated and lifted. This high frequency energy is calling forth everything that is not a vibrational match to it and, by embracing it, is lifting it to Its frequency. We're being called to face it up! Paul describes it best in 2 Corinthians 3:18: "[a]nd we all, with unveiled face, beholding the glory of the Lord, are being changed into his likeness from one degree of glory to another; for this comes from the Lord who is the Spirit." Before, we stood face to face gazing into the mirrors of life in darkness and ignorance to the laws of our own creation. Now, face to face, the veils of consciousness that have separated us are being rended. All our alter-ego protective behavior patterns are being exposed by the light to become the light. "For it is a shame even to speak of the things that they do in secret; but when anything is exposed by the light it becomes visible, for anything that becomes visible is light" (Ephesians 5:12-13).

Also, it is very important that we not resist what the light makes visible. We must allow it, and embrace it, and place the single eye upon it. In this way, the law of attraction from the higher frequency will attract it unto itself. If we try to push it away or resist it, or even deny it, by the law of attraction (which only deals with increase of that which we focus upon) we will simply attract more of what we don't want to remain in consciousness. We must stay focused in faith, knowing that whatever is up is up for viewing and viewing only. It has come up to be transmuted and regenerated by the Light. It must be allowed, accepted and simply observed. It is not to be analyzed, criticized or condemned. It is not to be feared or rejected. It has not come to teach us any more, for our learning from it is complete. It has come to be regenerated and embraced by light.

We understand the laws of creation and how they work. Now we are being realigned by the Holy Spirit, not the conscious mind. We are being attuned, for our learning has required much use of our mental/emotional instrument-- practice, if you will, of the musical scale of the laws of life that produce a harmonic flow. In our practice we have become, like a well used piano, out of tune, but we have learned our piece (peace). Now, we surrender to the Master for attunement that we may play in harmony with all that is. This time is symbolic of the end of the evolution of consciousness through mental science or finite mind which seeks to reason its way back into the harmonic flow. It is now time for the regeneration of

consciousness through mystical surrender to infinite Mind. “Behold, *I* make all things new” (Rev. 21:5).

consciousness. We are simply asked to surrender it, trust it, allow it, and rest in it. Every moment in time we make the choice for surrender, trust, allowing and resting in the wisdom of the Holy Spirit to make all things new, we cooperate with our regenerative process. Time as we have known it comes to a still point of memory anchored in the heart of God. Miracles happen! Karmic debt ceases its Pete and Repeat cycles, for it is consumed by the eternal Now of grace, the Truth that sets us free. This is a time of forgiving and forgetting, a time of allowing and remembering, a time of becoming and being.

In closing this article, I would like to leave you with the only “how to” that is compatible with the regenerative process as we enter into the Age of the Holy Spirit. It is a simple formula that helps us cooperate with the integration of the Light. I call it the *Star System* which refers to the star light of Christ that you are. The *Star System* is simply an acronym for pure heart intention which is focused on Surrender, Trust, Allowing and Resting in Spirit. *Surrender, Trust, Allow, Rest! STAR!* That is the only doing we are allowed now. And when we do this, it activates the Holy Spirit and quickens the regeneration process. It is not up to us to do the work of regeneration, that is the work of Holy Spirit. It is, however, up to us to make the choice to be willing to undergo *change* for the glory of God, and to entrust this process into the hands of the Holy Spirit.

We are living in an exciting and accelerated time, a time of Alpha and Omega coming together in ONE, a time of NOW, eternal life in Christ. We are being changed in the twinkling of an eye. And even though we are God’s children NOW, “[i]t does not yet appear what we shall be, but we know that ... we shall be like Him...” (1 John 3:2), “... not because of deeds done by us in righteousness, but in virtue of His own mercy, by the washing of *regeneration* and *renewal* in the Holy Spirit, which He poured out upon us richly ... so that we might be justified by His grace and become heirs in hope of eternal life” (Titus 3:5-8). We have entered the Age of the Holy Spirit, and we are being regenerated into the eternal life of Christ consciousness. *So, BE It!*