

## 2012 & The Cosmic Pulse

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The cosmic pulse in its totality is the pure creation force. It is the heart beat of the absolute that we all long to return to.

From this space of awareness it is possible to change the basis of our reality. When consciously activated it allows access of all potential within from the position of both oneness and separation. It represents the absolute embodiment of the full Christ potential and is the underlying energy of all creation.

The Cosmic pulse is a tool which can assist in both the individual and Earth collective to reach a new state of awareness and evolve beyond duality, separation and enter a new a paradigm based on love.

2012 is seen as a pivotal point in time a time of change and a shift of conscious awareness into a different love based paradigm. **However the activation of the harmonic convergence within as an expression of oneness and Cosmic Christ Consciousness has already begun.**

For many this means 2012 has all already occurred and is occurring. We are already stepping into the unknown, leading humanity into a new dawn. Acting literally as ice breakers through the cluttered mind of consciousness we move through our own blocks to oneness & non duality creating a love that totally accepts all things within and without ourselves. As this occurs it allows the rest of humanity to follow.

When enough beings enter this new state of consciousness a momentum of energy will occur. Humanity will literally be re – pulsed moving as a whole from the consciousness of separation to that of oneness.

2012 is very much a beginning of a new cycle in evolution as humans become able to embody their full presence whilst in physical form. This will allow the release of huge amounts of energy back into the form of love. **Everything that is not held as love will come up for resolution** – many of you have already made that choice! This means you know the challenge ahead for mankind.

It is then our mission to assist and facilitate these monumental changes. During this period of time it becomes more and more necessary to step out of judgement, shame, blame and retribution, and take full responsibility for our creations on all levels.

No matter what is happening around us - to know that it is an expression of love!  
That the more we judge and reject any type of energy in favour of another we  
create a divide and increase separation and the turmoil around us.

**This is the challenge of the new paradigm now! 2012 – & beyond**

**It is time to accept responsibility for all that we have created in our lives so  
far and then surrender it back to love & wisdom.**

**To give up all aspects of duality in order to be free**

**To face our darkness, and accept the gifts that doing so brings – enabling a  
multidimensional awareness**

**To be fully present as a DECENDED MASTER and embody the LOVE  
that we are – to no longer exist in separation from the absolute in any way.**

For me personally re-awakening to the cosmic pulse occurred in 1997 when I had a  
massive psychic and spiritual breakthrough. I became aware of myself as a  
multidimensional being - compassion, wisdom, joy, and bliss filled peace as all the  
feminine divine incarnations.

At this point in my life it was an extremely difficult space to embody and come to  
terms with. As flash back after flash back of memories returned remembering  
myself in such an intense way was a huge shock. Although it was a very beautiful  
and amazing experience, it was also very frightening taking me to the edge of  
psychosis. I continually rejected the idea that I could possibly have ever been a  
divine being as I put all the memories back together and saw the enormity of it all  
and said 'why me' and broke them up again!

I live in a small conservative community and even within the healers that I  
eventually found, there was no one that could truly grasp the enormity of what had  
happened to me, and help me through the maze of integrating this experience.

The need for answers took me around to India, to Sai Baba, who had for most of  
my life guided me through dreams without my awareness of who and what he was.

I gave up my life as I knew it and surrendered to the process of becoming what  
these memories demanded of me. Still struggling with 'why me' it took several  
visits to India, and finally a meeting with some amazing 'normal men' who had  
gone through a similar awakening process. This gave me permission to accept the  
enormity of my divinity and move forward into integrating the memories and  
awareness that I had been given.

The process took me frequently into an awareness of being all things, and a love so profound that it created an intense yearning to maintain this state at all times. This in turn drove me deeper and deeper into my own inner knowingness teaching me how to re-embrace my multi-dimensional self in all its forms, regaining the space of non-duality, allowing me to embody my own divinity in a much more consistent way.

During this period in India, I also worked with Maharishi Vetathiri who taught and initiated the art of meditating at zero point. He said that 'all solutions and answers are found at zero point'. For me it is the gateway to the creative force that we call God, Love, The Absolute, or Source, it is a dynamic and powerful energy. I found that I had always been able to access this part of myself without knowing what it was.

With a greater understanding of what meditation at zero point could achieve I spent regular long periods in meditation at this level of consciousness. I worked with healing myself and the archetypal energies that hold the illusionary concepts of separation in place.

I also connected with group of women around the world who also re-membered in this way and began to feel at home with this enormous awareness as a 'normal' part of myself.

In coming to understand these truths I found at zero point I was taken to all the heavens and the hells, limbo, and purgatory. I was shown the divinity in all these states of being within myself and others.

It was not enough to understand the role of the 'light' and the divine mother/father but I had to integrate and accept how each part had been used to create separation.

**I needed to be able to see how amazing separation actually is, the ingenious way that judgements, vows, beliefs and agreements construct our reality to give us the illusion that we are separate.**

Coming to terms with separation and its beauty allowed me to become more and more integrated within myself in all the dimensions. As I was no longer judging each aspect, separation ceased to occur. This is one of those very back to front levels of understanding that the more we accept something the more one we are with all things.

On embodying the understanding of myself as ONE I finally understood that in order to be one with all things we have to be all the divine incarnations, in fact all things all places, all beings, all events. From the space of oneness there is only the NOW in which all things are occurring simultaneously. It was in comprehending this that I also understood that whatever I was, whatever I was doing was part of that whole and only I could do it. Others were doing exactly what they were meant to do. THIS MEANS I COULDN'T DO ANYTHING WRONG – ONLY ACCEPT THE EXPERIENCE FOR WHAT IT WAS.

I was able to finally hold this energy consciously in a more contiguous way, and to come to terms with my own divinity. This is still an ongoing project!

## What is the cosmic pulse?

**The cosmic pulse is created from four aspects – the inner flame of love, zero point, liquid love, and a pulse which brings all these energies together in a harmonic convergence that liberates all potential and creative force within.**

The cosmic pulse can be used to dissolve all types of energy cycles/patterns and limitations within yourself.

At the centre of the pulse is an **inner flame of love** this is comprised of all the possible aspects of creation, based on the energies of 'creation' 'nurture' & 'transformation'. The colours and sounds of these vibrations are then merged into different colours, and become and iridescent, pearlescent flame of total absolute potential.

**The flame is the point of Surrender... it is where we give all our actions back to their source, releasing the energy that is held in judgement around an experience, taking it back into flow and allowing it to transform into love.**

Separation is created by our judgements, beliefs, vows, and agreements. It is important to understand that most of these constructs are beyond the mind, between zero point and itself. They are the things that operate in your life that you can't seem to shift and clear and we expect our minds to deal with them not realising that we have to go beyond the mind to access them.

The constructs are often circular, and have our mind running around in loops when if it only stopped still and surrendered the issue back to source it would

allow the space for healing/release to occur. I call these impossible tasks, because often the reason they loop around is because they are creating a loose/loose scenario that we fear to end from any direction.

Often healing is not successful because we are using our minds and it is only taking place on one level of the mind, physical body, or emotions, beta, alpha and theta levels of consciousness.

It is rare we can access delta except in dream time, or go beyond the mind to zero and totally connect to the absolute to heal.

The flame creates a space for **zero point** to exist – Zero point is the part of ourself that is beyond duality and the judgements that splits our energy field into light/dark, good/bad, masculine/feminine, etc. It is the where the positive and negative of each of these comes back together in total acceptance (- & +) = 0. This is the place within that accepts and dissolves, transforms, and creates all things as part of itself. It dissolves all of our ‘stuckness’ in the form of beliefs, vows, agreements and judgements, and the emotional context we have placed on them. The flame produces an all encompassing **liquid love** that continuously and effortlessly supports our continuing evolution.

The **Liquid love** acts as an aloe vera type fluid, which supports every living cell in the body rejuvenating, moisturising with pure love. This expands and releases limitations and blockages by dissolving them back into love in a very gentle way. Thus creating expansion back to conscious awareness of ourselves as eternal multidimensional beings of pure source.

**Complete acceptance is created with the liquid flame of love.** Created from zero point, it holds the quality of the absolute and will absorb both negative and positive aspects back into itself.

It represents an unconditional totally accepting aspect of our self that is capable of supporting and resolving all issues that we face. Liquid love operates as a liquid flowing zero point – that is it is total acceptance and holds all of the qualities of love and the absolute. It will absorb both negative and positive aspects back into itself.

**As we turn inwards it is crucial to have the willingness to love all that you are.** No matter how it presents itself externally or internally it is a part of you. Without the liquid love present in our lives we continue to judge our inner and outer worlds creating deeper and deeper divides. Often on our life’s journey we

stay focussed on the external or outwards expression of our self because what we find when we turn inwards are all the judgement of our previous experiences. These judgements then bounce us back into an external expression because it is just too hard to deal with the pain that the judgement created. Be that in the form of anger, fear, rejection, guilt, or overwhelm.

Up till now the level of love needed to release separation has not been available. Now by utilising the energy of the cosmic pulse it is possible with intention/visualisation to send this love to any type of situation or emotion releasing it back into love. It can lift the feelings of overwhelm, guilt, fear, anger, into a creative force that can be utilised to move forwards instead of a never ending cycle of destruction that spirals further and further downwards.

**All we have to do is ask** and continue to accept into this love anything and everything that comes up for us.

Being encompassed in the liquid love is the ultimate safe space for us, the feeling of being in the egg, safe, snug, and surrounded by love and going into bliss. When this occurs whatever we have created and stored in our bodies is willing to release into that safe space and becoming the wisdom and love that it was intended to be.

Sometimes this is still not enough and it is necessary to give oneself hands on healing, or focus love in other ways on the area that is causing distress. It may mean taking a walk in nature, having a warm bath or listening to a favourite piece of music – whatever it takes to allow this love in to release stuck energy. This process teaches the ego that it is love and it is possible to let go of whatever created the split.

The liquid love dissolves and accepts the aspects that we have created and held in separation and the inner flame uses them as fuel. The flame then grows and increases in size deepening the awareness of our self as love. This allows us to literally glow with divine energy and love as an expression of who we are.

The ego is like a glass wall – it acts as a barrier between yourself and love – ultimately it desperately wants to be love and included as a part of God or source. For us to grow its role has to change from one of creating limitations and separation to that of growth, wholeness, and love.

Deep healing continues once you start to love the ego and the separated parts of yourself and experience that you have rejected the divinity in the experience, which normally shows itself in an intuitive leap, by someone saying something, you

reading or watching something, or just by communing with nature and a deeper connection with yourself. The ego is taught that it is safe to surrender to that love and becomes increasingly more and more comfortable with the process.

Our pain represents enormous amounts of potential energy that is compressed, unused and unloved. Being willing to love our pain unlocks that potential, freeing it to be used in a dynamic way, allowing you to recreate whole aspects of your life.

All the time we hold the ego as a bad thing then we are denying ourselves the ability to totally love and accept all that we are. Ultimately it is only in acceptance of ourselves that we are able to become whole again, releasing the illusion of separation completely. We are the one.

All aspects of judgements, vows, beliefs, agreements, and experiences need to be accepted and dissolved with love. It is not necessary always to know what they are, but **in feeling the feelings** that are attached to them, the agreement is automatically dissolved back into oneness. You then may get insights to understand what the energy relates to.

Sometimes these patterns can provoke an intense emotional reaction, or awareness of not being centred or in integrity. Often when this happens it is not appropriate to stop and meditate and work with them. A good practice is to find time each day to review these events. Then in a time and space of safety recreate those emotions and let them go.

The quickest way to achieve detachment is to be willing to feel the feelings, to acknowledge them, love them unconditionally, and allow them to merge back to oneness at the point of zero.

The **pulsation** is created by the harmonic convergence turned within us in an up down direction and side to side creating a pulse of pure energy (cosmic pulse). The convergence is triggered by a decision to turn all of the aspects of self inwards toward each other. It literally means the bringing together our light/dark, masculine/feminine, higher self/soul/physical/mental/emotional bodies so that instead of creating separation by moving in an outward motion away from themselves they turn inwards creating an explosive release of divine awareness and integration of all of our experiences.

By turning inward we choose to activate this pulse as our conscious awareness bringing 'it matters' (or matter/light) and 'it doesn't matter' (or anti-matter/darkness) back together as a dynamic pulsating energy.

The pulsation pushes the liquid love around the whole of the self, supporting the evolution and liberation of consciousness. Each and every aspect of our self then begins a journey of total acceptance creating a harmonic balance as an expression of oneness. It allows a continuous surrender to the flame of love within releasing wisdom and love as an individual expression of the self.

This creates a shift in perspective and for the individual to experience existing in the space of the Cosmic Christ. At first this may be a fleeting feeling, which as the cosmic pulse becomes stronger and the process develops, becomes a way of life.

This pulsation literally tunes us back into the flow, rhythm and vibration of the heart of the cosmos, allowing us to see ourselves as whole, as an individual reflected in all beings. Going with the flow takes on a new meaning and wonder as it becomes possible to feel and know this space as a reality. The miracles that the constant space of acceptance and surrender create become a way of life.

This is because **surrender is giving** and **acceptance is receiving** in their most divine aspects. In other words we are in a total flow of giving and receiving from a whole heart. This creates enormous potential in our lives opening up new avenues to explore without fear and previous judgements holding us back. It allows us to come from a space of unconditional love and compassion as we set a new way of being for all of earth.

**It is the inward journey and total acceptance and surrender of the self on all levels which creates an explosion of energy within and outward expression of love and light. This radiates outwards literally re-pulsing the world around us.**

**Using and Creating the cosmic pulse is very simple – there is a guided meditation on my website that is free to access. Go to [www.thecosmicpulse.com](http://www.thecosmicpulse.com) and find it under courses.**

**Or use this simple visualisation**

Feel/intend/see/know (whatever works for you – intention is enough)

- Start by being willing to feel whatever has been triggered in you – this may be something that has been happening for some time, or during the day and you are now reviewing the events.

- Know that sometimes we are so afraid, angry, in grief, or frustration and judgement of our self or someone that the mind will tell you there is not enough love there to use.
- **INTENTION IS ENOUGH – THERE IS ALWAYS AT THE CORE OF WHO YOU ARE A SOURCE OF LOVE THAT IS ACCESSABLE THROUGH INTENTION.**
- Use the liquid love by intention (aloe vera) encompassing every aspect that is you. Start with the physical body, the feet, up the legs, into the hips, pelvis, spine, shoulders arms, abdomen, all the organs, muscles, tendons, face, jaw, brain, spinal column, blood, every single particle that is you. Feel it Moisturise and expand any blockages/limitations.
- The liquid love is moisturising, loving, relaxing, and expanding the stuck energy that is held in all these parts of yourself.
- As it begins to flow, allow the expansion of the energy... it is able to move again and flow towards the pearlescent rainbow flame in the centre of your heart.
- The flame is created by the aspects of creation, nature, and transformation with every colour represented.
- Ask each colour to be fully activated in all its attributes of wisdom, creativity, love, intuition, intellect, logic, transformation.
- This flame then transforms the energy as it accepts it back to itself. It slowly and gently dissolves each blockage in love and acceptance, and allowing greater and greater expansion back into the self.
- Continue the cycle of sending more love to yourself... now include the emotional body – anything that you are feeling in that moment, or want to clear within yourself.
- Gently allowing the flame to dissolve even more of the compressed and compacted energy.
- Now ask for the mind to be included in the liquid love and continue to breath in the liquid love into all aspects of yourself.

- Lastly include the higher self, dissolving it from the space of being separate from yourself to that of being a part of the inner flame.
- The cycle is now ongoing and will continue to connect you totally to the absolute allowing you to hold greater consciousness of being all things.
- Watch the 'light and the dark' pulse together to create a dynamic ever-creative connection to source and oneness within yourself.

## **FEEL YOURSELF GO BEYOND THE LIGHT INTO LOVE**

**It may take many days or weeks or sessions to completely shift a pattern out of your life, don't give up – the more you send love to it the more it will dissolve and transform.**

**Many, many, many life times have gone into creating these patterns, and there are inestimable layers of judgements and beliefs holding them together. The more you love them they quicker the process the bigger the flame and the acceleration through to the love that you are.**

In addition to the information on my website a comprehensive set of 10 live calls start on 29<sup>th</sup> November 2008 via [www.freetelemessage.com](http://www.freetelemessage.com) where it is intended to give much more information and practical ideas of how to use this dynamic yet simple tool to transform your lives.

**In this way we can create a wave of change literally around the world as more and more of us join the pulsation of the cosmos and in doing so engage in a new divine blueprint and paradigm for earth and beyond.**

**We then can then create the energy necessary to make 2012 the reality we wish to live in, and allow the rest of humanity to follow us.**

**Come join me in this never ending dance in a celebration of life as love.**

**Please pass this information on to as many people as possible this dynamic uncompromising energy is needed right now to be fully and consciously embodied by Earth.**

**Further information and courses can be accessed at  
[www.thecomspulse.com](http://www.thecomspulse.com)**