

# Blessing

## Antidote of judgment

A common way people lose their harmony, and by association, their confidence, is through judgment - of oneself and others. And what is the antidote of judgment? It is blessing.

Next time you're around a person or a group of people and you find yourself going into judgment, shift your emotions to blessing them.

Feel your Presence - your 4200 cubic feet of Presence reach into their Local Multiverse and overlap in common interest, and that common interest is to exchange blessings as divine beings.

This is but one example of how you can transform the discord of doubt to the confidence of harmony. When you hold blessings and project them from your heart center they expand from your Local Multiverse without limit.

I realize this seems impossible that one individual can radiate blessings from their heart and affect another person thousands of miles away, but our Quantum Presence is not limited to our human domain and the laws that our human self is subject to, including the laws of time and space.

The human self consists of 3 cubic feet and the Presence is 4200 cubic feet. But as I alluded to earlier, the Presence is connected to its Source through the umbilical cord of Spirit or Source Intelligence and it's from this connective thread that the Local Multiverse is truly infinite, overlapping all others, and this is what's meant by Wholeness.

*James Mahu*

The above words give us a clue that a specific antidote to a disturbed state of personal harmony can be a blessing. So what is blessing?

In simple terms, blessing is the act of switching or focusing more consciously on that part of one's personality which transcends the human personality, which is something greater, something closer to the central version of ourselves. Followed by looking at other people and beings from that perspective as well.

A state of personal harmony can be disrupted by many different things, but here James points out that one of the most common reasons for this is to get into a judgmental mode. Judging other people or yourself. In today's world, some people have integrated - consciously or unconsciously - a judgmental mode into their daily routine.

Judging colleagues in their daily gossip, politicians on TV, other drivers on the road, people with different approaches to life, religion, appearance, etc., etc.

To a greater or lesser extent, all of this disrupts our natural personal harmony. However someone may say, that there's nothing quite like giving a juicy scolding to someone who has pissed you off, or that judging with your friends what others have done is exciting. So how is excitement based on love different from excitement based on judgment?

Although this two types of excitement may feel similar - and someone may think that if there's no difference, it's better to go easy - there's a significant difference between them in at least two ways:

- the power source (what it is built on)
- consequence.

The excitement that comes from love is powered by the energies of non-duality (our natural dimension of existence), while the excitement that comes of judgment is fueled by the energies of separation (the artificial construct of duality experience).

This can be likened to a situation where two people have achieved enhanced mental processing capabilities, with one person achieving this through natural inner and inner synchronization, and the

other person has achieved it through the use of a powerful psychoactive drug.

For the first person, this state will be permanent and without harmful side effects. For the second person, the state will be short-lived and sooner or later will have painful consequences.

Similarly, judging is unnatural, artificial, and if practiced, undermines our natural structure of harmony. Such a disorder, depending on its severity, can manifest itself through beginning to feel anxious, increased stress, feelings of exhaustion, lack of confidence, to more unpleasant forms like phobias, depression, etc.

Living in duality is a bit like going through a computer game. Everyone impersonates a character and plays the game while the other characters in the game are real people.

And now, when we manage to find the "ancient manuscript" of an advanced civilization, from which we learn about the destructive effect of judging also on our own life, we can create for ourselves a special "emergency response", that we turn on when we indulge in judgment.

The fuel of judgment is negative emotions, so the first thing is to cut off the flow of that fuel. This can be done by definitely cutting yourself off from the stream of arguments/judgment and related emotions, mentally catching them into an energy ball and sending them to the Central Sun, where they are immediately transformed into a neutral form.

Then we can tap into the energies of Humility and remind ourselves that this is a game and in fact those who we are now pissed off at or judging, have lost themselves in some side quest that the game offers a whole bunch of, and they've gotten so into it that they think it's the only and ultimate reality.

But we remember that in fact we are all beings of a nonduality that have entered this human body and are playing out the various events of the game of duality. In addition, we have recently learned that when we judge others we are not only destroying our relationship with them, but more importantly we are undermining the structure of our own harmony.

Therefore, it is time to wake up and switch from the mode of our emotions, into the mode of Forgiveness, Compassion and then exchanging blessings with the other person that we have been raining down on.

This exchange takes place at the level of our Quantum Presences, but the human personality we judged may feel the positive effects of the blessing even immediately, or it may happen at its own optimal moment.

Either way, if we remain aware and implement an "emergency response," we will immediately neutralize the destructive effects of judging and prevent the potential escalation of tension between us and the person being judged.

In the statement quoted at the beginning, James illustrates what might be called "modes of consciousness." When people don't pay attention to what mode of consciousness they are in and get carried away by the fashionable way of life, they are functioning from the level of the head, the mind, and the emotions connected to it.

The operational field of this mode of functioning is centered around the head and, according to James, is approximately 3 cubic feet. A cubic volume is a solid formed by multiplying length, width, and height, so we can assume that the operating field of the human self mode is a cube with sides of 1,44ft x 1,44ft x 1,44ft.

**01** HUMAN SELF (BASIC MODE)  
 $V = 1,44\text{ft} \times 1,44\text{ft} \times 1,44\text{ft} = 3\text{ft}^3$

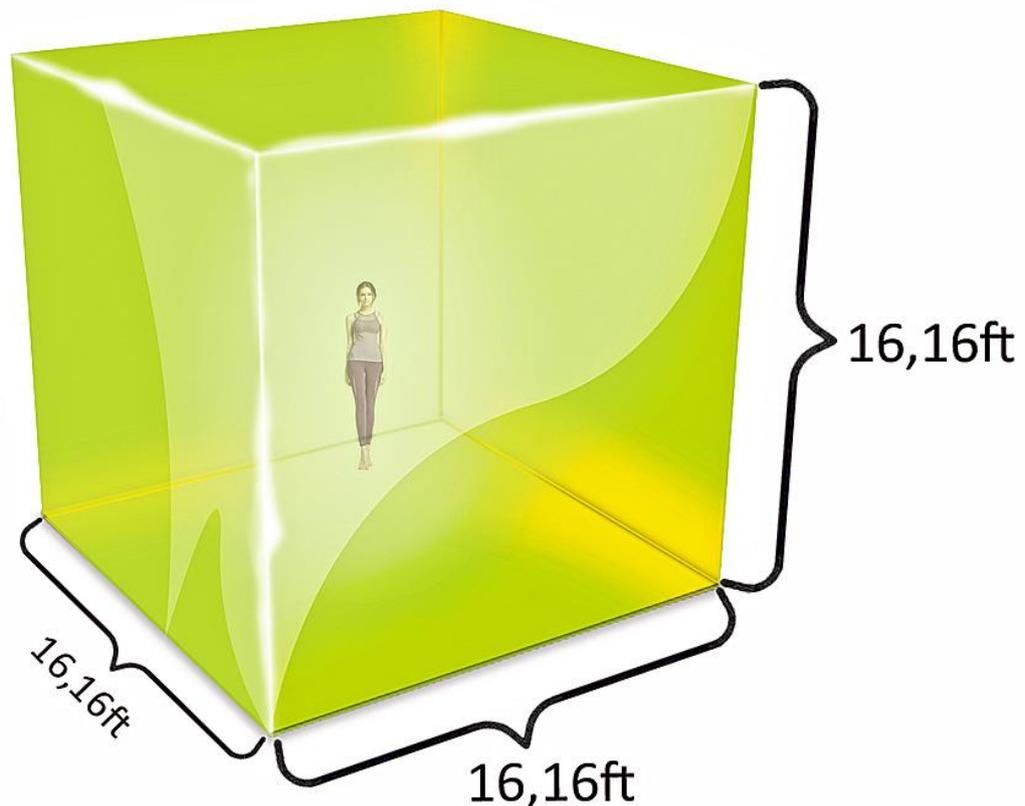


But when we switch into a broader mode of consciousness, reminding ourselves that we are in fact a Quantum Presence - and there are a whole bunch of implications associated with that - then our personal operational field increases to 4200 cubic feet, or about  $125\text{m}^3$ . Visually speaking, it's as if a cube is spread out around us with walls 16,16ft in front of us, 16,16ft behind us, 16,16ft above us, 16,16ft below us and the same on the sides.

Consciously functioning from the  $4200\text{ft}^3$  mode is already a much larger operating space and new possibilities. In the Human Self mode ( $3\text{ft}^3$  around the head) we can only reach what is within the reach of our hands. In the Presence mode, the operating field increases, because to the palette of our actions beyond the physical sphere adds the non-physical sphere.

In Presence mode, the instantaneous support of a being that stands a few meters away is something achievable. We can send them a beam of supportive energy, or clear their field from densities, or envelop it with feelings of Appreciation, and so on.

02 PRESENCE (EXTENDED MODE)  
 $V = 16,16\text{ft} \times 16,16\text{ft} \times 16,16\text{ft} = 4200\text{ft}^3$



James says that the volume of Presence is  $4200\text{ft}^3$ , while making it clear that this is just sort of introductory mode. There is also a sort of "switch to Wholeness mode". Once we are consciously operating from the level of the Presence mode, we can realize that as a Quantum Presence we have our own Local Multiverse - that is, a multidimensional

World in which all our lives play out at different times in different places. With this awareness, we lift the boundaries of the humble 16,16ft x 16,16ft x 16,16ft cube and unlock the natural state of being an Individual who is also a Wholeness (Sovereign + Integral).

03 WHOLENESS (ADVANCED MODE)  
V= infinity ft<sup>3</sup>



What does this mean in practice? It means that things we can do within 8,08 feet of us, we can also do at distances counted in thousands of miles, because for the mode of the Wholeness the variable of space is flexible.

Similarly with time, we don't have to limit ourselves to current events, we can, for example, heal difficult situations from the past by sending a beam of energy from our heart center and being aware of functioning in the Wholeness mode.

The switch from initial Presence mode to Wholeness mode seems to be: operating from the Heart level combined with being aware of being here and now Quantum Presence with access to Wholeness.

*Elorin*