

## Expressing Our New Consciousness

We are part of a universal organism that is getting ready to birth. We are moving from inner expression of consciousness to outer expression of consciousness; that is, the gestation period is ending and we are ready to birth and expand into new areas of consciousness that up until now were un-interpreted and undefined. This gestation process has been going on for the last 50 years or so with the advent of the industrial age. Many old souls are currently working on interpreting and/or defining the evolving consciousness. Older souls, who have reincarnated over lifetimes, have already interpreted it and/or defined it and are now creating new and expansive expressions of this consciousness that will move us out of our limited view of humanity and define our futures. But what is the new consciousness?

Because consciousness is an ever-changing essence, it does not manifest permanently in one form or another because it is ever evolving. However, some periods of evolution are not as expansive as others and as such, consciousness seems to manifest at points where humanity can grasp its essence. That's been where humanity has been for the last 12,500 years. After the last consciousness leap, we sort of stalled and went into a sleep-walk mode where most people assumed that there was nothing new under the sun. Science began to prove otherwise but it was a slow process. Over the last 50 years, however, consciousness began to expand very quickly and that stream began to move us into uncharted territory so that it became difficult to define and grasp what was ultimately going to be birthed.

To define a new consciousness, you must pay attention to your inner essence and give it concrete structure, sort of like a sculptor who takes clay and molds an expression of self. You take an idea; it may be one that's already been implemented but in a different fashion from the way you'd express it. Or it may be an idea in your stream of consciousness and the consciousness that you share with others that has not yet been expressed or implemented. You sculpt it into creation by manifesting that consciousness such that it becomes real and concrete to be shared by others. This is the essence of conscious creation.

To make a consciousness shift, it requires defining the consciousness that is being created, whether it is yours, or someone else's. You must agree and intend to become part of that stream or create your own. Once you've determined and agreed upon the stream, you must move forward en masse to express it. There may well be many expressions of a specific consciousness. To express this consciousness, you can have a conscious idea that is similar to someone else's but a different approach to expressing it and implementing it. So the key to expressing that consciousness is to make it concrete and turn it into a living organism of thought through implementation.

While the process of interpreting, defining, and changing consciousness, such that it manifests in the physical might be challenging, everyone can come up with at least one definition of a desired manifestation of consciousness outside oneself. By outwardly expressing and implementing our essence we can birth our expression as a concrete reality. This is the basis for an evolving consciousness and consciousness shift, particularly now as our consciousness on the planet is expanding and replacing old, negative consciousness. To move forward, it is important to interpret and define new ways to expand consciousness to birth a global renaissance. We must envision and expand our consciousness to create integral systems that work in concert both through internal expression and external expression. Our emerging consciousness must be given physical expression so that it can grow to meet the expanding field of global consciousness and expression. Once our expanding consciousness meets with all other expanding consciousness fields of the same substance, we become one in our global and planetary expression even while manifesting different flavors. This is the ultimate challenge that we face as we shift our consciousness from old to new. We need to let go of the old consciousness and take the impetus of the last 50 years to move us out of an egocentric consciousness to an exocentric consciousness. It is this manifestation beyond the self that will herald the new heaven on Earth that humans have been anticipating as the second coming.