

Mainstream vs. Higher "Stream" Consciousness

Mainstream consciousness calls us to pay attention to the noise of current vibrational frequencies on the planet, which are externally based. "Which new iphone do you have?" "How much money do you earn?" "Want a mate? Swipe right..." Are your kids in the gifted program? Where did you go to college? Am I beautiful/handsome and desirable to the opposite sex? The list goes on. Some of these things are fun to play with, but don't take us anywhere. They can keep us spinning our wheels emotionally and every other way indefinitely. They stimulate us externally. That's a tough way to go when success depends upon external stimulation or validation. External stimulation has a very short shelf life. Experts say when we get something we want, the high lasts about 20 minutes. Then we again find ourselves feeling empty and seeking the next "filler-upper." It's actually a difficult way to live because the promised rewards never measure up to what we are craving inside.

Higher Stream consciousness wants you to focus on two questions: *"Who am I?"* and *"Where does my happiness come from?"* Those questions tend to lead us away from the conversations of mainstream culture. They also lead us closer to what we are truly seeking: Love, contentment, inspiration and connected-ness. Higher Stream consciousness is looking at a longer range picture than just the here and now, this life time. Rather than seek to get our needs met, we get our needs met without asking. What we need is provided by focusing our attention on who we are, what causes happiness to occur in the greater context of the life. It takes trust and courage to get there because of all the distractions that come at us from mainstream culture. Currently culture wants to tell us who we should be, how we should be it, and when. We receive millions of media messages every year bombarding us with ever more insistency.

I have come to do my best to avoid the news. I stay informed mostly through print media. I don't allow myself to be drawn into the chaos or emotion of something I have no power to change. That sucks the life out of me. Rather I look at it similarly to when I'm on an airplane experiencing significant turbulence. The pilot climbs another 5,000 feet or so to rise above the turbulence. We're still flying in the same direction, but we are not participating in the chaos that is dancing around below us. That frees me to be more effective in life in other ways, and use my energy to bring about change where I do have influence. I stay focused on what I know brings true happiness, and actually makes a difference for the long-term.

In mainstream culture, with the ease and convenience of technology, we expect everything to be fast, push-button, and immediate. We've lost interest or association with the value of space in between activity. Even though all of us know change is a constant in life, we do our very best to control every minute detail in our own world to ensure that our little plot of space remains unfettered. Even the most skilled at the control game will eventually come up against ever changing reality. We think that if we can control our destiny we are winning the happiness game. Our internal dialogue tells the real story. Our ability to move through change with ease tells the truest story. When we are in a control position we aren't yet in the vicinity of happiness. We are still trying to create it through achievement, and external recognition.

True and lasting happiness, real love, flowing abundance are all things we learn to allow. We don't create them. We learn to allow them in by releasing our identifications with ego. That is something that takes time. It takes focus, courage and determination to break our identification patterns. The more we push button our way to happiness, the more we delay our happiness.

There is not a right or wrong here. I think in terms of cause and effect. Whether you are an active mainstream lover, or a higher stream consciousness lover, I encourage everyone to act intentionally, considering the consequences of your thoughts, your actions and your contributions. Are they really taking you to happiness? If not, why do it? Are you adding anything of value to the greater good, let alone your existence.....

Love

Phyllis
