

ASCENSION

The End of Duality

MARSHA HANKINS

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Praise for Marsha's Teachings

My spiritual path has been important to me since I was young. Marsha is one of those rare individuals who excels both in having the knowledge, and the ability to convey it to the student. I consider myself most fortunate to have had the opportunity to experience her expertise. She conveys her truth, which I have found not to be readily available just anywhere, in a manner that has allowed me to make significant strides on my journey. —*Earl E.*

I was spiritually and emotionally spent when I met Marsha. Coming from a fundamentalist Christian background I kept asking, “What is it GOD?” and not getting any answers. After working with Marsha, I learned how to navigate this life. Following my path and performing my service has given me a new life! This new life is based on my freedom to follow my path, to remember, and to blossom into who I am. —*Helen S.*

Marsha's teachings have touched my life and improved my spiritual progress profoundly. Her classes have provided me the tools I still use to achieve more and more peace and joy in my life. —*Julie H.*

Marsha Hankins is an astute observer of the science of ascension. She has opened doorways for many by sharing wisdom gained through her own experiences in spiritual mastery. Marsha is able to convey complex, other-worldly ideas in a manner that is expansive and exciting. I am deeply grateful for all that I have learned from Marsha and I know that I would not be the same without her wisdom-in-motion. —*Mary Katherine F.*

Marsha's teachings always enrich and expand my current understanding of who I am, and of the world around me, at the deepest levels...and lead me to insights about how to interact in daily life with greater clarity, compassion, and joy. Her ability to tune in, in the moment, to that pearl of truth which will bring the most benefit to the most people is a great gift that has made a profoundly positive difference in my life! —*Lynne R.*

I attended a Standing in the Light® series of classes years ago and have repeated the classes several times as they evolved. Marsha has set the standard for all spiritual teachers that I have encountered over the years. I am sure the information in the book will touch many people, just as Marsha has touched so many lives in a most positive way. —*Chris A.*

Chapter 1

The Road to Here

For no one lights a lamp and puts it under a basket, nor does one put it in a hidden place. Rather, one puts it on a stand that all who come and go will see its light.

–*The Gospel of Thomas*, verse 33, as translated by Marvin Meyer

We each have our story. My road to this stage of my evolution is probably not that exciting to anyone but me, but it is the road I have traveled and how I got to here is important. I am most grateful to those who have shared their stories of spontaneous awakenings and dramatic journeys into their spiritual enlightenment. Those stories kept me going whenever I began to question whether I was going crazy or just waking up to who I am as God. However, most people wake up and move into the experience of their light one small, medium, or large step at a time in a way that seems uneventful to others, but has powerful impact on who they are and how they find their way home to their light.

We have all been on a journey of spiritual evolution from the moment we were each created as a unique aspect of Source. Everything in physical creation has a cycle of birth, growth, decline, and death. That is because the physical world is limited and one thing must end for another to begin. The spiritual realm, however, is endless. As the spiritual beings that we are, our growth and evolution are eternal. We never die. We continue to expand.

The part of us that exists beyond our physical form is our true self. Many metaphors have been put forth to explain how we got here and how we can exist in both physical and spiritual form. It is often said that we are spiritual beings having a human (or earthly) experience. As the human beings we are, we often see ourselves as small and insignificant. As the spiritual beings we are, we know ourselves as unlimited and are always looking for ways to expand ourselves as part of Source.

Just like everyone on the planet, I volunteered to be here as part of the Experiment in Duality. It took quite a few years for me to

understand and accept that I was not a victim of this earthly creation but came by choice as an empowered creator. The concept that what we have been through on earth is part of a divine experiment in which we chose to participate is not always well received, but this teaching has been given to us many times by many great masters. Once I understood the purpose and accepted the perfection of it all, the road to the remembrance of who I am got much easier and much more joyful. I have come to truly appreciate the gift of this experience and am grateful for my choice to play this game.

Of course, I did not always feel that way. I have kicked and screamed on my road to Oneness and Ascension as many times as I have sung and danced. Most of the journey has been expansive and exciting, but everyone has to face his or her demons and I am no different. While we might understand intellectually that we are light and love and blessed children of the God/Goddess/All That Is, we must move through many levels of dogma, subconscious beliefs and programmed behaviors to fully accept ourselves as the true beings of light and love that we are. We have to clear away the layers of lack of forgiveness for what we perceive we have done wrong to know the truth of ourselves as the God/Goddess in our hearts, end the duality of the experiment, and ascend into pure light. While we have always been light and love, and can only be light and love, we have been buried in the darkness of this experience for a very long time and need to allow ourselves the patience to come back into our god-selves. It is time to let go.

We created an intricate and fascinating experiment in separation throughout this universe. An experiment is defined as *a test, a trial or tentative procedure, especially one for the purpose of discovering something unknown or testing a principle or procedure.*¹ I will explain my understanding of the Experiment in Duality and why we chose to experience separation later, but I will say now that we did a bang-up job of pushing the experiment to its limits. We have gone as far as we can possibly go into the experience of separation, and all we have to do now is come back out. This can be as simple and easy as we allow it to be through our trust and surrender.

Do we have to surrender and come out? No, but I highly recommend it! The love and joy on the other side are too good to pass up.

¹ *Random House Webster's College Dictionary*, Random House, Inc., New York, NY, 1991.

My Beginnings

When I seriously began my spiritual journey I thought I already knew almost everything. I had read a few books and done a little meditation. How much more could there be? A few more classes and a bit more practice and surely I would arrive at mastery. Every time I learned something new I thought I was almost there. All of this was so **exciting. I just could not understand why everyone didn't get it and I** wanted to share my vast knowledge and enthusiasm with the world. This was before I understood the journey from spiritual infancy to spiritual adolescence to spiritual maturity.

One of my favorite Eastern sayings relative to our spiritual studies is that the further one goes, the more one knows one has to learn. We all wake up to our spiritual mastery in time. However, we are merely spiritual infants when we first awaken. We have so much to learn and must go through all the stages of growing up (just like human children) to fully understand and know ourselves as masters. The road is a fascinating and oh-so-rewarding one. It does, however, require patience and fortitude to slog through some of our issues to get back to our light.

As I said, and will say again, we have always been light, but our memories inside the experiment got a bit foggy. We simply have to sweep away the distractions so that we can remember. The good news is that this process has never been as easy as it is now. The increased frequency of Mother Earth and humanity makes it possible for any of us to make quantum leaps in evolution when we choose to do so. We only need to pick a process that works for us and follow it to the remembrance of ourselves as aspects of the God/Goddess/All That Is and find our readiness for Ascension.

There truly are, as the saying goes, many roads to the Buddha. **Jesus said, "My Father's mansion has many rooms."** **Lord Krishna taught, "Any path you travel, I will be there."** While it took a while for me to find my way, my road to where I am now is a series of classes channeled from the Christ from 1991 to now. The Christ has always been real to some and mythical to others. Many have embraced his presence while others have completely rejected him in an effort to distance themselves from religions that did not work for them.

This is primarily because we do not understand, and have not been taught, who or what the Christ really is. The Christ is an office in the Spiritual Hierarchy that has been held by many great masters, including Lord Maitreya, Lord Kuthumi, and Master Jesus (known as

Lord Sananda to the higher realms). The role of the office of the Christ is to assist humanity in understanding the Experiment in Duality, and the Divine Plan for coming out of it. All those who have held the office in a physical body or in the higher realms are great teachers sent to us by the God/Goddess/All That Is for our ascension into Ascension.

The first embodied aspect of the Christ on earth was king and high priest, Lord Melchizedek. The teachings given to us by Melchizedek became the foundation of the Kabala, the Egyptian and Essene mystery schools, and much of New Age. Each representative of the office of the Christ who has served on this planet has tried to reinforce and expand our knowledge and understanding of those original teachings.

All of the wonderful beings belonging to the group we call the Ascended Masters understood the role of the Christ, the qualities of Christ consciousness and the Oneness of all things. The Eastern religions openly refer to Christ consciousness because they do not see religious lines. One of my memorable moments was reading the opening chapter of *The Life and Teachings of the Masters of the Far East* by Baird Spalding when an Eastern master spoke of the travels of Jesus and John the Baptist to the Far East. This Eastern saint spoke of how the Eastern masters and Jesus shared their teachings with each other and how they all honored the insights they each gained from that process.²

Whether one understands the Christ through the Western or the Eastern approach, an understanding of the true nature of the Christ is helpful in breaking down old dogma and opening to the teachings that lead to Ascension. It took over fifty years of my life for me to fully understand and accept that all of the great masters have been teaching the same thing, get my act together and follow my truth. It was well worth the wait.

Growing Up

I was raised in the Christian church, as the majority of people in the western world have been. I could not have explained what that really meant, but I knew what I was supposed to do. I was supposed to go to Sunday school and church, and be a good girl. That was fine and dandy until I recognized I could not connect to what I was being taught, had

² Spalding, Baird, *The Life and Teachings of the Masters of the Far East*, Devross & Co., Camarillo, CA, 1986.

no way to truly express myself, and began to silently question what I was learning.

I have known many people who came into this life fully in touch with their psychic abilities and connection to what lies beyond the physical world. I did not. I did not see auras, talk to angels, or have premonitions of the future as a child. Those skills would come later. I did know myself to be a spiritual being in a way that I did not recognize as unusual, or know how to explain as a child. I just knew what I knew, like most children.

After learning that *The Bible* had been rewritten and the church reorganized under the non-Christian Roman Emperor Constantine from 314-345 AD, I understood the discrepancies in what I was learning in church and what I felt in my heart. Reading authors such as Elaine Pagels, Lawrence Gardner, and Neil Douglas-Klotz helped me to know that my inner voice was right. I had found the road for which I had been searching and a new world of spiritual evolution opened for me. My heart had truly opened.

Questioning

Whether we currently realize it or not, we all know the wisdom of the Christ because the Christ consciousness that transcends what we have known as religion is woven into the cellular memory of all humanity. We simply have to wake up and remember who we are to allow that wisdom to come into our conscious minds. What many of us find to be the confines of our various religious teachings do not allow for the universality of the beautiful truths of Jesus, Buddha, Krishna, or the other great spiritual masters who have taught on behalf of the office of the Christ on this planet. These teachings have always been here. However, most of us have not been fully exposed to them, and we do not know what we do not know. Therefore, most of us move through our lives with blinders, following the religion to which we were born, until something wakes us up and we begin to ask questions.

For me, the questions began when I was still very young. Some things just did not make sense to me. How could Jesus be the one and only Son of God if we were all supposed to be children of God? How could there be a heaven and a hell when Jesus said the Kingdom of the Father is inside of us? And, why would God, a loving father, create a bunch of non-Christians just so they would go to hell (if there was one)?

How can there be unconditional love and punishment at the same time? The list of questions went on. It made no sense.

The biggest question for my young mind at the time was that of **one and only one life to get it right**. If “ashes to ashes and dust to dust” was right, and there were cycles of life, what about the human soul? If **everything else got recycled, why didn’t we? I was sure something was missing**.

I remember the first day I heard someone speaking about reincarnation. I was only ten years old but I knew I had just heard truth. I did not know what to do with that truth, but I packed it away for the future assuming that someday I would figure it all out. Many years later I learned that reincarnation had been part of the original teachings of Jesus but was removed from *The Bible* as **part of the “reorganization”** of the church. In defiance of Emperor Constantine, reincarnation was actively taught as part of Christian doctrine by many priests until 553 AD when Rome declared excommunication for anyone continuing that practice. While this knowledge raised even more questions about the accuracy of *The Bible*, I had at least one question answered.

I continued to participate in church as a youngster, but I could not find the answers to my questions or the connection to the Christ that I sensed but could not define. Going to college was the perfect opportunity to separate from church almost entirely. I did not lose my desire to better know the Christ, but with no specific direction to follow, I put my spiritual interests on the back burner and went on about my life as most young adults seem to do. I read a few good spiritually-based books over the years and learned to meditate, but gradual exploration was all I wanted for many years.

Learning to Meditate

Part of my gradual exploration in my thirties was learning Transcendental Meditation. My first experience was the bliss of feeling my connection to, what I called at that time, the universe. The purpose of meditation is to transcend the lower-self (the physical, emotional, and mental self) to experience the spiritual-self. Until one quiets the mind, **the emotions, and the body, one cannot know a true connection to one’s soul**. As *The Bible* says, **“Be still and know that I am God!”**³

³ Psalms 46:10, *NRSV Bible with the Apocrypha*, Kindle Edition, HarperCollins, New York, NY, 2011.

Once I got used to being in the stillness, I began to get messages from my god-self. The stillness is where we hear our true inner voice, or Divine Guidance, as long as we are clear and willing to listen. For me, that guidance began as messages when I was coming out of the meditative state. My mind was relaxed and opened at that time, so my god-self could slip me a message without my lower-self interfering and talking me out of it.

I found the messages that I received coming out of meditation were right on target. No matter what I was guided to do, it worked perfectly. Over time I learned to connect and clearly receive my guidance at any time and to trust that connection.

The importance of meditation cannot be over-emphasized. No one has Ascended from this planet without becoming a master of meditation. It is in the deep meditative state that one experiences oneself beyond the illusion of the physical world. In other words, it is in the **deep meditative state that one experiences one's true self - one's god-self.**

The goal is to eventually reach the avatar state of walking meditation—the state of ever-present Oneness with the God/Goddess/All That Is. However, that does not happen without mastery of traditional meditation.

The Big Awakening

I had my big awaking, the one I could not ignore, in August of 1999. I had become interested in self-healing through energy work and was exploring a variety of options. My husband and I were living in Colorado and I enrolled in a class on healing techniques in Denver expecting the focus to be on learning to heal the physical body with some emphasis on the emotional, mental, and spiritual aspects.

I was already enjoying the class when the teacher announced that we were going to begin healing past lives. We were to use a specific technique to identify a time in the past that needed healing and clear it. My enjoyment changed to anticipation as I expected something very exciting to happen. I had always believed in reincarnation and had read about healing the present life by healing past lives. I was ready for the experience.

Most of the people in the room were getting immediate results. They were identifying lives that needed healing and going to work. I listened to the stories being shared around the room, but I sat there dead

in the water. Nothing was coming for me. I so wanted a past life experience and I was getting nothing. My anticipation began to turn to frustration, but I was determined enough not to give up. I tried one more time to locate a past life to clear. I so wanted this to happen.

I cannot say what time period I tapped into, but suddenly I was overcome with emotion. I felt so weak I had to put my head down on the table. My back began to boil. The instructor came over and tried to touch my back, but it was too hot. This continued for a couple minutes at most. Then, as though a veil was being lifted, all of the intense energy just flowed away. I was exhilarated and full of joy. The only thing I knew was that the people who were my mother and father in this life were somehow involved in that past life and that all of the old energy had been cleared away. Wow.

In an instant the doors opened and I knew the next step of my path was to learn more about past lives, how they affected current lives, and how to heal them. It all seemed so completely natural that I could hardly believe I had not gotten this sooner. But, now that I was awake, I was going to keep moving.

Being new to all of this, I was not sure of how to proceed. The guidance I had gotten in my modest meditations had always been on target, so I went back to my meditation chair for answers. I was directed in meditation to a series of classes on past lives, energy structure, and clearing discordant energy that I had encountered in the class I had just taken. A teacher in that particular practice had just moved to my area and I was able to get started right away. There are no accidents.

I was so excited. I threw myself into my studies and could not learn enough fast enough. I spent hours a day working on myself, and then on my friends, to learn as much as I could. I was amazed at the results I was getting from healing myself and others. I could not slow down. I began taking on paying clients for private sessions, and it felt good.

There are many forms of service required to move humanity forward into Divine Community and living in Oneness. That which we refer to as the teacher/healer is only one of those, but the one that has filled my heart with incredible joy. Other people will find their joy through brightening our lives with art or growing our food or building our homes; but my joy is through helping others discover the god/goddess within and teaching them how to fully experience the Divine Truth of who they are as Source.

The Next Step

I had many important teachers during the early stages of my journey. Each was special and each served me well for what I needed at the time. After my profound experience in August 1999, I was ready for yet another change in direction.

I was guided in meditation to a course titled **I AM Source™** (now called Standing in the Light®) with Kris Duffy in Boulder, CO. The program had been channeled from the Christ through Kris in 1991. Through Kris and these teachings I found the next step of my evolution. Working with Kris, I gained the new understanding of the Christ and spiritual mastery for which I had searched. I began teaching the program in May of 2000 and never looked back.

There are many roads to the Buddha and I knew this one to be mine. It is not that I never looked at other programs and techniques, because I did. A good teacher must also be a good student, and one never knows where one might find a true gem of wisdom or a technique **that resonates with one's energy. However, I never found anything** that spoke to me as clearly and completely as what I learned from Kris.

I AM Source™ taught exactly what the title says, that we are each Source. We are each the God/Goddess in human form with all of the attributes and powers of the divine. In **I AM Source™**, the Christ taught that he is not our source. He is a teacher.

This concept is challenging for many with a strong Christian background. A big eye-opener for me had been the words of Unity Minister Eric Butterworth in his book *Discover the Power Within You, a guide to the unexplored depths within*. Dr. Butterworth wrote that there was a difference in the religion *of* Jesus and the religion *about* Jesus.⁴ How true this was for me.

I have mentioned that I gained new insight about what I had intuitively believed about the Christ as a child through my studies of the re-write of *The Bible* under Roman Emperor Constantine. The phrases “**I am the light and the way**” and “**the only begotten Son**” were created and added to *The Bible* and to church doctrine at that time...more than 300 years after the life of Jesus.

Many letters were written by bishops and priests protesting the changes. They asked, what gave Constantine the right to change church doctrine? Jesus called himself a teacher, not the only begotten Son. He

⁴ Butterworth, Eric, *Discover the Power within You, a guide to the unexplored depths within*, Harper and Row, New York, NY, 1968.

sought to empower others, not to make them servants to the church. However, fighting the Emperor of Rome was no use, and the course of the Christian religion was changed by a non-Christian man who had the power to have done what he wanted to have done.

As I listened to **Kris teach the principles of I AM Source™**, I felt as though I was hearing the true voice of the Christ for the first time. Everything I *thought* I knew began to make sense and the course of my life changed. I was on my road to becoming a teacher.

My Choice of New Age

No matter which road one chooses to follow, there are basic principles and understandings that must be mastered for Ascension. While these principles and understandings have been taught in one form or another since the beginning of our time on the planet, we seem to have a never-ending need for these teachings to be shared by many voices in many ways. The words that speak clearly to one person may sound like gobbledygook to another. As our consciousness changes, we have the need for higher levels of understanding of what we have heard before, so we search for new teachers. And, the beat goes on.

The beat I dance to in this life is New Age. I have had many, many lives as Hindu and Buddhist, many as Christian, and some on various other spiritual paths to test the waters of my evolution. I have loved them all and they each had great purpose. However, having integrated much of those teachings, I have been led in the final stages of the Experiment in Duality to New Age for what I believe to be my final experience here on earth. I shall see.

There is, of course, nothing new about New Age. It is simply the newest version of an old song, but a version that rings true for many of us seeking an understanding that has eluded us on the more traditional paths. I cherish what I have learned from traditional spiritual teachings of both the East and the West, and I incorporate them in my life every day. They truly never grow old. I even have hand mudras and chants that emerge from my cellular memory of my Eastern lives which I use with great benefit for myself and my students. It is fun to remember all that we are.

It is important to remember that all of the great traditions—Egyptian, Essene, Sufi, Sikh, Hindu, Buddhist, Christian, and more—have given rise to ascended masters even though they often differ in specific beliefs, theories, and processes. For example, Buddha veered

away from the reliance on the gods and goddesses of Hinduism and taught that there is only the God-Within. Hinduism still speaks of many gods and goddesses to support and assist followers on their road. These are very different philosophies yet both of these ancient traditions have given us ascended masters because they are both based on finding unconditional love and Oneness with all things.

Even within Hinduism there are two divergent teachings on sexuality and Ascension. One set of beliefs says that celibacy (removing oneself from carnal experiences) is the fastest way to Ascension. The other says that mastering the spiritual aspects of sexuality through the study and practice of Tantra (merging the male and female into spiritual, not just physical, bliss) is the fastest way. Amazingly, they both work!

While Buddha said to be a lamp unto oneself, and not to search for light anywhere else, he also said that we are all students and teachers for one another at all times. There are many roads to Ascension and our diversity should make this process more interesting, not create separation.

For me, the teachings from the Christ in the original I AM Source™ program and the channelings from my own god-self have given me an understanding that has catapulted me beyond what I thought possible when I began my conscious road to Ascension. The most important skill anyone can learn is to be a clear channel for guidance from their own god-self—the god/goddess within.

The important word here is *clear*. It is all too easy to get “guidance” from the lower-self and come up with what makes the lower-self comfortable, instead of getting what is needed and what is in the highest good. It is through the discernment of following one’s own guidance that one finds the answers and the way home to the light, which makes the ability to know if one is getting clear guidance very important. New Age teachings from the Christ in I AM Source™ gave me techniques I had not encountered in my previous studies.

I will admit that, at first, I was not accustomed to associating the Christ with New Age. I still had a bit of disconnect between my many lives as a “Christian” and what I was learning now. My soul, in Divine Wisdom, guided me to do research for a book my soul wanted me to call *Jesus: The First New Ager* in order to help me sort it out in my mind. I knew the plan was not for me to write this book, but to do the research that would help me get past some of my old dogma relative to the Christ, and to open me to more acceptance of what I had been learning about the Experiment in Duality.

The project was fascinating. I read not only portions of the Bible, but was also guided to the Nag Hammadi Library, other “lost gospels,” and various channelings from the Archangels and the Ascended Masters. When comparing these writings to what I had read from the masters of the East, the message was always the same...we are God. If we are born of God, and more appropriately, of the God/Goddess, then we *must* have all of the qualities, aspects and powers of the God/Goddess. This has always been the message of the office of the Christ.

We are all part of the God/Goddess. We are all one. Anything else is illusion.

Getting to Here

We are always on our spiritual path. No matter how much light or how much “dark” we hold, we are always on that path because, at heart, we are spiritual beings in pursuit of our true selves.

The guy at the back of the conga line, who I affectionately refer to as “the densest post,” is on his (or her) spiritual path, but just does not know it. At some point we each wake up and make a choice to consciously pursue our spiritual self. Kris always said that we each had our own time-release capsule inside, and when it was time, it opened. I had an experience in August 1999 I could not ignore. I woke up and jumped full speed ahead into my spiritual evolution. I cannot tell you how I did it. I just knew it was time. I guess my capsule was ready to open.

I do not know how I could have gotten to where I am now without New Age philosophy. Separating what I learned as a child from what I felt in my heart to be true was not easy. The Eastern teachings appealed to me but seemed either too intense or too esoteric for me to follow in the beginning, although I understand and truly appreciate them now. The ideas of New Age seemed to ring true to me and to be the best place for me to begin.

However, I do not agree with all New Age philosophies and principles. People who wear the same label often have widely varying beliefs and opinions. All Democrats do not think and believe alike. All Republicans do not think and believe alike. All Christians, all Jews, all Hindus, etc. do not think and believe alike. Whether political, religious, or otherwise, the people of a particular group may share a similar foundation but their specific beliefs and opinions vary.

The New Age community is no different. The name New Age encompasses a wide range of philosophies and beliefs. There are many voices to be heard and many approaches to be explored. While I found much in my first venture into New Age that was right for me, I also found much that was not. I kept exploring until I found the pieces that fit for me and the direction that I was guided to take. Following my guidance has always led me to the right place.

When I teach, I offer what I have learned and what has served me on my road to here. I ask my students to hold an open heart and an open mind for the possibility that what I have to share might be true and might be of service to them. If it rings true, they are to keep it and use it. If it does not, they are to toss it away. First and foremost, they must learn to trust their guidance.

Trusting one's own guidance is a skill and is often intimidating to many who are used to waiting for wisdom from the teacher. But, as we say in New Age, the day of the guru is over. The day of waiting for the teacher to tell us what to do is over. The day of giving away our power to the teacher is over. How does one learn to trust the inner voice if one does not practice trusting?

We must all learn to go within for our answers and our truth. My dear friend and long-time student, Sarah, once told me (with laughter in her voice), **"I am often envious. My friends tell me their teachers gave them advice and told them what to do. When I ask you what I should do, you tell me go to my guidance...you make me figure it out!"**

Letting Go of Judgment and Dogma

At one time I thought I would write a book just about the Christ and the role that Jesus played as a representative of the office of the Christ. However, *The Yoga of Jesus* by Yogananda says much of what I would have said, and is an excellent example of crossing spiritual disciplines to find the unity of the sacred teachings.⁵ While some of the Hindu perspectives that Yogananda put forth in his book are not my personal truth, this book is an excellent read for those trying to sort out the original teachings of Jesus versus the traditional teachings that most of us in the West have learned. I believe Yogananda found the true voice of the Christ.

⁵ Yogananda, *The Yoga of Jesus*, The International Publications of Self-Realization Fellowship, Los Angeles, CA, 2007.

Non-judgment is absolutely key. Kris once taught a class the Christ titled “**Judgment: THE Block to Experiencing Oneself as God.**” Judgment in *any* form is separation. Yet almost every religion has taken on its set of judgments. Christianity and Judaism have their heaven and hell. Buddhism and Hinduism have what is perceived as the rewards and punishments of the karmic debt system, and so forth and so on.

Moving past these old judgments, and breaking down the walls between us, as Yogananda did, is not as easy as it might seem on the surface. We have to let go of so much dogma. No matter what we say we believe in our conscious minds, the teachings of the past are very entrenched in our subconscious. Until the old beliefs are healed at the subconscious level, the subconscious mind controls more of our lives than our conscious mind does. Healing the layers of dogma can take time and patience, but it can and must be done to allow space for the energy that will lead to the end of separation and the Experiment in Duality. So, embrace the process. I did.

The Experiment in Duality

Once I understood my spiritual path from a new perspective it was much easier for me to put the pieces of my personal puzzle together. Understanding the Experiment in Duality, what we are doing here, and why, opened up a new world of possibilities for me. Understanding the Experiment in Duality helped me put all of the stories in perspective. I could put every creation story into the format of the experiment and understand it. I could begin to look at everyone and everything with greater compassion, understanding, forgiveness, and love. Understanding the experiment and my role in it allowed me to release the judgment of myself and others much more quickly than I believe I ever could have done on another path of study.

Information on the Experiment in Duality has been channeled to us by the Archangels and the Ascended Masters since the 1920s. However, these teachings were fairly brief and did not provide enough for me to gain the depth of understanding I seemed to need to crawl out of the judgment.

Just as I teach others to do, I went to my soul for the answers. Through my channelings to my soul and to the Christ, I began to understand the experiment in a way that served me. I began to accept that separation was not our truth but our illusion. I began to accept that all that I needed to do was to put the entire experience on earth into the

perspective of the God/Goddess and learn to let it go. My channelings eventually became part of I AM Source™.

The God/Goddess see everything through eyes of Divine Love and Forgiveness. Where humans have judgment on what is right or wrong, the God/Goddess have no judgment on our choices. Where humans see good or bad, the God/Goddess see only opportunities for growth and expansion. They hold the space for creative expression and exploration and allow us to find our way. They see the light coming out of our journey into darkness. They see us as their beautiful children. We have to do the same.

It truly is simple, but simple is not the same as easy. We have many lifetimes of false beliefs and limiting perceptions to overcome in order to accept the simplicity of it all. However, if we keep taking one step at a time, we will each get there. One needs persistence, patience and non-judgment throughout the spiritual process, so just keep on trucking.

Ascension

Ascension means different things to different people. As I discuss in the next chapter, there is the process of ascension (raising one's frequency) and the final Ascension from the cycles of reincarnation on this planet.

From our first incarnation on this planet to the last, we are in a constant state of evolution from our belief in separation to our reunification with all that is. Lifetime after lifetime, we experience, evaluate, learn, and go around again until we have learned all that we can learn from life on earth. When we can only continue to expand our love beyond the human experience, we are ready for our final Ascension.

In the past, we would ascend from our human experience to the next stage of our evolution without a body, but we would still be inside the experiment. This is because the upper dimensions of ourselves were also inside the Experiment in Duality. When we made our final Ascension from our earthly experience, we were still in duality only the experience was less dense. We would continue healing that separation in the etheric realms until our process was complete.

The experiment is now over in the upper dimensions of who we are. We have only to allow that healing to filter down to who we are here on the planet, wrap up the remaining energies of duality in our physical world, and find ourselves in our light. The experiment has

stretched as far as it can stretch and we have the opportunity, and the choice, to step out of it completely. The opportunity to end duality forever is finally here.

Kris used to equate this concept to the experience of some Japanese soldiers at the end of World War II. For years after the end of the war, Japanese soldiers were found on isolated Pacific islands with no awareness that the war was over. They had spent years alone, not knowing they could go home. It is time for each of us to know “the war” is over and that we can go home, and we can go home now.

We are all at different points in our process of ending duality. Whether one is just awakening to their conscious spiritual growth or whether one has been in conscious pursuit of spiritual evolution for a long time, we always have more to learn. Something has guided you to this point in your life. Listen to that inner voice and it will guide you to your next step.

Embrace your ascension no matter what path you choose to follow. Do not let anyone or anything hold you back from the truth of who you are. Do not let anyone or anything tell you that you are not the God/Goddess/All That Is. Do not let anyone or anything stop you from knowing the bliss of Oneness and Ascension to the next realm.

About the Author

The kingdom is inside you and it is outside you. When you know yourselves, then you will be known, and you will understand that you are children of the living father.

—*The Gospel of Thomas*,

The Gnostic Bible: Revised and Expanded Edition, verse 3

Marsha Hankins has been a spiritual teacher, facilitator, and **energy worker for more than twenty years**. As she says, “When I finally realized I was a spiritual being, I decided I did not have time to wade into the process. I jumped in and started swimming as fast as I could.”

Marsha moved from life coach to metaphysical practitioner to teacher. She is the creator of Standing in the Light® and the channel for **the Eminent Reiki™ attunement and process**. She is **ordained in the Order of Melchizedek** through The Sanctuary of the Beloved. Marsha has taught nationally, has been a public speaker for many years, and is the author of many articles.

While her home base is Colorado, Marsha is now in semi-retirement and traveling with her husband in their camper trailer. She is still an active author, speaker, seminar leader, and teacher trainer.

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Opt for email notifications of Marsha’s blog, *Living in Oneness*, at:

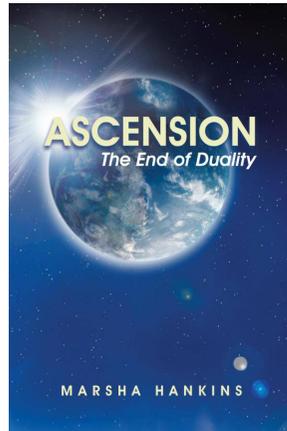
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