

## Pre-birth Memory, the Veil, the Game & Deep Love | A Walk in the Physical | Christian Sundberg

CS: How are you?

Host: I'm very good, how are you?

CS: I'm great! Nice to see you!

Host: You as well. Welcome to this cosmic collaboration! I've been watching your videos for so long now. I've watched as many of them as I could get hold of, and I'm so excited to be connecting with you. I've been so nervous.

CS: No need for that at all, that's silly.

Host: I mean, the message is so scary, you know.

CS: Right, exactly. It's actually very light-hearted message.

Host: It is. You're doing a great job bringing such light all over the planet with your message.

CS: Thank you, thank you!

Host: So, welcome, Christian Sundberg! I wondered if... Because I'm still a little bit nervous, you could give us a little bit of an intro. I know you've had a very unique pre-birth experience memory, and I'm just wondering if you can give me a little bit of an intro into what that is and maybe then we'll go into what is it about.

CS: What the memory was?

Host: What a pre-birth memory is.

CS: Yes, a pre-birth memory is just the term we use for knowing or having a memory of existence between physical incarnations, or it could be other physical incarnations. Primarily, when I speak to it, I mean the time in between being physically incarnated as a being, because we are not actually just the human characters. We are ourselves, our spirit, the consciousness. That's what we are. That consciousness transcends a given physical experience, so it is possible to know our existence outside of a physical constraint set. That's what I mean by a pre-birth experience or a pre-birth memory.

Host: Are you okay if we go straight into what you remember and how that came about?

CS: Sure. This is very, very hard to describe in language. I have to disclaim that every time. In fact, language cannot possibly speak to it, because language is form. It's our local symbols. Our language is based in our world and all of its limitations and contexts like discrete location and linear time. They seem foundational to what reality is, but they're actually not, and our language is wrapped up in that. It's so limited, so it's almost impossible to describe this with human language. I just have to say that first. So, if you'd like me to share, just stop me anytime if it's unclear.

Host: You do a really incredible job sharing it. I think your language is very precise.

CS: No, it's very frustrating actually to use language. As soon as we open our mouths or write something down, it's just wrong because this is so big and so beautiful and so deep. Anyway, in summary, I've shared this a number of times. I

remember existing before I had ever been physical. I know that sounds wild. I'm a down-to-earth guy, like a normal kind of person. I didn't share this for eight years because I know how this sounds. I'm a working professional, and this sounds pretty out there.

So, I remember existing before I had been physical and coming across a being who had been physical. In those higher realms, our connectedness is felt and known, so the communication there is done telepathically. We just share with each other huge chunks of information and feeling all at once. I could feel from him and see how beautifully rich he was, the quality of his essence. It was amazing, remarkable. I was like, "Oh my gosh, do you feel as much joy as I feel that you feel?" He shared with me, let me down into it, and he shared this incredible depth of joy. I asked, "What could you possibly have done to be this? This is amazing! How are you this?"

Host: This golden being that you met?

CS: Yes, yes. Gold is just the visual element of how I saw him. He was very rich with this golden light. He shared with me that he had lived physical lives, and there was one in particular in which he had been physically damaged in some way. He had some kind of pain, some kind of disease, and it lasted with him for a long time. The way that he chose to meet that experience, allow it, integrate it, really. Come to terms with it, really understand it, really allow it and feel it and heal it. The way he chose to do that, it facilitated or something... I don't know how to describe this, but it enabled this incredible refinement of his being. That's the only way I can put it, such that he forever had that new depth. Even here, outside of the physical life, he had this incredible depth.

I was like: "I want to do that!" I was so inspired. I was deeply, deeply inspired. He at first shared something like, "Yeah, that's what they all say. You just don't know what you're asking. You don't know how hard it is." Not negative, but very neutral, very matter-of-fact like: "You just don't know what you're asking."

Host: Where were you when you met this being?

CS: There are many different reality systems, and I'm not quick to try to label them, especially from the human point of view. I can at least say that I was with a large group of beings, and we were moving across a landscape of light. We were doing similar work. This being was among us. There were hundreds of us, but he was very different. He resonated with this work for some reason, so he was doing this work at the same time. But his quality of essence stood out in the group and in the environment. It was obvious. I can't say too much more because I'm still veiled, still very much veiled, so I don't have clear memory of everything. But I remember that we were moving across this landscape, and it was like a landscape of living light that we were also a part of. I've experienced this in out-of-body experiences too, actually. Where the landscape of the higher vibrational realm is alive, and we can feel it in us. It's a part of us, actually, even though it appears external like Earth might. I don't want to limit it, either, because this is much higher than Earth. This is why language is so poor. Anyway, you can feel that environment is like in you, and you're a part of it.

Host: Were you working together with the beings?

CS: We were doing some shared work together, working towards some shared energetic goal. In thought-responsive realms, the work we do is not like human work. On Earth, work means like moving objects around. Talking to each other is a lot of work, just having meetings. I have a lot of meetings in my job. It's amazing how much time we spend on just that. In those higher realms, the connectedness is so much less limited, the bandwidth is huge. The type of work that we do in general, in broad terms, is more aligned with activities that are in alignment with our true nature. Our activities are creativity, and love, and service, and peace, and joy, and experiencing those things and celebrating those things, expanding them. That might mean, for instance, when we think of the word virtues... There are many different virtues that we explore, learn, and grow through and with. We do that in a myriad of ways, because, in thought-responsive realities, your intention and thoughts immediately have an effect. So, there's all sorts of work, so to speak, that is about the

utilization of thought and intention. It's a form, so you could say even just like learning how to create thought forms of a certain type or complexity is a type of activity.

Host: Wow, okay, so you were busy with that and you met this beautiful being.

CS: I don't know exactly what we were doing, but we were doing some shared work together, and I met this being, and he inspired me.

Host: There is just another question coming to mind, which might not be really related, but while you're up there in the ether, it's like something around dimensions and density and stuff like that. Do you have any memory of traveling in different densities or dimensions? I don't know how you would distinguish those things.

CS: The reason that it's often described as densities or layers is because all reality systems are taking place within consciousness. It feels like we're in a physical body looking with some eyeballs at a world, but really that is all form playing on and in the movie screen of Consciousness. **That consciousness vibrates, so to speak. It's not actually a physical vibration, but it feels like a physical vibration when you experience it, a very physical feeling. We vibrate into different reality systems; we engage with them through resonance.** This Earth reality is an example of an extremely dense, extremely dense, which means extremely low-vibration reality system. I'm being hesitant there because there are qualifications that are necessary.

The Earth is not negative. It's just very, very dense and very limited. It's very solidified, slow exactly. It's very slow. It's very solidified. It's like if you froze water or something. It's just cold, not negative, just cold. So, Earth is kind of like that: Very, very low vibration by comparison. **The reason I'm qualifying this is because the key action of vibrational shift is not only where we are engaged through a veiled experience like here, but in the meaning we put on it.** A loving, joyful, free state of being is a very high-vibration state, whereas existing in fear, rejection, and all the manifestations of ego that arise out of fear—like anger, for instance—are very low vibration because they're not in alignment with the truth. Fear is not in alignment with the truth, and that's a very low vibration by comparison.

So, I'm qualifying that answer because it's not just that we're physically in this low-vibration place. It's also that we as consciousness, we are complex vibrational beings. It's not just one vibration we're entertaining in any given moment; we're usually holding on to all sorts of vibrations. All of that is like a vibrational picture, and the Earth context just happens to be a neighborhood in Spirit and Consciousness that is very uniquely low vibration.

And I'll just lift up one other last idea about that because I know I went all over the place here. What's so unique about this dense Earth experience is its degree of separation. The limitation is so high, and one of the main ways it's uniquely off the charts is that we feel separate from each other. That's super weird. That's not how many many other reality systems are. We very typically know our connectedness. We feel it. We know the other person is connected to us. They're a part of us, you could even say. Whereas on Earth, we have almost completely lost sight of that. We feel like the people outside of us are just other people. They're them, and I'm me, and that's they are out there.

Host: Yeah, we play this game here of being bound, gagged and forgotten.

CS: Bound is probably true, but I wouldn't say gagged. As for forgotten, we feel forgotten, but we are not actually. It's just part of the illusion of being veiled.

Host: I am gonna come back to this being. What do you think of the idea of fact that we're kind of in the higher-frequency realm, and we come here to test something, to test our mettle, to test our thoughts, whether we can hold a thought into reality? It might feel so easy on the other side because everything's much faster, but when you come here... You describe as going lower lower like that, which is amazing. It sharpens your sword, you could say.

CS: Yes, absolutely, it sharpens your sword. Everything you just said is very appropriate. It's like we pit ourselves into this limitation set because it is like sharpening a sword. I don't want to say against, because the physical reality doesn't have to be an adversary. In fact it's for us, not against us. **What sword are you sharpening? The sword of consciousness itself, beingness itself, how it responds.** Like you said, "Hold a thought." Can it hold a thought in a certain context? That's an example of a quality of intention: Holding an intention. Like when you're in pain, it's a lot harder to choose acceptance than you're not in pain, as a very simple example.

Host: I've been thinking since I first heard you say it the quality of intention. It sort of made me contemplate that quite a lot. I haven't heard many people use those specific words like that, and it's like a very sophisticated way of approaching reality with a quality of intention. I think it's a really important tool, like a takeaway for life on Earth, because I think that if people can wake up long enough to remember what they're even trying to do here, they can come closer to having a certain quality of intention. Maybe you could give us an example. Perhaps this incarnation cycle with this being that had a certain quality of being links to the quality of your intention. I'm not sure.

CS: First of all, I didn't create that term. I first heard it from Tom Campbell. He uses it a lot in his work. He's a physicist and Consciousness Explorer, and in his book *My Big Toe*, which stands for my Big Theory of Everything. It might be considered dry by some people, quite intellectual, but I personally benefited hugely from it, having come from an intellectual background myself. He speaks at great length about the term quality of intention, and I think it's the purest way to describe what I'm trying to describe as well, so I borrow the term.

The quality of intention does not require you to know why you're here. It might be confusing because if we think quality of intention means I need to perform a given task, and if my intention is in alignment with that task I succeed, and if it's not I don't. That's not actually correct. It's hard to describe it without using the word quality. It is a quality of the real why that is more in alignment with the true nature of who we really are. Our true nature is love, endless love, and peace, and freedom, and joy, and personal creativity, authenticity, and aliveness. Love means service to the whole and to the other, celebration of the whole and of the other, like all the things that can mean. So the question is in any given choice, in any given moment, are you in alignment with that, or are you in alignment with fear? It's okay, this is not a judgment.

Fear just means the part of you that has responded to the physical limitation set with a "No no no, I reject that and no screw you, because I'm over here, I'm in pain, and I'm not going..." All the things of the ego immediately rises up. All the ego story prompt pops right up. For instance, "I feel powerless and I'm going to believe this thing that will give me power", or "I'm powerless, so I'll become angry because anger seems to give me a little bit of power." All those fake things they don't really address the root. The question is our intention in alignment with the real power, which is everything that love, and peace, and freedom, and joy mean, versus the little mini me, fake power of fear and ego. So many decisions on Earth are made from the quality of the latter rather than the quality of the former. Note these are about qualities, not specific behaviors actually.

Host: Don't you think that you have to have awakened to a degree to be able to arrive at a quality of intention?

CS: Yeah, there is definitely an element of degree of form association occurring, so that's how asleep you are into the form, into the dream, and into the conditioning. **If someone is more form-associated, more deeply associated, more asleep, there is much less space for conscious choice because everything's running on autopilot. Actually I should clarify it's not everything is running on autopilot, it's just that there is a lot running on autopilot.**

Host: Someone like that could be just in survival kind of consciousness in a way, and their intent would be: I must survive. Right?

CS: They actually are wielding an intent, even if it's subtle. There might be this automatic program running that seems not very conscious, like survive, survive, survive. You hurt me, I'm gonna punch you right back without even thinking about it. Do you know what I mean. I'm saying it because that is how the ego is. The ego is asleep, that's another way to put it. This ego is asleep, as sleepiness is kind of synonymous with egoistic action. They're synonymous.

So as we shift, all it takes is one moment of conscious thinking. It's not even just thinking. Thinking is actually subsequent to the intention. Put it that way: One moment of conscious choice making towards more acceptance, more love, more peace, more freedom, more joy, more ownership. Even just willingness to see the painful conditioning story that's running over and over and over. Even just a little bit. Maybe you're super asleep, but you got that little bit of awakeness. This is very important. **The thing is consciousness itself is alert, and awake, and powerful, that's its true nature.** If we are asleep in some muck, it's never true that we're totally stuck there. That's not possible, because as deeply as we may have become asleep into this level of density, we are still consciousness. You always have some room. I don't want to put it in numerical terms, but whether it's a small sliver of alertness and awareness from which to make a more intentional loving choice or a bigger one, you always have some room to choose in that direction.

Host: I think you should give a whole workshop on that because it's very valuable to think about it more specifically. I've looked at Tom Campbell's work, but it'd be interesting to study it a bit more. Okay, let's go back to where you met this beautiful being who had various degrees of suffering. You said you wanted that.

CS: It wasn't that I wanted the suffering, it was that I wanted the depth of joy that he was. It's like seeing an Olympic weightlifter who is strong and saying, "Oh, I'd like to be strong." You don't think, "Oh, I want to hurt myself under some weights." It's not your motivation. Your motivation is, "Wow, that's cool, I want to be strong."

Host: So, what happened after that?

CS: There was a lot of experience after that that I don't remember. I lived many times, I know that. Most of my pre-birth memories are of a time somewhat immediately preceding this life. It was before this life and the one just before this where I had taken a long break in between lives. I was hesitant to return. It's like taking a very long weekend or long summer break.

Host: I think a lot of us can relate to that.

CS: I was like, I'm not not not ready. But it's important to point out that the guides they see us for who we are, even there they can see. I don't want this to be misconstrued but it was my own immaturity why I was so hesitant to come back. They can see that a little bit, so they came back over and over. I mean this guide came to me repeatedly over time asking, "Are you ready to go back yet?" Like waiting long periods of time in between and then asking me if I was ready and then telling him I was ready to go back. And then reviewing with him my state... I don't know how to put it, but like who I am, like everything I learned and experienced. Learned is not a great word even, because as soon as we use the word learned, we think it's intellectual learning. This is more about learning of the being by being something, like actual experiential learning.

I reviewed with him all these qualities or virtues, and it was so obvious the one thing I needed to quote "work on". It's not need to, we don't need to do anything. It's a choose. But it was so obvious this one thing that stuck out. It was like if you looked at a bar chart that had 200 data points on it, and one of them was like way, way, way down. It's like kind of a joke. Well, that's not hard to identify. It was like that.

Host: I'm just curious how the review comes about? Is it kind of almost like a soul reveal? What's the mechanism of being able to look at all these qualities? How does that happen?

CS: Yeah, in consciousness it's all there. On Earth, we might think we need mechanisms to accomplish things, but in spirit, you are who you are, and it's all there, it's all seen. You could think of it like a big database maybe, looking at the whole database at once. It's not hard to do that even though that's huge. It's huge amounts of experience, but it's also about qualities. Maybe metaphorically you could think of the soul as having colors, different colors. This is just a crude metaphor, please don't misreading. It's like if you've got 500 colors in the soul, and they all have different brightness. Something like that. I mean it's not a great metaphor because each soul is very unique and beautifully unique. It's not like we all have the same colors. Your green and my green are not exactly the same. That's the beauty of it, in fact.

But in this case, the one color, the one thing, the one quality that I could see was like a huge challenge for me. It was this specific fear. The quality of fear that in a previous experience, it had bested me; it had overcome me and I had turned into an egoistic monster because of it. **Egoistic patterns arise from fear.** So I could see this fear was really deep. I was like, "Okay I'd love to do that." That would be a freaking amazing if I could really heal that and integrate that. But even from that point of view, I wondered, "Is it even possible?" It was such a low vibration, I was like, "Wow, has that ever been done in all of creation? Has any other being ever done that?" The guide shared with me, "Yes, and you have all of time with you to do so." I was like, "Okay, well, if it can be done, I'll do it."

From the human point of view, I know it hasn't been that simple, of course. I'm not even saying that it seemed simple there. **It did not seem simple there. I had a clear sight, and I could see it was very very complex and challenging.** But I also knew our true nature. From that point of view, I just know what we are and that we can't fail, and there's nothing to fear for real. I knew my power. I knew I was a powerful being, so I'll do it. If it can be done, I'll do it. Then, they brought me a life appropriate for that intention. It wasn't this life, it was the one just before this. I remember accepting the veil for that life. Please stop me if I didn't speak to your comment or your question, because I just realized I'm going forward.

## Being Born

Host: It's fun.

CS: Okay. So accepting the veil... This is really hard to describe to you but it's basically like a set of limitations and constraints that we wear on and in consciousness. It's like taking on an obscuring blanket. I felt that I had to accept that veil. I had to not fight it. Because we are pieces of God. You could say we're pieces of the Source. We have total sovereignty and power, there's nothing that can overcome us. It's not possible. The only way we can seem to lose our power is give it to a availing, like to surrender it. I felt this pluming in my vibration down down down down down, more more more more, lower lower lower. I've described this so many times but just lower lower lower lower.

And then after this incredible pom of vibration, being feeling dense and dark and alone. Feeling like not having my knowingness anymore, feeling my connectedness disappeared, and I immediately responded in fear. I was like, "No way, I'm not doing this. There is no way I'm going to tolerate this for a lifetime. I'm not going to do this." **I just arrived in the womb, and I wasn't even born yet. I was like, "I'm not going to do this."**

I summoned my might and fought my way out. I knew I was a powerful spiritual being and could just push my way back out, so I did. But I realized that in doing that, I had killed the fetus that was to be my body. I had a life review, just like near-death experiences describe, except I wasn't even born yet. I don't know how long I was there but it was a very short time. But I could see how my action affected the mother, because I caused her to have a miscarriage. I could see that she had grief, and I could see how hundreds of other people were affected by the mother because her grief was higher. I caused that, I could see that my choice made that happen. From the other side, you can see that everything is okay. It's not like there is a true failure. But I could just see very objectively that I got a lot of fear, I had to do something about this.

Eventually, they brought me this life, and this life was not quite as appropriate as the first one would have been but was still pretty good. **I remember reviewing this life in incredible detail, reviewing millions and millions of possibilities of how this life might unfold and reviewing qualities that I may or may not experience or that I would want to have, like there is some tweaking available.** Then, I remember subsequently being in this area like waiting for the life to begin. And this guide coming to me and being like, "Go now." And then being in this area I can only describe as a technician chamber. It sounds wild but it's like a shop or a space station or something above the Earth. I could see the Earth below me. I was hovering above this like pit in the ground, like shaft.

**There were these beings who are very technical in nature and they are veil application technicians or something. They do this thing where they organically make the veil work for you.** They did that and they had the veil ready to go and they are like, "Are you ready to go?" I knew once I said yes here, I was in for the ride. I said yes, and once again I felt my vibration

plummet down down down down lower lower lower lower more, lower more, lower more. When I think I'm at the bottom, it just keep going lower lower lower. God, it was so crazy. This time I tried not to fight it because I remembered that I had fought it the first time and caused a miscarriage. This time I didn't fight it, and let it happen.

When I arrived so to speak in the womb... I don't have any clarity anymore once post veiling. I didn't know if I had even arrived all the way. I felt really dense, and unsure if I had made it. I sent a message back to the technicians, "Did I make it? Did I take? Did I successfully receive and accept the veil?" They sent one message back, "Yes." I felt it really accomplished, even though I was only in the womb, and had not been born yet. I felt it was a great accomplishment, because even just to make it to the physical and Earth particularly is a heck of a step, a big accomplishment.

So, I was there for a while and then eventually I was like, "I'm not doing this. No, I'm not doing this. This is too dark. This is so separate. I have no power. I'm done. No. I'm not tolerating this for a lifetime." So once again my fear began to rise up and I began to try to fight my way out. When I did that the most holy moment of my whole life happened. **I felt The Great I Am Presence of All, that is what we call crudely God Source come to me and expand me back out. I felt all of the universe within me. It's really intense. I felt the whole universe within me and I felt the sun of Earth in me. I felt it was alive. It had Consciousness. It was churning with this bliss.** God said to me, "This is still what you are. You can never not be this." So I stopped fighting, realizing I hadn't lost all that I am. That's why I was freaking out and fighting. I was reacting in fear because I thought I wasn't the whole anymore. I knew that I had true strength, so screw this I'm going to fight my way out.

I don't really understand why these two incarnations were so challenging in contrast to earlier incarnations. I don't fully understand that because I've incarnated many times. I think it has to do with the unique vibrational lowness of the Earth experience and of this body actually, because each world has its own vibrational place. Each nation, each family and each body. I knew that this body had biological limitations that other bodies don't and it would make existing more difficult, more painful.

Anyway I don't really understand exactly why. I theorize it's because this unique body, this unique world, the characteristics of everything combined. Plus the depth. This is also an important point. Not every being is engaging the human experience to the same depth of sensitivity, and to come here with greater sensitivity is a harder challenge. It has bigger rewards cause all contrast is an opportunity. It's given to us, being very sensitive... I'm very sensitive to freaking everything, so sensitive it's ridiculous. Being very sensitive is a greater challenge but also a greater opportunity for growth.

I don't really know why these two experiences were uniquely so challenging. But once I had that experience, I stopped fighting and I was like, "Oh, I haven't lost all that I am. Okay." I went back to the simple existence of being in the womb, and a while later I was born. It seemed like a long time later. I remember the day I was born... I remember the shock, the sight, the sound, the touch. I remember circumcision, I seeing the nurses. I was so curious that who are these beings and I remember feeling love for everyone, but having no freaking idea what's going on. I just felt the most intense curiosity like, "Oh my gosh, I need to start filling this understanding right now." I don't know how to describe it, like I need to start learning what is happening. I felt so vulnerable in an empty way, I had no knowledge of what was happening.

And then 10 days later when my body was 10 days old, my body almost died actually. I aspirated and turned purple and my parents took me to the hospital. I've always kind of wondered if maybe somehow that has something to do with all this. I don't have any knowledge of having a near-death experience. I've heard some people share with me that they had as babies and they've had some similar experiences in their life. I don't know if that's related. I've just been wondering if maybe somehow that's related. I know once someone has a near-death experience the veil gets like punctured a little bit, like there's some kind of a not the same not quite the same. That's just conjecture I'm not sure about that. That's a summary I say. We already went on for over half an hour.

Host: Wow, that's absolutely amazing. So the way you speak about the veil and taking on the veil is quite unique as well. I mean I know other people have spoken about it in different ways, but I just found it very useful in a way. The way that you're speaking about it. It's kind of like there is much more of a proactive choosing. Some people talk about it as like a prison planet, and you come here you are stuck.

CS: There are different levels of the self. At the deepest level, at the soul level, you cannot be forced, because you are a piece of source. You have ultimate authority, sovereignty. It's not possible to force without your choice. That's not possible. In fact even the ability to choose to be surrender yourself into a veiled experience is quite the amazing technology, so to speak. When I say technology, I'm not speaking of course in the Earthly sense. I'm talking about in sense that spirit has evolved, not just through this universe but through countless iterative universes. It's learned how to do this, so to speak.

So at the deepest level you have to choose. Now at lower levels of the self, at the ego personality level, it can seem like there's no choice. Just like here on Earth if you get a kidney stone and you can't escape the pain. It seems like you have no choice. You something might be forced upon you so to speak. I had a lung collapse when 26. I was in the hospital for 10 days with a tube in my chest. It didn't feel like I had any choice, and they stuck a tube in my chest and I had to live with it that kind of thing.. That's just one example of many challenges I've had in life.

I'm just saying that we often feel on Earth like we don't have choice. When the personality portion of the self that is still form associated steps some distance, some short vibrational distance outside of the human experience, it may feel like there's no choice for a return. Even though we're post-human, the human personality portion of the self is still just a portion of the self.

Host: So you choose your incarnation. You review it. You choose your best possible destiny and then as you get veiled, you locked into that choice in a way that you've made.

CS: I never used the word destiny. I just really sensitive to the word destiny. What we choose is a context state, like a context package, and that package has many many millions of potential outcomes, and some are very likely and some are much less likely.

Host: Okay, so Destiny is too locked in for you.

CS: Yes. Destiny is too locked in, because we always have choice. There may be certain things that are extremely likely, like something very simple, like you're going to have two arms your whole life. You're not going to grow a third arm. That's not happening. Like biological limitations are part of it. A simple example. But I mean energetically there are also paths that are extremely likely for a given life. Like if you're born into an abusive family, the trajectory is likely that you will probably experience abuse. Now you get to choose how to respond. This is so important.

You may not even know that as a child, because children are special. We assign Godlike identity to the parents, and then we believe what they tell us. That becomes our condition worldview from a very young age. Even though that's true, Consciousness is still the driver behind the driver's seat. Even if the car gets conditioned, even if the thinking mind portion, even if the story part portion of us gets conditioned in a certain way, we still get to choose how to drive the car, and that does push the probabilities. This is very important, so it's not destiny. It's that we have choice within a very dense context.

Host: Okay. We come to this... What did you call it, a range of context? what did you call it?

CS: A context package.

Host: And we go through this forgetting process. Once we're here, then it's about in a way remembering again. I mean that's a sort of a strange game really.



CS: Okay. First of all, we don't necessarily have to remember. It is kind of built into the long-term plan of the game, because we don't come here to stay here forever. We come here because we are who we really are, which is love and peace and freedom and joy. Waking up to that is awesome. We are playful beings and so we have created this great game of hide-and-seek with ourselves. That's really important. If our society lifted that up and understood that for real... Oh my gosh, think of how much less seriously we would have to suffer. Because we take this really really seriously and we forget to laugh. I know it's not always easy when there's so much pain. That's the nature of this super super dense world. Can we even in this very extreme limitation wake up to who we are? That's the game, even a little.

The game is love. The reason I'm qualifying it carefully here is because it's not that the game is only that you have to wake up consciously to who you are. The game is to be who you are here, to be who you really are here, because your true nature is love and peace and freedom and joy. Can you be that and actualize that here? As we do that, we tend to remember.

In my case I was certainly not going out and trying to remember any of this stuff. I just meditated and investigated who am I, what am I, and I was just very very willing to feel everything, and to see with open clarity: I have a lot of weakness, and I have a lot of pain, and I've been conditioned in all these ways, and I have a lot of fear, and it's okay. Like I'm going to accept all these things I've been afraid of, and to really investigate beneath all that, too: The living Consciousness itself. That's what we always are. We aren't actually the form. Now it seems like we get really lost in the form. It's not actually what we are. So it's almost a byproduct to remember the larger nature when we align with fullness to our true identity.

Host: It's like you come in, and you face a specific area that is undeveloped. You choose to come in to work on it...

CS: That's okay. We don't have many good words, so go ahead and use work on, work through maybe.

Host: Do you think you kind of take that wisdom with you once you've done it? You've kind of absolutely inherit it in a way and it becomes your your pearls or whatever?

CS: Oh, absolutely. You absolutely keep that. You keep it forever. Forever is a long time. What I mean is it worth the very short duration of a human lifetime to truly understand power or freedom by knowing their opposites and by integrating their opposites. Yes, that's why we come. We don't come to be powerless. We come to be more powerful. I know that sounds like you can't have one without the other, but the thing is we transcend duality itself. We made duality. Duality is a creation. It's creative tool. It's not even fundamentally real, but it creates a space into which is real, can grow and expand. When we experience something specific here on Earth and grow in a specific way, we definitely take that with us. It's a pearl we retain forever.

In fact all experience is like precious pearls to the souls. They retain it all, they know it all, and keep it. It's so valuable, and we absolutely get to keep that. You don't get to keep your body, or your money, or your failing eyesight or any of that stuff. That's not you. You're just wearing that stuff for a while. You don't keep that.

It's like when you crawl out of your astronaut suit, you don't have to keep the suit, but you keep everything you learned while you were in the suit, because you changed. If you go into outer space in an astronaut suit and then you come back. It's not even really what happened to the suit that matters. It's what happened to you that matters, and how you responded, and how you grew as a result. Once you get out of the suit, once you walk over, maybe you'll go wear another suit now and learn some more. That's okay, you don't have to. It's up to you if you want to do that, and you get to keep that experience, too.

Host: The word ascension is coming to mind. The process of coming into deep density with as much quality of light as you can bring, then you ultimately ascend. I mean it would expand the depth of your light somehow?

CS: It's a refinement of the substance that already is what exists. The substance that already exists is already there. I mean it has no word for it. It's beyond all language. But it's the aliveness of Consciousness, the aliveness of being, the love and the peace and the freedom of joy of aliveness itself. That's what's real. That gets refined through the thing that it wears.

## Reflection

Host: Okay, that's a nice way of thinking about it. So how do you think of the process of Ascension? What does it mean to you?

CS: It depends on if you mean personal Ascension or Collective Ascension. Usually when we talk about Ascension, we're kind of talking about the collective at least. It depends on how you use the word. So Ascension in broad terms is the word we use for when you've so integrated the depth that you begin to return back towards the fullness of being, towards the light, but with new wisdom, new depth, new knowing. If you are stuck in a fear pattern, then it's low vibration. If you get stuck in a fear pattern that happens sometimes for lifetimes. It doesn't have to. You can actually work through it very quickly. But I'm just pointing that out because you can't make it up, like you are where you are. Your soul is where it is. You are where you are.

So Ascension is about the actual working through of those deep dark patterns and healing them. Working through the dark is synonymous with bringing the light down here. They're actually both the same. I know sometimes in spirituality we tend to think, "Oh no, just focus positive. There is great power in focusing positive, because it's the truth you're always allowed to choose to focus positive. That's one half of the of this equation. I'm talking one half is you always can choose to focus positive because that is the reality and when you do that it does shift reality towards the positive. Reality is listening to you all the time. You can choose the positive no matter what's happening.

But meanwhile the other side of that coin is how do I deal with the negative, how do I deal with the pain, how do I deal with the fear. It's a synonymous activity not an opposite activity to go through that fear actually for real. Go into it. It's called shadow work. Go into the heart of the darkness and feel it all the way. Feel it, feel it, feel it. No rejection, no requirement for it to change, just actually go and see what's in you. **Your willingness to feel it transmutes it into the light.** Not your rejection of it, not your trying to solve it through a new process. Not escape, because that could be an escape intention. It's all about equality of intention. **If your intention is actually to feel it and own it and understand it and love yourself even through it and actually feel what's there, actually see what's there, then that light of awareness has then been brought into the darkness by your intention.**

This is so powerful and this is what so much counseling is about. I went through EMDR therapy for years because I had post-traumatic stress after a traumatizing health experience in my early 20s. I could not have awakened in the way that I did without going through years of counseling to find hundreds of layers of fear that I had built on top of this root fear that I came here to process. This root root terrible most terrible destructive terror, like a fear that's so deep that it feels like it would destroy me. It's impossibly deep, even that you are deeper than that deepest fear. Your Consciousness is deeper. If you let yourself actually experience that deepest dark, your willingness to feel it is what transmutes it. It's your quality. It's your intention itself because now you've done something that you've never done before. You've said yes rather than no.

Let's say you were abused and you have all this like shame. When I say own your fear it means acknowledge I have been hurt by someone else. It's a reclaiming of power and it's actually hard to reclaim your power because it means you actually have to look at the pain you have and feel it. That's hard. That takes bravery. But if you really do that, you can reclaim your power and you can find, "Oh, I am not worthless. I am not shameful. I am a good powerful being and I am worthy to actually heal, actually feel all this stuff, actually let go, let the other person go." That's called forgiveness. Let the other person go and actually live now. Maybe you've never done that your whole life, but the moment you do it in that now, you're doing it for all the nows including post life actually. Because it's all one big now and so that now that you do it, you have created a new space into which your true nature can then shine. I wish I had better language for it, because this is very real work. It's just limited words.

Host: It's so interesting because I've done a lot of my own spiritual journey. I listen to you and I'm baffled. There's something in me that... or perhaps it's just the nature of this veiling. It's like every time I hear it, it's the first time I've ever heard it. You can tell me the same thing in the next minute. It's like a miracle.

CS: I experienced that, too. My simple example of that is meditation. It is actually kind of like rediscovering the truth every time. Because you forget. Because as soon as you go back into the world of form, and you are the worker, and you are the father, and you are the sick person, and you have these identities that you're like seeing out of those eyes, then that's what you are. You're not the whole. It swallows you up. It's like a rediscovery I mean. There was one time I had this incredible experience after meditation, I knew with all my being that I was not this, and was our higher nature, and it was blissful. I put a little sticky above my monitor that said, "It is an illusion." just to remind myself, because I knew that I would forget. And hundreds of times I've looked up at that little sticky and went, "Oh that's right. I forgot again." That's okay. That's the nature of being veiled. The veil simply allows us to get lost in the weeds pretty easily.

## Technicians

Host: I see you as like an anti-veil technician down here.

CS: No no no, and I don't want to do that. I feel sensitive about that topic because their work is important, and the veil is meaningful. I didn't share for a while in public, because I didn't sense it would be beneficial to share. It can be destructive to some people to hear, to have their worldview shaken up too much. But about six years ago or seven years ago, I just had the sense that the ground is just fertile enough, so I've shared in the way that I felt that I should share. There's certain elements I feel that I shouldn't share, and I don't share. That's okay. Sometimes I'm curious and I'll go look in Consciousness myself, and I'll just get this, "No. You don't need to see that right now." It's not a refusal. It's just like that's not beneficial. It's only when we are willing to discern the difference, and actually try to serve, and not to do something for the ego, that we tend to be able to say okay. Like I can share what's useful and hopefully not what's not useful.

Anyway I'm just saying that I would never say that I'm an anti-technician. I'm simply excited to be sharing something that is true. I won't say the truth because nobody can say the truth, but I am excited to share something that is true that we have forgotten. Because it is the most ridiculously good news. It is such good news. After I get back into that frustrating work topics arising, I know that I'm going to maybe get lost in that. But that's okay, like how do I respond the opportunity. In other words the veiling is intentional. On the other hand, can we choose to do whatever we want here on Earth? Yes. Are we allowed to wake up to who we really are? Yes. If you want, yes. Some people will say, "Well, aren't you doing a disservice by reminding us that we're veiled? Because now life won't have the same punch?" Yeah, I will acknowledge that. On one hand, there is a certain loss of punch that can happen if you know that you're a multi-dimensional being. That has an effect. I acknowledge that I'm having that effect for some people. It's just the nature of talking about it.

But on the other hand, we are free. This is a playground. It's like going the gym. If you take some weight off the bench, isn't it true they might have less weight to push against? Yes, but the whole gym is a creation. It's not even who we really are. Part of the great joy is waking up to who we really are while we're still in the gym. Life still has its challenges that will rise up. The human condition is that it's kind of riddled with opportunity. I should say more articulately, because that's kind of unfair. It's just that the probabilities are we will have many opportunities to grow, and it can help us to do that when we have some tiny awareness of who we really are. Because when those challenges arrive, we can say, "Wait wait wait wait wait wait a minute. Wait a minute, maybe I can choose something a little more consciously. Maybe I can choose something that's a little more free, a little more joyful. Maybe I don't have to do this stress thing I really need to do, and I can just go for a walk."

It is like we can be more intentional about how we respond to the playground of form that has arisen. I think that's a beautiful thing. As we shift in the assumption of what we are in our mind space, just even in the idea of what we are, we actually align vibrationally more with higher states of being. Because if you believe you're just a little human, that's what you're going to get. But if you open up to I am really a multi-dimensional being, our out of body experiences actually

possible. I'm here to tell you they're more real than this. If you even just acknowledge that they're possible in your own mind, even just that opens the door a crack, such that the higher state might. You might find that you are experiencing them. They might arise to you just because now you're more in alignment with that. That is actually a service to the guides in a sense, it's like giving them space to work with us.

### Avoid Lights?

Host: There's a couple of thoughts... This idea of the prison planet theme again. Some people talk about like a thought induced prison, so in other words if your thoughts are limited and you think a certain way, then you create a thought prison.

CS: I'm very sensitive to this topic. It's a little bit like telling somebody to be scared of their own power. We are thought responsive. We are thought creating beings who create thought responsive reality systems, and we do create our realities through our thoughts. Telling someone to be afraid of that is like telling somebody to be afraid of their own creative nature. Now is this a prison planet? No, no no no. I feel so strong about this because I feel like it's such a disservice to communicate that. I've heard people say like, "Well, avoid the light when you transition." Don't avoid the light, guys. You will feel the incredible pulling of the light on your very being, because it's the higher freedom of your true nature. You will feel that. Don't avoid that. Only fear is gonna say avoid that. We experience fear-based ideas here. We experience perceptions of being powerless or being trapped or being coerced. Sometimes people can lie to us or trick us and we live in a society that often milks the worker, uses people for something. Our systems use people.

Now we experienced that, we've somehow taken that idea and tried to push that up the ladder and say, "Well, what if the whole earth is like that? We are just as souls being used for fear energy." I've heard that term Louch or whatever that term is. No, it's like the belief in hell. It's like we just take the contrast we've experienced and then we magnify it and create a new belief around it. But that is not the full picture. No form can be the full picture. It's bigger than all forms, and that thing that transcends all forms is complete freedom, complete joy, complete love. Your soul will kind of tell you. If you think this a prison planet, you kind of feel that it doesn't feel real good. That's because you got this inner compass, when something aligns with the truth it feels good. When something aligns with something less than the truth, like trapped or coercion or eternal punishment...

There are hellish experience on Earth, and there are hellish experiences in non-physical realities where thoughts are responsive. We bring our own fear, we create a reality system out of fear instantaneously without even knowing we're doing it, and then we feel physical things like burning of the skin. That's possible to feel that. We feel that on Earth too. The question in all those instances is the same. "Are we aligning with fear and creating fear?" or "Are we aligning with the truth which is love and creating love?" To point out that someone can create a hellish experience for yourself, aren't you afraid? That's not productive. We should say, "Hey you can create any experience you want for yourself." Isn't that empowering? Because in thought responsive systems that is immediately created, and here on Earth we're all doing it together. 8 billions humans there are, plus all the non-humans. We're all exerting intention and pushing the probabilities all the time. We're creating this world together. Are we doing that in alignment with love or fear? That's the question. Including fear-based ideas like we're all trapped and living on a prison planet.

Host: The whole age of the awakening that's happening is sort of dismantling some of that much much denser reality that I guess we've chosen to some degree to engage in. And now as a mass Consciousness, we are ready to live in a higher frequency state together and remembering more of the true essence of who we are here in the physical.

CS: Yes. Another way to put that is we're ready to process our fear, which means we have to see it on the surface, and all the nasty systems we create out of fear and ego, and us versus them thinking and all that good stuff. We need to see it and we need to choose something else. Those two sides of the coin that we kind of talked about earlier. Awakening is about that. There is this shift in Consciousness that is taking place.

Back to the idea of vibration. Let's call vibration a temperature, because temperature actually is a vibration. It's a vibration of physical matter in heat. Consciousness has a vibration. So let's talk about the collective Consciousness as having a mean temperature, an average temperature. The Awakening is the fact that temperature is rising right now. It's not jumping a lot all at once. No, because we are in a very dense reality system. It's not literal degrees. I'm just using a metaphor. If we raise the temperature 1/10 of a degree that is a big deal when you have 10000 pounds of weight on every player in the game. The temperature is increasing.

There has been a a very significant change since even over the last five years, but I'm thinking back to like 20-30 years ago. This is not the same energetic environment as it was 20 or 30 years ago. It will not be the same energetic environment 20 or 30 years from now. In fact what we are doing through the Awakening is a really exciting experiment. It draws a lot of attention in spirit. I remember that in my pre-birth experience. I remember knowing this is just the act of the play that the Earth is in. **It's such an honor to be on Earth during this time and to participate in this huge amazing experiment, because we are trying to move from super super denseness and tons of fear to our true nature in a relatively short amount of time. What's a short amount of time? The ego wants it right now. We want it like yesterday. Well, a short amount of time could even be a few hundred years. That's not very long at all, even a thousand years isn't long at all. But I'm not talking about even that length of time. Even in a few generations this going to be a significantly different place.** It already is, but it's going to continue to be significantly different. That's a blink of an eye for Spirit when we're talking about this dense of a situation. This is crazy dense.

That's why I'm so passionate about lifting up the power of the individual, because we often get lost in these ideas here, like all the power is out there, it's all in the political systems, it's all in the economic systems, it's all in the organizations. **We lose sight of the power that we have as individual participants. You don't worry about the whole world. You are empowered to choose love and peace and freedom in your life, whatever that means for you.** You're wise enough to feel and know what that means exactly. Are you willing to see and hear what it means? Because the soul will often lift up things like, they might be scary, they might be new, they might require change. We have to be willing to listen. If we're willing and we choose to align with lives that are more authentic and of love and joy, that helps so much the whole world to heal. It helps not only physically but in Consciousness space, because your temperature goes up quite a bit, and your temperature affects the temperature of the whole pond.

### Light Up a Lamp

It's like a light lit up in the cave, the other person sees that light in Consciousness. Maybe not consciously at the human level but their soul sees it. They see that light and then they might feel empowered, "Oh, I can choose that too." You don't even have to see the other person to affect them. I've heard people ask questions about specific events in the world. Yes, we should take action in the world. This is not about avoiding the world or ignoring the world; this is about taking action too. That's what intention will mean: "Action." But also at the same time, you choose to be more loving and present and alive. It affects everyone. It affects Trump, it affects Putin, it affects everyone. They can't help. So don't feel dis-empowered.

One last comment. Because I fired up every time. I talk about this one awakened person has a disproportionately positive impact on the temperature. It's not just one over 8 billion is your fraction of the pie. One awakened person can bring more heat into the water than thousands of other beings who are unconscious, less conscious, and not acting in awakensness. So you have a disproportionately positive opportunity potential. That's important to lift up.

Host: As a sort of Awakening Soul, do you think it's important to get hold of your contract for this life? Like do the work to possibly hypnotherapy or whatever to see what it is that you may have contracted. Do you think it's helpful to know what you came here to do?

CS: My feeling would be that it's helpful for some, but definitely not for most actually. Because your Deeper Self already knows, you don't even need to consciously really understand it exactly at the human level. Just listen to yourself. Listen to your intuition. Listen to your soul. You already know. You may not need to know at the human level, "Oh, I picked exactly

this and this and this." You already know at the deeper level, so the question is how willing are you to follow your own intuitive guidance anyway.

Host: That's such a great message. I'm just so enjoying listening to you and talking to you. It's like a sort of bedtime story when I listen to your sharing. It's good news sort of thing. It's like such a great reminder over and over and over again with really empowered messages.

CS: It is a very empowering message. It's not my message. It's like someone told me the sky was blue outside. It's just when you're inside and dreary it's helpful to know the sky is blue. Many people who are sharing today, it's not even a religious message. It's not a charge. It's simply natural. It'd be like pointing out that gravity exists. That's how I feel about this deeper nature that we are. It doesn't mean it's dry and neutral. It's just natural. The natural thing that we are is consciousness itself, if you look deep down underneath all your thought. Many people are not willing to put in time and effort in quotes to do that. But if you really go look, you will find that this is what's there.

I'm not making it. Don't believe me in fact. Don't believe me or anybody else. Go find out. Just go look, go see if the sky is blue. Go investigate your own Consciousness beneath all thoughts, all stories. If feelings arise, be willing to see and feel them all. Go see what's underneath all that. Go see what that's made of. Go see what your feelings are made of. Go see what your thoughts are made of. For me that's just like kind of a natural comment. It's just like what is real.

Host: Yes. There's so many things we could talk about, but I think that's probably enough for one session. Hopefully we'll have another time. I'd love to go further with you. So much has been said and I think it's a lovely piece. I know you've written a book. Could you just share with the viewers about your book?

CS: My book is called A Walk in the Physical and at the website "A Walk in the Physical.com." It's available at the third link down on the book page to be read online on Google Books for Free as an online PDF. It's also on Amazon and Kindle in print, or audible as an audio book. Those are not free though. It's not about money. I just want to get this shared. I just want to share. The ultimate joy is sharing with each other, and then when we look back on this, we say, "Wow, we did it!" That's the coolest. That's what I'm passionate about doing. My website at A Walk in the Physical.com also has many talks that I've given. Eventually I'm going to have a YouTube channel I think, but that's not happening yet. I've been feeling some nudges and I have topics that are already kind of pouring out and on note sheet. That's about it.

Host: Any final message to close?

CS: I'll just say thank you whoever you are for being human today. I know that sounds strange. You don't remember not being human probably. But being here is no joke and it's a huge service and a huge opportunity. So thank you for being here today whoever you are listening. Go choose to be more you in your life, whatever that means. Know that you don't have to fear. That's the most important message.

Host: Beautiful Christian. You're a star. I'm so grateful that you're shining your light. Thank you so much.

CS: Thank you for the opportunity. I appreciate it.

Host: I appreciate you, too. We'll see you again sometime soon.

CS: Thank you, Bye.