

InVest: 53 – Stand Back & Be Centered

Visualize a cross of crystal clear light that Spirit and the agents of Spirit lower into your force field. The vertical pole is like a 4” by 4” by 8’ timber. It extends from about a foot above your head, down the center of your brain, all the way down your spine, and about a foot into the ground. The horizontal pole of the cross of light is similar to a 4” by 4” by 5’ timber. It crosses through the spinal column at the base of the neck and through the shoulders.

This cross is crystal clear and not of this world. Therefore, it is invisible to others in lower states of consciousness. Via your third-eye imagination faculty, however, you see it and sense it and feel it clearly, as if it was one huge diamond cross. You are a crystal clear cross of light.

Be this cross. Invest your whole being in this cross, which is your inner core, the “bare bones” of your light body. Focus especially on the center point of the cross, where the vertical and horizontal poles cross through one another. For this time cycle, this is your center.

Be in this center. Note that it is in the back part of your body, in your spinal column. It is your spiritual backbone, your fortified strength, your stalwart center, the place where you feel a steely resolve to be your Self and nothing but your Self, so help you God. Let others vacillate, jump up and down, try to yank your chain, spout angry words, or try to draw and hook you into their drama. Peacefully, lovingly, from your center, reply: Thanks, but no thanks!

Realize that as you stay centered in your cross and stand back from all the mortal non-sense of the world, you **become a beacon of crucifixion and a transmitter of transmutation**. To the degree that you have anchored this cross and crossed out your own soul non-sense, you radiate this very transmutational force field to others. Unknowingly, those who wish to change and shift will respond positively to you. Others, without realizing why, will subconsciously resist and rebel, and try to take out their frustration, anger, selfishness, and stubbornness on you. Be wise as a serpent about this, gentle as a dove.

When those around you, including your spiritual associates are going crazy, getting wound for sound or go off on tangents, don’t get pulled into their temporary insanity. Stay centered. Return to your center. Stand back. Stand in your power, the power of your I Am Self.

The best thing that you can do to help others is to be peaceful yourself, to stay centered in this peace, to have love in your heart. Unless the situation calls for it, you need not do anything outward to express this. Rather, stand back, be centered, be a cross of crystal clear light. Take up your Christ cross and walk the walk. And always remember that Spirit has your back!

By all means, when Spirit calls upon you to do so, put your love into action. Even in this activity, however, maintain your center. In the midst of twelve people of conflicting views, be inwardly focused on your center, and do not get pulled to the left or right, to in front of you or behind you. Be in the center, stay in the center, even as you interact with others who are not centered.

Remember, too, that more often than not the way to outwardly help people is from behind. In other words, instead of getting in their face, offering unsolicited advice or pointing them one way

or another, stand behind them and be loving and supportive. Hold the higher thought for them. See the Christ in them. Hold them in your heart.

They will get the message by cosmic osmosis, without knowing that it comes from you; and without resisting and rebelling against you. Have their backs, just as the invisible ascended masters and guardian angels have your back. See the crystal cross in them. So be it.

From *The Way and its Power (TaoTe Ching)* by Lao-Tzu, as translated by Arthur Waley:
Chapter LXVI:

How did the great rivers and seas get their kingship over the hundred lesser streams?

Through the merit of being lower than they; that was how they got their kingship.

Therefore the Sage

In order to be above the people

Must speak as though he were lower than the people.

In order to guide them

He must put himself behind them.

Only thus can the Sage be on top and the people not be crushed by his weight.

Only thus can he guide, and the people not be led into harm.

Indeed in this way everything under heaven will be glad to be pushed from behind by him and will not find his guidance irksome. This he does by not striving; and because he does not strive, none can contend with him.