

AWAKENING TO HEAVEN WITHIN

AWAKENING WITH A.C.

Week 1: Safety in Numbers

A personal reflection from A.C. on shyness, spirituality, and finding the courage to step toward the unknown - together.

"I went from balancing debits and credits for a career to balancing my divine mind with my heartfelt creativity to raise my consciousness."

I mentioned in my initial welcome to the Awakening Movement that I am shy. Along with being shy, I find myself quite logical. Maybe everybody thinks they are logical; I do not know. But that is how I see myself. Logical.

I was good at math, and I had great confidence in my ability to learn what I was being taught in my math classes as a kid and later in college. With youthful shyness - and yes, insecurities - I found safety in numbers.

When Numbers Felt Safe

Unlike being an artist, where you are vulnerable because everything is subjective, I liked the idea of numbers always adding up the exact same way. No vulnerability. Therefore, with this left-brainer mindset, I got an accounting degree and went on to a 25-year career in accounting and finance at a quite large corporation.

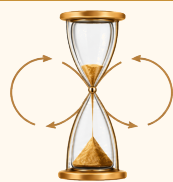
Fast forward more than 40 years after getting that accounting degree, and I now consider myself a creative writer - a right brainer - and a soul on a divine spiritual journey. Imagine that.

This entire journey took place in my own mind. But unfortunately, even with this amazing spiritual journey, I am still shy. My ego says, "You better come at me with more than just some spiritual knowledge and half-ass spiritual practices. Your insecurities run deep."

Safety in Numbers - Again

With that inner dialogue happening in my mind, maybe I am once again looking for safety in numbers, only this time in a much different way.

I know that one day I will have to face my insecurities and vulnerabilities and jump headfirst into the infinite unknown. Apparently, I do not want to - or am spiritually incapable of - making that jump alone.



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Maybe this is what the Awakening Movement is about, at least for me: divine spiritual beings coming together through spiritual practices and awakened circles, collectively creating enough unmanifested consciousness - love - that we can all find the courage to make this quantum leap of faith into the infinite unknown together as one.

"Remember me?" "Well, I am back in charge now, and I am taking us home."

That is what I want our collective hearts to say to our collective egos.

My Spiritual Contributor of the Week: Marianne Williamson

You may be wondering: How on Earth did I go from a corporate accountant to a self-perceived creative writer on a spiritual journey that took place all in my own mind? I can give one person credit for at least the beginning of that transformation: Marianne Williamson.

As I approached my late thirties, life was pretty good, relatively speaking. I had amazing, loving parents, great siblings, very good friends, and a job I did not love but liked - one that provided a comfortable life. In a world of pain and suffering, I had it pretty good. Yet I kept thinking, "There must be more than this."

During one of those deep contemplations about the meaning of life, I told my mother what I was thinking. Her response was, "I think there is a woman that Oprah likes, preaching right down the street from you, and maybe you should check her out."

Well, I did. The next Sunday, I talked a buddy into going with me to a place called Church of Today to check out this so-called Oprah spiritual teacher.

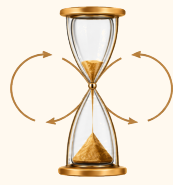
"Cult, Alert!"

When my buddy and I walked into Church of Today, the sanctuary was huge and packed. In hindsight, the energy was amazing. There was an incredible choir, people standing and dancing, and complete joy on their faces.

My first thought? "Cult, alert!" My second thought? "Whatever you do, do not let them talk you into signing anything."

Then the choir finished, things quieted down, and this quite attractive brunette with incredible energy bopped onto the stage. My third thought was, "Hello, who do we have here?" Come on. I might have been a lost soul at the time, but I was still a dude.

Additionally, all my so-called spiritual teachers up to that point had been old white dudes, so this was a major paradigm shift for me.



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She talked about heaven and hell, unconditional love and fear, sin and our egos. She talked about spirituality in a way I had never heard before. For the first time in my life, I felt someone was giving me the straight scoop about spirituality - something that resonated in both my mind and my heart and lined up with my life experience to that point.

That teacher was Marianne Williamson. I attended her Sunday services for the next four years and read her powerful book, *A Return to Love*, which I consider sacred text.

And here we are now: on a journey to create heaven on earth through the Awakening Movement, because Marianne pointed a lost soul in the right spiritual direction more than 25 years ago. I will always be thankful to her for that.

WATCH

Marianne Williamson on Forgiveness - SuperSoul Sunday

A short sample of the spiritual clarity that first spoke to A.C. and helped begin his transformation.

[WATCH ON YOUTUBE](#)

READ

A Return to Love by Marianne Williamson

A.C. calls this book sacred text. The publisher describes it as Williamson's reflections on the principles of A Course in Miracles and the application of love in the search for inner peace.

[EXPLORE THE BOOK](#)

A.C.'s Takeaway

Like Marianne says, "on earth as it is in heaven." That is the goal of the Awakening Movement. Now I know who planted that seed of possibility in my mind - a seed that took 25 years to grow.



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Spiritual Video of the Week

WATCH

Heart performing "Stairway to Heaven" at the Kennedy Center Honors

A.C. has watched this tribute hundreds of times. Let yourself experience the music, Ann Wilson's voice, the choir, the guitar solo, the drumming, the movement, the audience, and the tender response from Led Zeppelin. Do not analyze it first. Feel it.

[WATCH ON YOUTUBE](#)

For me, the feeling experienced that night at the Kennedy Center - and the feeling you may receive while watching it - is unmanifested consciousness: heaven, love, light, and spirit.

Unmanifested consciousness cannot be taught intellectually. To understand it, it must be felt. The way I feel when I watch this video is my stairway to heaven. Bringing this kind of love into the manifested world through the Awakening Movement can become humanity's stairway to heaven.

Spiritual Song of the Week

LISTEN

"Edge of Evolution" by Alanis Morissette

A.C.'s invitation is simple: experience the vibration created by this beautiful song, and let the lyrics speak for themselves. He believes Alanis is onto something here.

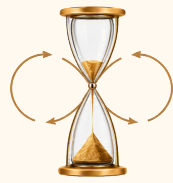
[LISTEN ON YOUTUBE](#)

A.C.'s Extra Credit

Watch the Kennedy Center Honors performance of "Stairway to Heaven" and listen to Alanis Morissette's "Edge of Evolution" at least once each day for one week.

That is 12.5 minutes of your time each day. That is it.

Let the love - the unmanifested consciousness - you experience become spiritual energy for creating the initial foundation of humanity's stairway to heaven while we are still here on Earth. And is that not an appropriate first step? I think so.



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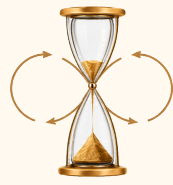
A Simple Practice for the Week

Moment	Invitation
Watch	Play the Heart performance. Let the whole experience land before you explain it.
Listen	Play "Edge of Evolution." Notice one phrase, sound, or feeling that stays with you.
Create	Choose one small way to create love in the manifested world: a kind word, forgiveness, art, service, breath, meditation, yoga, or compassion.
Share	Forward this reflection to someone who may resonate with it or with the Awakening Movement.

A Closing Invitation

Create as much unmanifested consciousness - the force - as you can throughout the week through the arts, breath, meditation, yoga, being of service, forgiveness, kindness, compassion, and most importantly, love.

Heaven is calling, and we need a critical mass to answer the call by creating love and helping create heaven on Earth. Which makes you critical. For heaven's sake, please know that.



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AWAKENING WITH A.C. | COMPANION REFLECTION

Week 1: Safety in Numbers

A quiet place to notice where you are being asked to move from safety into love - alongside others.

Before You Begin

Set aside 12.5 minutes each day this week. Watch the Heart performance, listen to "Edge of Evolution," and give yourself one additional minute of quiet before returning to your day.

Reflect

- Where have I found "safety in numbers" in my own life - literally, emotionally, or spiritually?
- What part of me prefers certainty because vulnerability feels too exposed?
- What does my ego say when I consider a deeper leap into the unknown?
- Where am I already sensing a collective invitation - a community, practice, or circle that could help me remember I do not have to make the leap alone?
- What would it sound like for my heart to lovingly say to my ego, "Remember me? I am back in charge now, and I am taking us home."?

One Loving Action

Choose one small, specific act that brings love into the world this week. Write it here:

Media for the Week

[Marianne Williamson on Forgiveness - SuperSoul Sunday](#)

[A Return to Love by Marianne Williamson](#)

[Heart - "Stairway to Heaven" - Kennedy Center Honors](#)

[Alanis Morissette - "Edge of Evolution"](#)