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» I've been asking myself what is true about upcoming roles as we shift into a new "illusion" that would cause me to stifle myself? How do we remember who we are?

I am facing the same challenge of "remembering who I am." And I don't know whether this entails truly regaining my memories of my mission and identity prior to losing consciousness of this upon incarnating, or whether it means identifying the core within me that is the source of my intuition, wisdom, compassion, and discernment? If the latter, then that is doable with discipline ... you just identify what is ego, what is selfless spirit, and focus on living, thinking, feeling, and acting from your spirit. The hard part then is distinguishing between the real spirit, and ego dressing up in spiritual clothing.

There is something I call "entering into confluence with the heart" which is where you carry out a truly heart-based thought, feeling, action, words, etc... in a single-minded way where you lose awareness of your personal self and are wholly absorbed in freely expressing forth this love. If in the middle you become aware of what you're doing and go "gee look I'm being so loving right now" then that is ego hijacking the process. But if you can act purely without self-consciousness from a higher place within, getting into the flow, then you are in a way living as your REAL self. Does that count as remembering who you are? Again, I'm not totally sure. At least it's a step in the right direction.

Now, there is another way of remembering, which I haven't yet succeeded in accomplishing but I've read enough from different great sources to know this is the way. And that is to meditate — not just sitting there blanking your mind, but lying down and letting go of your body, entering into a lucid trance/dream state where your consciousness is free of the physical brain and body. And from there, you can plumb the depths of your subconscious and discover clues that are otherwise barred to your regular linear waking consciousness. The state is called "mind awake body asleep" — all it requires is a shift of the etheric body out of the physical, or turning deep within and entering into a new "inner" world. I strongly think that if you can do this, explore it, sooner or later you will retrieve your true identity. Living from the heart may vibrationally raise and energize you enough that, should you operate outside your physical body, you will then have the energy and frequency necessary to unlock those hidden memories and realizations.

Also, only when you remember who are you are in the literal sense, will you have the certainty and conviction you need to carry out your mission. So that's what I know about it so far, and am trying... As far as resources go, "How to Know Higher Worlds" by Rudolf Steiner, and "Cry of the Eagle" (second book by Theun Mares) are good resources on this.

[End of email Q&A for 2008]