

ACT OF CONSCIOUSNESS

How your reality is created,
and how you can change it



Messages from an Ascended Master

ADAMUS
SAINT-GERMAIN

through Geoffrey & Linda Hoppe



ACT
of
CONSCIOUSNESS



Adamus Saint-Germain

channeled by

Geoffrey and Linda Hoppe

Act of Consciousness

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*This book is dedicated to you.
The fact that this book is in your
hands means that something
inside you has, or is, awakening.
You're ready for the next step. It
might not be what you thought it
would be, but you're ready.*

*Now comes the time of discovery.
Take a deep breath.*

ACT of CONSCIOUSNESS

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Author's Note

Who would have thought? I used to ask myself that question every day. Who would have thought I would be communicating with angelic beings and Ascended Masters? As a young boy growing up in Wisconsin, I thought my life would follow in the footsteps of those I admired the most, especially my grandfather, a well-respected lawyer and judge.

My life took many twists and turns, filled with plenty of knots and tangles. I questioned many of my life choices, but mostly I questioned my fate. Why did certain things happen to me – whether I considered them to be good or bad – that seemed far beyond my control or choice? Why did life seem so fragile, yet why did the hand of destiny seem so firm and clear?

Along the way I was a writer, an advertising guy, a businessman, an inventor and an entrepreneur. I started and owned businesses, sometimes very successful and other times close to the flames of insolvency. I lived in Wisconsin, California, Texas and Colorado. As a marketing consultant, my greatest joy was helping clients effectively communicate their message. As an entrepreneur, my greatest achievement was co-founding an aviation telecommunications company that is now one of the world's biggest providers of Internet services on board business and commercial aircraft. I smile to think that I have two U.S. patents in "multi-dimensional communications." Who would have thought that I would be communicating on multiple dimensional levels, whether it was in the aviation business or with angels?

For the past 15 years, I've had the honor of being a messenger for a select group of angelic Masters: Tobias, Kuthumi Lal Singh and St. Germain. Each of these Masters lived many lifetimes as regular humans before their enlightenment. They come back now to remind us of what we already know, but what we lost in the act of playing human. They remind us that there is nothing to achieve because it is

already so. St. Germain uses the term “kasama.” It means “the soul’s desire.” Kasama is the knowingness that you are already enlightened and ascended, beyond the boundaries of time, and now you are going through the experience of what it was like to realize it. It is already done, so now, how would you like to experience it?

Now, instead of asking myself “Who would have thought?” I just smile and realize that I already knew. I didn’t know the details that would bring me to this place of communication with the Ascended Masters, and the details don’t really matter. The fact is that my kasama – my soul’s desire – already knew that I would be here at this place of being a multidimensional communicator. In spite of my upbringing and biological family, in spite of right or wrong decisions, even in spite of how I imagined my pre-awakened, non-enlightened self, it was my soul’s desire to be here. There’s nothing magical about it. Just allow.

Adamus: The Act of St. Germain

For the first 10 years of my channeling career, I worked with Tobias. I learned that he was my father in a long-ago lifetime, a story that is told in the biblical (apocryphal) *Book of Tobit*. Tobias was one of the best friends I've ever had, albeit an invisible one. He was loving and patient, and came to me nearly every day for channeling and personal spiritual guidance. When Tobias left in 2009, I started working with St. Germain of the Violet Flame. Well, kind of. It was a facet of St. Germain by the name of Adamus. Adamus Saint-Germain, as he prefers to be called and spelled, is an "act" of St. Germain. This facet of St. Germain brings new teachings and messages, through my wife Linda and I, to the Crimson Circle.

Adamus has no regard for alien space beings, conspiracy theories, gurus or other makyo (spiritual distractions). He is here to work with those who are choosing enlightenment while remaining in their physical bodies in this lifetime. He uses the name Adamus to differentiate his messages to the Crimson Circle from his messages through other channelers and materials. You could say that he "private labeled" himself just for the Crimson Circle work. By the way, the Crimson Circle is open, free and available to anyone who has checked their own "Ready for Embodied Enlightenment" box. There is nothing exclusive about it. Just make sure you're ready for some changes in your life before you check that box.

Adamus is an act or expression of St. Germain. He consciously chose this act because it's what is needed for those who place their enlightenment above all else. If that sounds selfish to you, Adamus will probably ask you to leave because there is nothing selfish about loving and honoring yourself. We've been taught to be in service to others (to place others first) at great expense to ourselves. The truth is that you can do more for others and the planet and the universe by

loving yourself first. Then you become a Standard or example to others who are struggling for self worth.

Adamus can be provocative, aggravating, irreverent and occasionally rude. He doesn't care. If a glass of cold water over the head is what's needed to get someone out of their complacency, he'll gladly dump it on them. And he has. At the same time, Adamus is a brilliant professor. He's humorous, animated, engaging, wise and cleverly distracting.

And... it's all an act. He makes no apologies for acting because, as he points out, it's *all* an act. Humans act like they're human, with all their limitations and weaknesses, even though they're not. Spiritual seekers act like they are on the path to enlightenment even though they're not. They are already enlightened. People act like victims or villains, martyrs or teachers, children or adults, even men or women. But it's all an act. A child is already an adult in another point of Time, therefore they are not really only a child. They are just acting like a child until they transition into their act of an adult. You are no more an unrealized, trying-to-be-awakened spiritual seeker than you are an enlightened being. You are actually both, at the same time. You're already enlightened *and* you're also in the discovery of the journey of how you got there.

It's so simple that most people will shrug it off, lapsing back into their act of limitation. But a few will get it, embrace it, and act it. They will be enlightened, awakening and asleep at the same time, because they can be. One moment they'll choose to act small and the next moment they'll choose to act magnificent. Because they can. The next moment they will choose to simultaneously act limited and fully realized. Enlightenment isn't a destination. It is simply an act of consciousness.

Adamus continues to guide us every step of the way. He continues to entertain us and distract us so we don't get caught up in our own distractions. He lets you believe he's telling you something you don't already know, but he knows you know. It's all an act, an act of consciousness. Now the question is: where do *you* choose to put your consciousness?

Introduction

Life is an act. We act like humans and therefore we experience like humans with a litany of limitations, shortcomings and dramas that mask our underlying angelic consciousness. It is an unnatural act that we have come to accept as reality.

In *Act of Consciousness*, Ascended Master Adamus Saint-Germain begins by explaining the metaphysics of energy and defining the important difference between consciousness and energy. Adamus makes a clear point that we are beings of consciousness – not energy – and that the passion of our pure consciousness attracts energy from the unified field to manifest our reality. Adamus defines the four primary levels of energy including Core (soul), Crystalline, Cosmic and Earth, while educating the reader about how the various levels are used by our consciousness to manifest our stage-of-life.

Adamus implores the reader to *act* like a Master rather than acting like a less-than-perfect human. This act will literally change the type of energy that is attracted into the reader's life, and therefore change the reality theatre that he or she exists within. Some readers will question this approaching and say, "It's not real because it's just an act," to which Adamus would reply, "But everything in your life is just an act, so why not act like a prosperous, healthy and wise Master? This will change the theatre of your life, but the real question is, 'Are you really ready for a substantial change, or are you just trying to tidy up your current stage?'"

It is a remarkably simple and effective approach to an otherwise mental and laborious process of becoming your full potential. *Act of Consciousness* will amuse you and anger you, and it will certainly make you question your old beliefs about how reality is created and experienced. By the time you read Saint-Germain's last words, you will cry a few tears of joy and relief to know that life really is as easy as an Act of Consciousness.

Saint-Germain had many notable past lives, including that of William Shakespeare and Mark Twain (Samuel Clemens). These lifetimes gave him an appreciation for the theatre, acting and story-telling.

I

AT THE THRESHOLD



I Exist

I Am that I Am, Adamus, from the essence of Saint-Germain.
Welcome to this living codex.

I exist. I exist!

These are the grandest words you can ever proclaim – “I exist!”

Oh, it is so simple. Would that every human had this realization deep within, in every moment and with every breath. But very few do. Very few feel or understand what this means – “I exist!”

Most humans simply live, realizing to a degree that they have consciousness, but rarely realizing that their consciousness lives, exists and experiences.

I exist; therefore, I Am. Ah! I exist; therefore, I can act. I can be anything I want. I can be Adamus. I can be Saint-Germain. I have been many different identities in many, many lifetimes because my consciousness, like yours, has the ability to act. Consciousness is not singular, nor is it fixed in a single expression.

Dear friend, take a good deep breath and feel into your own ‘act of consciousness.’ Your identity – this thing you try to fix and repair and adjust and amend – is just an act. It’s not real. Or, more accurately, it’s not the only reality. You’ve come to believe that it’s real, that anything else you portray is either false or not quite honest. You dive deeper and deeper and deeper into what you assume is your identity, but it is just an act. It’s a brilliant act, of course, but it’s still only an act, an expression of something far grander.

Your mind will say, “I have to be real. I have to be truthful.” But what you’re doing right now isn’t real. At least it’s not the only reality or the only truth. You exist; therefore you can act, you can be and you

can choose whatever you want to experience. You exist; therefore you can act. And when you act, energy responds to your consciousness.

The word “act” comes from the Latin word *actus*, meaning “doing,” “action” and “thing done.” It doesn’t mean “faking it” or “pretending.” The origin of the word “act” means “To Be.”

Energy responds to the act of consciousness. This is a very literal statement. You act; energy responds. However, energy is very literal. If you act like a limited human, energy will respond in kind by delivering more limitation. If you act like your life has a lot of problems, energy will respond by giving you exactly that – more problems. It’s all an act – a brilliant, beautiful act.

You see, all reality already exists. It’s not like you’re trying to create something out of nothing. Every reality and every possibility already exists, and you can choose which potentials to allow into your life. Which realities do you choose to act upon and experience? Everything is already there. You are whatever you’re acting. Act like a student and you’ll get lesson energy. Act like a Master and you’ll get masterful energy.

In this book, we’re going to explore and experience the Act of the Master. We’ll take a look at the physics of energy, acting and mastery. It is my desire to show you how you can act and be anything you want – and I mean anything. I don’t care about your family lineage, your education, your health, your level of abundance, your intellect, your I.Q. or anything else. None of that matters.

Please hear those words – *it doesn’t matter*. Not your age, your looks, your weight or anything else because you can change it. You can act however you choose.

Ah! I feel such a longing from you – “Yes! Oh, please, Adamus! Please! I want this to be true!” And at the same time, “Ohhh, what if it’s not? What if I can’t do it? What if it’s just more words?”

Dear friend, in the very hours you spend reading this living book you can have a life-changing experience. It’s as easy as taking a deep breath and just being in it. I call it this “star hopping” or Yo Soy el

Punto (Spanish). “I am the point.” Yo Soy el Punto. I Am the Point of Consciousness.

When I say that you have an opportunity for a life-changing experience, once again it brings up an interesting dichotomy. You think, “Oh yes! A life-changing experience! That’s why I’m reading this book, to bring about changes in my life.” But then the doubt comes in. “Oh, a life-changing experience? What’s going to change? Will it be bad or good change? How about just a little change, nothing too drastic.”

How about, my dear friend, a truly life-changing experience? It’s not magic. You don’t need to have special mystical abilities. It’s just a matter of allowing.

Are you ready for your life to change, no matter what?

I am right here with you, every step of the way in this enlightenment. I’m here to help you to see a different perspective. Right now your perspective is very restricted. Your consciousness is very focused and limited. But, as you allow it to expand, you’ll realize that enlightenment was always there; you just weren’t tuned into it. You’ll realize that all the energy was there. All the wisdom and the knowledge was there, just waiting for you. Everything was already there. All reality already exists; your experience depends on what you’re dialed into, what act you are choosing.

Will it take a year or ten or fifty for you to start realizing your enlightenment? It’s already there, now it’s just a matter of realizing it. Your enlightenment is not a goal out there somewhere in the future. It’s right here, simply waiting to be realized.

I can talk, push and provoke, but ultimately what it takes is someone finally allowing their enlightenment and then for others to see it. At that point I will work directly with those who have allowed their enlightenment, because there are going to be genuine challenges with staying in the physical body.

There’s a strong seduction, particularly in the first year or two of enlightenment, to leave the physical body. You’ll still have some aches and pains, feeling like you’re carrying around a burdensome

body, because you're also going to be aware of your new Light Body, and you'll wonder, "Why should I stay in this tired old physical body?"

The answer is: because the longer you stay in it, the physical flesh and bone won't feel so heavy anymore. And, as you stay on Earth as an embodied Master, others will see what is possible. When you become enlightened and immediately leave the planet, they don't have the ability to see you, touch you, or hear you; so I'll be working closely with those who choose to stay embodied on Earth as enlightened Masters.

* * *

You could have realized your enlightenment quite a while ago, lifetimes ago in fact. You could have just allowed, but you didn't. It's probably not that you were afraid of it, not that you weren't ready for it. No, the opportunity was there to realize your enlightenment a long time ago, but you didn't. Why?

You knew that going through enlightenment several lifetimes ago would result in physical death because the energies were very dense, very different. Back then it was much more difficult to stay in the body while going through the very intense process of embodied ascension. Part of you knew that you might only have a few brief moments to stay in the physical body, because with enlightenment comes a very seductive desire to leave the physical realms due to the harsh challenges of human existence.

You knew that you wanted to be an embodied Master, not a dead Master. You wanted to walk the Earth – feeling the ground beneath you, enjoying things like laughter, friendship, self-love, and experiencing life in joy – as a Master, so you said, "I'll wait," even though you could have done it back then.

You also said, "I want to experience my enlightenment with a group of kindred spirits. I want to experience it with others who are realizing their awakening on this planet at the same time. I don't need

them for my enlightenment, but how much grander it will be to have others of common background and similar experiences to laugh the sacred laugh with, to eat the sacred food and drink the sacred wine together” – everything is sacred after you’re enlightened! – so you said, “I’ll wait.” And here you are, in the lifetime of enlightenment.

It’s actually the lifetime of realizing of your enlightenment, because it is already there. This lifetime is about the embodiment of your enlightenment.

I am here to remind you of this choice, of your soul passion for enlightenment; to remind you of its simplicity; to remind you that it’s probably not what your mind has construed it to be for it is very, very different than what the human expects. I am here to remind you that right before enlightenment is the time of the greatest distractions – distractions that could easily, without exaggeration, take you four or five lifetimes to get through.

Therefore, I am here in joyful service to you – to prod and provoke, to amuse and entertain, and to remind you of your soul choice for the realization of your enlightenment.

What is Enlightenment?

What is enlightenment? Most people think enlightenment is when everything gets easy. It doesn't! Most people think enlightenment is when money suddenly flows in and everybody loves you and honors you and thinks you're sexy. Not necessarily. Problems don't necessarily go away, but there's a whole different perspective on problems and issues. Suddenly, they're not big monsters and demons anymore. Suddenly, they're just minor nuisances and irritations that you can easily walk away from.

Many people think that enlightenment is about becoming all-knowing, that an Ascended Master knows everything. No. In enlightenment, you actually know less than you ever did before, because the data and details become less important. Facts and figures are irrelevant. Math and science are nice but they are not really the basis of creation.

In enlightenment, there is simplification, reduction, distillation. You don't *need* to know everything. I am often asked about facts and figures of things that happened hundreds or thousands of years ago. I really don't know and I really don't care. I guess I could find out, but it's not so important.

Enlightenment is not about having psychic abilities such as seeing into the future. Yes, as an enlightened being, everyone will flock to you and want to know what's going to happen tomorrow. And I can already tell you the answer to give them: tomorrow will be much like today because humans tend to follow patterns. They get into ruts and really don't make very many life-changing choices. They like to make little adjustments – a little more money, a little more bread and circus – but they shy away from real changes.

Rather than suddenly knowing or having everything, enlightenment is *integration*. You integrate all of your aspects, as well as your soul being and human being, into the I Am. The integration comes when you have compassionate acceptance of yourself. Integration occurs when you love yourself, without exception or reservation. With this love and acceptance, all the parts, pieces, aspects and ghosts of yourself find their way back home for integration. You feel fulfilled rather than fragmented. Instead of feeling like pieces of a puzzle, you feel whole.

Enlightenment is freedom. There are many things that keep you from freedom, things like allowing yourself to get stuck in very old energies and traumas, or allowing other people to dictate your life. And you're still in the mind, one of the greatest illusions and limitations. All of these things cause a lack of freedom.

In the integration and freedom of enlightenment, suddenly you find that nothing really matters.

Now you ask, "But if nothing matters then what's the purpose?" There actually is no purpose. There is no meaning of life.

Oh, that takes a little air out of the sails! But you see, there *is* no meaning of life, and an enlightened being realizes it's simply about experience. It doesn't need any big meaning. Life is just for the joyful experience, the act of living consciousness.

You don't *need* a purpose! You can be here in abundant awareness to simply enjoy the act of living.

The human mind has been conditioned to believe that it has to have purpose. You must have a reason for getting out of bed in the morning. You must have a reason for your life. You must have goals. In enlightenment, there are no goals! Ah, think of the freedom in that. When there's no purpose, then there's no reason to try to find the meaning of life. In fact, the more you try to find it, the less you will actually discover. Life was not intended to have meaning. It was intended to be a playground of experience. If there is any meaning whatsoever, it would just be an ever greater experience of loving yourself. That's it.

Enlightenment is the freedom from goals, from purpose, from meaning, and it's *never* boring.

When I say these things about enlightenment, so often there is a reaction – “Oh, it sounds so boring!” It is not at all, because suddenly you're living a very multidimensional, colorful, high definition life of experience, rather than a flat, linear, 3D life of drudgery. Suddenly, you're aware of so much more – other realms, other dimensions, and the ability to act and play and experience without getting wounded, fragmented, tortured or forgetful of who you really are.

* * *

Enlightenment. You've been studying it, working on it and suffering through it for many, many lifetimes. If you are reading this book, perhaps you are one who has chosen *this* lifetime to finally realize and experience it. It's wonderfully thrilling, but it's also extremely frightening. You have probably already encountered some of the demons and dragons of enlightenment that bring up your deepest, darkest issues and deep fears – beyond most fears you've ever felt.

Why? Because everything that is stuck and unresolved within has to come back into balance, so it comes forward. That's why you have flashbacks of suppressed childhood memories or encounter “ghosts” of yourself from the past. Then you try to heal them and process them and do all sorts of things to get rid of them, but they are there for a reason. The ghosts from your past are coming back, not to be fixed or repaired, but to be integrated. They're coming back because part of you knows you're at the threshold of enlightenment and it's time to integrate. Nothing is left behind, no parts or pieces. Every single particle of you comes back for integration.

You come now, after many, many lifetimes, to this point of enlightenment and oh, it is a vicious warrior. There is nothing airy-fairy about enlightenment. It has nothing to do with “New Age.” It is a vicious, ruthless warrior. It is also a beautiful, sensual beautiful lover. It is your worst enemy; it is your best friend.

This time in your life right now is the best, most beautiful of times. I know it's also one of the most difficult times you've ever had, but I want you to remember that it is truly the best of times.

I know there are days when you feel like you're being put through a grinder, days when you feel pulverized by yourself, when you feel like you're being ripped apart limb by limb and thought by thought. But it is truly the best of times as well, because it's the time that you've chosen for integration, freedom and enlightenment.

Many spiritual seekers ask me, "Am I going to do it in this lifetime? Am I going to realize my enlightenment?" It's totally doable – and it's totally up to you. Some ask if they have the wherewithal to endure it, because they feel at the very end of their energy. They don't even know if they have the stamina to get through the next day let alone the grueling step into enlightenment. The answer is... absolutely, you do.

During our time together in the pages of this book, you'll realize that it actually doesn't take any work. It doesn't require any stamina. You've resisted so many things in life and this has exhausted you. Now, as you release the resistance, the energies naturally rebalance and then it doesn't take the last of your energy. It doesn't call for your strong will and determination to realize this thing called enlightenment.

Enlightenment is the natural evolution for every souled being.

You cannot study your way into enlightenment. There's not any book that can give you the code or the key to enlightenment. You've studied many things in the past – philosophy, religion, the mysteries – and they served you at the time. But none of them have the answer for you now. Not the Bible, the Koran, the Torah, or any other holy book, because they were all written by unenlightened beings. Smart beings, nice beings, but not enlightened beings.

You will discover that enlightenment comes naturally. It takes no effort. You don't have to use your willpower or determination. There's nothing to force. So often I see you working at your enlightenment,

pushing at it, efforting with it. No, dear friend. It doesn't take any effort, and all the struggle will actually become a distraction.

Enlightenment comes with *allowing*. Allowing is like surrender, and that's a hard thing to do. It's a total surrender to your Self – not to some unknown God, but to your Self. In surrendering there is an innate fear that something might go wrong, that you'll be hurt. Your mind and your aspects are happy to remind you of all the mistakes and bad decisions you've ever made. They'll say that if you surrender and allow, your defenses will be down and dark energies and entities can come in. So you resist.

You think about letting go, but you don't actually allow it. You think about surrendering, but then do it in very small increments. You continue holding onto the illusion of your identity. Through the ages I've had so many students who think that enlightenment or spirituality is about understanding their identity. It is not at all, other than to understand that the identity is just an act.

Along the journey to enlightenment, you'll go through the phase of diving deep within yourself, going into the inner discovery. But, at a certain point you'll realize you're just diving deeper into an identity that's really just an act. You've been trying to solidify and validate your identity, to make it even more real and correct, but, at some point, you'll realize it's time to surrender to your Self. It's time to take a deep breath and simply allow.

It sounds easy, but it's the most frightening thing a human will ever do. It sounds so simple, but yet you'll find a million reasons not to do it.

You are finally here at the threshold of enlightenment because of your determination, your strong will, and your damn stubbornness. That's a good thing up to a point. You've endured. Oh my god, how you've endured one thing after another – assault, battery, torture, beating yourself up, letting others beat you up, everything else – looking for the answers. You've endured, and I give you an honorary medal for endurance. But now it's time to crush that medal, because willpower

and endurance is not going to bring enlightenment. It brought you to this point, but now it's time to realize that you don't have to force or push or work at anything. Nothing. At the threshold of enlightenment, it's all about *allowing*.

Enlightenment isn't a destination. It's simply an act of consciousness.

Brilliant! Adamus, Geoffrey and Linda at their best! Radical and inspiring, enlightening and frightening - so much freedom, so much release, so much I AM Presence. Crimson Circle is again at the edge of spiritual consciousness teachings in a spectacularly empowering and uplifting way.

– *Wulfing von Rohr, noted television journalist,
astologer, author and speaker*

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