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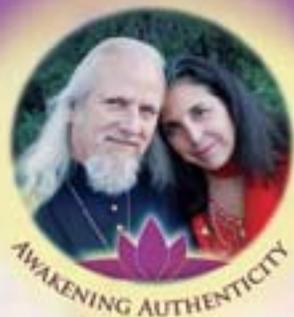
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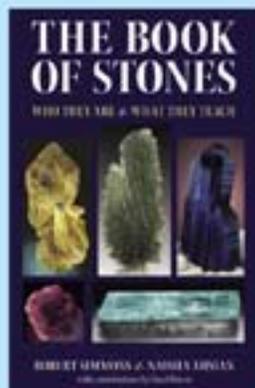
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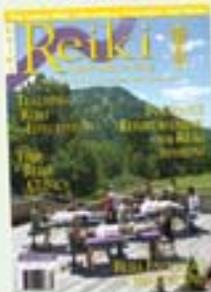
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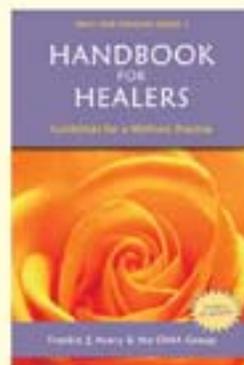
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OCTOBER 2009

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2012 and Beyond—More Sensitivity, Less Polarity

Isis through Robert Shapiro

26 August 2009

Greetings. This is Isis Greetings. For some time now, many people have been feeling edgy and they don't know what that is. What it is is an inner conflict between allowing their own sensitivity to be seen as well as felt from within and the desire to remain clearly in security from any threat perceived or otherwise. But there is something going on that is deeper than that, and it has been referred to at many times and in many ways. This sensitivity is a sign of something that is continuing to build toward allowing you to reveal the true nature of all things.

The reason you are all feeling so sensitive is that the Earth you are living on now is not the Earth you are reading about in your history—in your historical books and records of even a couple of hundred years ago. The version of Earth you are on is a transition between one focus of Earth and another and has therefore released the bond that holds you to your older history (meaning from, say, about forty years ago to the past) and even to a degree, albeit it slighter, of your history from the present through the past forty years. This loosening of historical fact into more of a historical probability allows you to make the shift onto a more benevolent pathway, which is necessary for the transition from one focus of Earth to another to continue.

YOU WILL TEACH OTHERS ABOUT DISCOMFORT

There is a great deal of heralding about 2012 and what it might bring, and a lot of curiosity and speculation about that

KEY POINTS

- “You will be less involved in polarity—meaning living with both comfort and discomfort—than you have ever been before.”
- The last symbol of the Mayan calendar refers to feminine energy and the end of polarity.
- You will become more of your natural selves as you approach this change of focus.
- Know that 2012 is not a time for doom.



ROBERT SHAPIRO

last symbol in the Mayan calendar. Of course, that symbol means many things, but the aspect of its meaning that is particularly relevant for you all right now refers to that symbol as not only the feminine energy—as it is a direct symbol of the feminine—but also as an end to polarity, as you have lived under for so many thousands of years. This was, and is, in order to explore all the ramifications of discomfort so that you will be able to teach, in any and all situations, all the other beings on other planets who will begin to have a very slight amount of discomfort so that they can grow as they want to.

Growth on other planets has been slow if occurring at all. After all, you might not be very motivated on another planet to grow if you've been informed by your teachers that something that won't feel good would be associated with growth. Then, of course, all the councils and chambers where councils meet, to say nothing of average citizens, say, “That doesn't feel very good to me. Why would we want to shake the roots of our benevolent civilizations?” So even though growth is a profound desire on other planets, the whole idea of it having to do with something that is uncomfortable—which as a thought is only that but as a feeling, as you know full well on Earth here where you are, is more than that—then it is no wonder they are reluctant. But since they will not have any more than 0.5 to 1 percent, in extreme cases maybe 2 percent, of discomfort, then it will not be so bad.

Many of you younger ones will actually travel into space and encounter some of these beings, and you will learn a great deal from them. But it will not be a one-way learning, for they will, as they get to know you better, ask you, “What is this thing about discomfort?” And you, if you've been allowed to travel into space, will have the training and diplomacy to know how to explain discomfort in a very gentle way, understanding that you're explaining this to someone who is not really conversant in the slightest way with the most mild discomfort. You will literally be talking to someone who has never tripped over a shoelace, who has never felt a cool draft, who has never had a moment of discomfort in his or her life. So you can see that diplomacy will be needed, and that profession, although it is known sometimes for being very wordy, is also known for its root in mothering and nurturing in order to bring about the most

benevolent result. I think it's important to remember that about diplomacy.

YOUR SENSITIVITY IS INCREASING AS YOU BECOME MORE AND MORE YOUR NATURAL SELVES

Now, an end to polarity is quite astounding. If you're going to experience an end of polarity on this planet, does it happen immediately in 2012? No, because it's been easing away for a time now, but during 2012 and after, you will be less involved in polarity—meaning living with both comfort and discomfort—than you have ever been before. Some of this will be hard to notice because everything will be changing relative to everything else and you will be more and more sensitive, so don't fight it.

You're becoming more and more sensitive because as you approach this change of focus from one variation of Earth to another, as you approach this shift, this other Earth, you will become more of your natural selves. Your natural selves must be sensitive so that you can experience, act and interact with all life on an equal basis so that you can help each other and be helped by each other, and guide and be guided. That's largely why the plants and animals are here for you on this planet now, so you can learn from interacting with them. They're here to help you learn how to interact with other life forms. That's basically why they're here—they're camping out so that you will approach them.

Of course, most of you learn this from interacting with your pets, your dog or cat or maybe a horse or bird, and other animals at times, but many of you have had opportunities lately to interact with free beings. Free beings are those who live on their own and do not need human beings to survive, and that is really your next step—to interact with them. This doesn't mean to capture them and put them in cages so that you can study them; it means to allow them to be who they are and to live as well as possible and to simply maybe have eye contact. It might be possible to look at them and simply say, "Good life," or some other blessing like that. Then they might look at you and nod, a recognition of you as an individual being—that's what a nod means—and you can nod back at them, offering them that same recognition. It's a beginning and a worthy one at that.

I'm speaking to you today about these matters because there are so many people who are living through these changes and it's difficult, isn't it? You've been born to being sensitive from your natural world, the world before this place. But on this world, you've been taught and conditioned, and perhaps even conditioned by life, that you must be strong, that you must not show sensitivity except in those intimate moments of friendship and love. Sometimes many of you have trouble showing it even then, but you will be able to do this even more.

So for those of you who are sensitive, know that now others are waking up to their own sensitivity. If they act edgy, just know that they're probably not only dealing with the complications of life as it exists in your time but also that they're trying to get a sense of steadiness, which is dif-

ficult in your world since you are shifting from one focus to another. So that rock-solid foundation they may have felt at one time is no longer available. This in itself naturally forces people to be more sensitive, to reach out with their instinct to try to find some firm ground that they can grasp onto. But you will not find it under your feet, so to speak. You will find it with each other when sharing experiences with each other, and that's part of the reason social networking is so popular these days.

This sense of firm ground can also be found by interacting with the natural beings of Earth: the animals, the plants. They all have feelings just like you; they are all ensouled by Creator just like you, from the tiniest to the largest. Do you really think that Creator would put you on a planet where the planet and everything on it wasn't ensouled? Of course not. It requires brave souls, or perhaps in the case of many human beings, naive ones—yes, you know that one—to entrust their fate to such a school of Earth, where one can only be certain that change will exist and all else is a question mark. Only a very naive soul or a very brave one would engage with that world, so you can be certain that even if there's part of you that is naive, there is also part of you that is very brave indeed, and I salute you for that.

So here you find yourself in this time of change, 2012, with all of the portent that weaves in and out of that number. So know and understand that this time approaching is not about something horrible or calamitous; it is not about predictions of doom. But the reason you are susceptible to believing these matters is because you do not have that firm foundation that you so desire to be able to feel—that you are rock solid on the Earth. So naturally the idea of there is this and that to blame, or that this or that person or "those" people or "those" beings somehow are at fault and causing this, is very seductive. Just know that the simple fact is, you are all very sensitive beings in your natural state and since you are well on your way to being in your natural state, while you are physical and alive on the planet now, it is only natural that you would be more sensitive. In your natural state, you are totally unified with all other beings, and it is that unification, that contact, that brotherhood and sisterhood, that you experience in your natural state that feels comforting to you. That is why this whole idea of making new friends or even virtual friends, as you might say, on the Internet, is so appealing and why friendships in the physical with one person or another whom you might know is so important now. You are a natural being, and you are becoming more and more of that natural being in this now experience. Don't fight it so much! It's all right.

FOR THE NEXT FEW YEARS, PEOPLE WILL BE EDGY

The year 2012 is about being more sensitive, about being more connected to other people, to other forms of life on this planet and about being more connected to all beings, some of which are even beyond the planet in spirit form and in other forms. Yes, 2012 is a good thing. You've been told for years that the feminine energy is rising on this planet, and of course it's rising. That has helped all these things to take

place so that you can become your natural selves and move into a benevolent world as you shift into the other focus.

All other places where you live are completely benevolent, and you have lived here on Earth, not for all the horrible, dis-comforting things you've experienced, but so that you could learn about them so you could teach from experience when others have these experiences. All over the universe, you'll be able to teach so that they can avoid pitfalls and pathways that seem oh, so justified, yes, but that lead to a dismal outcome for all beings. You souls here now are the Explorer Race. It is your job to explore, and you have done well, but it is now your reward to become your natural selves and to find out why you have had to slog through this difficult time.

Don't fight it, and don't fight each other so much. Know that you will all be edgy over the next, perhaps four or five years. At times you will be edgy, not all the time, and other people you meet will also be edgy at times, and it's all about that sensitive energy so it will be all right. I and other beings through Robbie will speak more about these matters in time as needed, but I felt this was important to bring to your attention and to give you an update about what's going on, about this whole 2012 thing.

By the way, this is actually roughly a portion of 2011 to a portion of 2013, but I think you know this, 2012 really being a midpoint rather than a singular goal. But don't worry about it. It's going to be a good thing, and you've been well and surely on the path of that good thing for the past forty years, though it's not always obvious, is it? Things will get better—remember to say that. Say it once a day like this:

“Things can get better,” and then pause for a moment and then say, “Things can get better for me.”

Be sure and say it out loud, even if you have to whisper it. It's important to give yourself that permission.

You use the word “edgy” but lately I've seen everything from apathy to people with their hormones raging, wanting to fight. Is there a broad spectrum of edgy?

Yes, but you have to understand that apathy is usually the end result of depression, meaning it has to do with people who have either given up in terms of the clinical meaning of apathy, or people who simply have other things on their mind. Referring to your amusing remark about “raging hormones,” this has to do with people who are overwhelmed by these times and either do not have any healthy means of asking for help. So many people in your societies now, all over the world, do not know that it's not only all right to ask for help but that it is a beneficial thing because it gives other people the opportunity to help. You have often had the pleasure of helping others, so right now I want to give you permission to allow other people to have the pleasure of helping you, because most of you already know how nice it is and what a good feeling it is to help others, eh? Don't deny

them that pleasure. So if something's going on and you just can't handle it, ask your friends, whether they be physical or whether they also be physical but virtual on the Internet, “What's going on? Can somebody help me? Can you explain this to me?” You'll get lots of opinions, but maybe one of those will help and perhaps just knowing that other people are feeling the same way will be a great comfort.

NO ONE IS TO BE LEFT BEHIND

Was there a rapid movement? Where are we on that scale you don't like to use, with numbers that show the transition between what we used to call the third and fourth dimension? Are we back up to 3.52 or 3.53?

You're at 3.53.

I recall in the '70s having adventures someplace in other realities while I was living and working in this one, and the experiences of the past two weeks or so have felt like the same thing. It's like I'm in one reality and then another, which is wonderful.

Yes, and many times for others, they just feel like, “What's going on?” It's as if the rug has been pulled out from underneath them because they do not have the context for it. Still, we will put out this material, and I know you will ask questions for them as for yourself. This will help to understand that the direction to look for support is not only under your feet, though of course Earth supports you as you walk about or drive about all the time, but in the lateral now, with your fellow beings.

Well, it's a blissful time. It feels so creative. It feels just like . . . sparkly, like everything is possible.

And different—that's the thing. It's different, and for those who are prepared for it, it feels exciting and fun. But for those who don't know what it is, you can sympathize with them feeling uprooted. Of course, it is because of that good heart in you that you are dedicated to spreading information such as this.

Is it a bumpy road? Is it going to be 3.52, then 3.47? Are we going to have to swing back and forth?

It's always going to be back and forth, and back and forth because when you plunge forward a bit, like to 3.53, the people who are ready for it are happy and exultant and encouraged and feeling great, but you have to go back and collect the others. After all, you're not going to go back any further than 3.47, but when you do that, you're rounding folks up and saying, “Okay, we're not going to forget you.” If you take the family and the kids to the amusement park, you're not just going to run off in different directions and leave the kids to fend for themselves. You're going to go back and find them, and you're going to go and make sure grandma and grandpa are in attendance as well as friends, family and the neighborhood. No one is to be left behind.

At times, you will stretch forward a bit and say, “Hey, this is closer to what I know. This is good. Oh, it reminds me of home.” That refreshment will give you the strength to

return to 3.47 and support and nurture those who are coming forward with you as well. It's all about family, and that's why I said social networking is so popular now and so very important. It helps people to not only reach out to others whom they don't know and may never need to know, but to interact with other humans who are not like them yet but, no matter where they live in the world, amazingly, have very much the same feelings and are so very much alike in ways you don't expect. Therefore, they feel they're not like you, but they're so much like you.

What about peace? What about the lowering of violence? You said we're going to go through four or five years of edginess. Is there any point during that time or at the end of it when people will quit shooting at each other?

I cannot guarantee that you will set aside all violence in four or five years, but I can guarantee that people will become more and more aware of who they are and, as a result, quite naturally aware of who others are. Suspicion

will linger for a while, but it will fall away in time. In time, the world's armies will no longer carry guns; they will carry tools of exploration and explore the planet that you are on as well as explore other planets and other star systems. That seems to be very far into the future, but remember what I said when I first started speaking today. Some of you young ones who are alive today will be exploring space and meeting people out there, so it is not that far away. For those of you who feel you're being left out and not able to interact with ETs, you need look no further than non-humans on this planet. They're all ETs. They all come from their own planets, and they all look a bit different on their home planets, but they look the way they look on this planet so you will be reminded that other life forms won't always look like you. So interact with them and remember that they are not really animals, they're really ETs from another place. But they've been here so long that they seem to be like you—Earth beings. Good life. ✨

The Lineage of Spirituality

Kryon through Lee Carroll

11 July 2009, McCaysville, Georgia

Greetings, dear ones, I am Kryon of Magnetic Service. It is the voice of the Human Being, is it not, that right now all of you hear? It is also the voice of the Human Being for the readership that is upon you now. I speak of the future, for I am in a quantum state. The energy of the readership and the listenership is the same, for those who are in front of me in 3D are the same to me as those who are reading. And again I ask, who is it who speaks? Is it a Human Being pretending to be special? We ask this openly because now is the time, Human Being, to examine the energy that is in the room in front of you. For those of you in real time right now, there is energy pouring from this chair. Some of you will feel it knocking your hair back because you're in a place of

wisdom—designed with the intent that God would present in this place as a friend, and that the truth of Spirit would emanate from the very cellular structure of Human Beings in the room. That's what is happening now. The very fabric of the wood here is aware of the epiphanies of the healing of humanity. It has happened in the chairs where you sit, dear ones, all known to us because we were always here too.

We knew who would sit in the chairs, and we knew the potentials of who would read—all before this took place. This is not fortune telling, but rather it is only about potentials. Again, we say that all the scriptures on the planet—the most profound writings in history that carry a spiritual attribute—were written and spoken by Human Beings, all of them. God did not write any of them. Humans wrote them all. They wrote them with their intent, with their bare hands, communicating to friends in various cities—some of them in jail, some of them in prison and some of them overwhelmed by negative circumstances. They were proclaiming the

KEY POINTS

- “The ancients, through their intuition, carried the secrets of spirit that today you call New Age.”
- The love of God does not change, but that does not mean the shift is not happening. The shift is in the Human Being's relationship to God.
- “This, therefore, is the lineage of spirituality on this planet—that you have rediscovered the truth of the ancients and that the secrets are revealed to be core information of what all humanity knew from the beginning.”



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joy in their heart because they had found something special. These are the scriptures of the earth, all written by Humans. Now in this place, we present even more wisdom and unite with the name of the building and the temple that it created [Delphi University's Temple of Wisdom].

I came twenty years ago into fruition and form, channeled by the Human Being who sits in the chair now. Although I have been here since before the Earth was the Earth, only at the beginning of the shift was I allowed to begin the communication process you now have with me. The message has been constant, continuous, never conflicting and never interruptive. It has hung together and has never competed with itself. The message from the beginning is that this is the age of the shift, and it is before you as you read these words.

THE ANCIENTS KNEW IT ALL

Let me speak of spiritualism in general. The ancients, through their intuition, carried the secrets of spirit that today you call New Age. There's nothing new about these attributes, for they are as old as humanity. In the ancients' beliefs, they were not secrets at all. They didn't need to be. Nothing really competed with them and the ancients openly acknowledged that there was an energy of the planet called Gaia, and that it worked closely with Human Beings. It fed them, it clothed them and it gave them wisdom. Humans celebrated the birth of their children around the energy of the earth. They named their children for their ancestors for many reasons, including the belief that their children were their own ancestors! The circle of life called reincarnation was accepted as reality. It was intuitive for societies all over the planet who had never even seen each other or knew the other existed, yet all of these ancient beliefs you claim today as part of your New Age.

Throughout history, these belief attributes matured until the energy of the planet was developed enough for the masters to start appearing. These were masters who came to show how humanity could take these intuitive attributes and make a difference for the planet. Masters taught mastery, but Humans wanted only to worship them. One by one the masters came, and one by one they were eliminated by Humans. This martyrdom created new systems, for now there were prophets to be worshipped. The belief systems of the world began to shift and change, and the ways of the ancients had to go underground. So what we speak of in this wisdom place is not really metaphysics and it's not New Age. It is basic intuitive spiritualism. It is what the ancients knew and what they carried forward. Yet now the information has become hidden; it has become the secrets.

THE SECRETS BEGIN: THE PRESERVATION OF ANCIENT TRUTH

I wish to take you to a place with me, metaphorically. This is a real place and a real happening in history. Let me

take you to a place not that far removed from your time, for it is less than 300 years ago. I take you to a room filled with old men—seniors each, professionals each. Some were leaders in the government and some were leaders in law; even one was a leader in the church. They were holding a secret meeting—sitting in a circle—that will not be identified by a name or a place or a town, but it took place. The meeting was an agreement to continue the secrets in various ways, using social organizations as a front. This was the time when intuitive spiritual thoughts were seen as evil, where basic Human nature was being taught as from the darkness and where the gifts of Spirit were seen as the devil's work.

They had to do something to preserve the simple truths of God that had been with Humanity for eons but were now being threatened. The birth of modern religion was taking hold, and it was beginning to teach that Humanity was born dirty—not empowered. It was beginning to teach that the prophets held the key to everything and therefore had to be followed and worshipped, even in death. Spirituality was being redefined in a package that was fragmented and impersonal. Men were beginning to write 3D rules of how to follow and worship, and men collected the power from all of this. Humanity was beginning to slide into a spiritual darkness that would be filled with mythology, suffering, death, wars and hatred—all in the name of God.

The first thing these old men did was pull out what they felt were the accouterments of energy—the crystallines. They placed these stones [crystals] in their circle in a very interesting pattern. That pattern is known today as the double tetrahedron, and it was a sacred shape to them. On the floor in front of them the crystals went, and then the men started singing. They sang tone notes without lyrics because they acknowledged that the Human voice creates an energy of sacredness. God was seen as being in them, and they filled the room with tones to purify what they were about to do. They lit many candles, not because candles made it any more sacred, but because they didn't have electricity [Kryon humor]. It's odd—you carry this attribute even to this day, like seed remembrance of this time when the truth had to be hidden.

The decisions in this room became the seeds of secret organizations that would go around the planet for decades, for centuries. Some of these organizations would flourish or be misunderstood, and others would morph and change into other organizations when the membership became greedy. Some wanted to use the secrets for power. Some of them called themselves the enlightened ones [those who were illuminated]. But they were not, and others kept the secrets to themselves, said very little and kept the purity of what was given.

One of those organizations is with your current society even today—the organization that you call Masonic [the Masons]. If they could give you the secrets that they hold today, these men would tell you the core information—there

is a prophet inside each of them called God, and the source of all wisdom, healing and energy on the planet comes from inside. What a concept! It is what you study today and call New Age. It's what is taught in this very building. It has come full circle, has it not?

SCIENCE IS CHANGING BECAUSE LOGIC DEMANDS IT

Let me speak of the lineage of spiritualism, for the shift you are in is beginning to reveal the old truths. As proof of this, the bastion of logical thinking is starting to crack, for empirical science itself is beginning to argue the existence of intelligent energy as a pillar of possible creation and evolution.

All through your modern times, God has had no place in science. Suddenly, however—within the last generation—those who study the numbers, odds and paradigms of creation are seeing a logic that is against all odds. Completely out of the possibility of chance, the universe seems to have developed in a way that only an intelligent designer could have created. This intelligent design concept is controversial, for it states that there is some kind of higher consciousness of creation. Argue though they might, scientists cannot deny that the odds are there and that the facts are in front of them. It simply could not have happened accidentally.

Gaia is starting to get a bad name! It's becoming highly controversial—the very idea that the Earth could have a consciousness of life within its evolution is now before the scientific community. Why? Because as the history of Earth is being revealed, the facts shout that there is a plan of life—a system of non-random events, an intelligence that favors life and keeps refining it. Scientists are lining up as we speak with opinions in both camps. Is there, indeed, a self-sustaining energy of life evolution called Gaia that protects and balances life on Earth? Or is the way the Earth developed completely and totally random as evidenced by the fact that life has destroyed itself up to seven times in the millenniums before yours? Indeed it has! Therefore, there are those who say that life is self-destructive, and each time it appears on the planet it eventually destroys itself. Others are saying the opposite, that the starts and stops of the life cycle are simply Gaia determining how to create it better and better.

There is one particular, against-all-odds attribute that is remarkable—the one scientists are looking at that shows Gaia's presence is beyond chance. If you take a look at the summary of what has slowly taken place, it's obvious the energy of the planet that is called Gaia has learned from the starts and the stops of each life cycle. One major elimination of life force on the planet occurred when too much oxygen-based life blossomed all at once and robbed the atmosphere of oxygen. This, of course, killed the life because it had no more oxygen to exist. It's what happened next that is of interest. The next evolution of life expansion included an entirely new process called photosynthesis. Gaia created a system where the plants on the planet would produce the very oxygen that life would need. The food plants needed would be what life discarded as waste. Therefore, one of the first natural, symbiotic relationships was born—seemingly randomly—but was also the

next obvious, intelligent process to come forward, completely outside the statistics of chance. Over a long period of time, it was obvious that life did not destroy itself randomly. Instead, it learned from former mistakes and evolved the corrections it needed to survive. Gaia was alive and well and slowly refining the stage for humanity.

THE NEXT STAGE: HUMAN CONSCIOUSNESS

So why do I speak of this as a spiritual lineage? Because here you sit, Human Being, and you are the product of all of it. Gaia continues to provide you with the changes you need. What is happening on the planet at the moment is a shift of consciousness—the next step in the evolutionary life force scenario. Life is not going to destroy itself because it is somehow destined to do so. Instead, you see the essence of Gaia at work. Therefore, you might say that Human consciousness and the Earth are allied, and you'd be right. It is the first time in the history of humanity where the alliance is so strong it blurs the image of where one starts and the other stops. It confirms the Mayans' vibrational observations within their studies and spiritual calendars. You are allied with the Earth, and the consciousness you have speaks to the crystalline structure [the remembrance of the akashic record], and it vibrates with your thoughts. More than just within the cave of creation [lecture from Lee earlier in the day], your thoughts are carried directly to the crystalline grid of the planet.

The Mayans spoke of this time within the galactic alignment [the 2012 energy] as the cycle of the yellow sun. They predicted this cycle of Gaia, and told you within their writings and glyphs that this time in history would be of the highest vibrations on the planet ever available to Human consciousness. This information is still not taught in the very places where the information is written in stone [Mexico], for the old ways keep it suppressed. But it is there for all to read, and it is not information of doom and gloom!

HAS GOD CHANGED?

The basic spiritual system has changed, and there are many who have said they didn't want that change. So I speak of that briefly. Karma is the old system of life and death, birth and extended life, which causes energies and synchronicities to be created that allow a puzzle to be solved. People would live a life and they would come back and carry in their DNA an energy of what they didn't accomplish the last time around. Sometimes they would carry in their DNA what they did accomplish, and then try their best to undo it. Karma has been the driving force behind a Human Being's personality—what they wanted, their fears, their hopes and their passions. Karma drove it all.

In the last twenty years that all changed. There are those who have been in metaphysics for a very long time and who would deny that there is ever a change. They would say this to you: "God is the same yesterday, today and forever." And they'd be right! The love of God does not change, and the essence of the personality of God is

forever. So this is their argument, to say there can be no change and no shift when it comes to God. There is no argument with that fact. The argument is this: There is a change in the Human Being's relationship to God, Gaia, the akashic record and all that represents the system. This is where the changes are occurring. And in that relationship to God and Gaia, consciousness is beginning to shift to the degree that Humans can come into the planet and now say, "Karma is something I am finished with—be gone." Then any Human with this epiphany can move out of the old akashic groove of those things they came in to fix—things they felt so strong about, things their parents wanted and things they thought they wanted until they realized these were inappropriate energies carried around within them for only karmic reasons. They can wipe clean any karmic slate of energy. They can move into a place where they claim mastery to create their own reality and not be prodded and pushed by something ancient within them that seems old and unrecognizable.

In this room, there are more than thirty of you who did that. You moved past the energy you came in with, and in the process there was learning, and in the process there were tears. In the process there was an uncomfortable part of you that had to climb out of your own skin and into that which you knew was appropriate, but that which you could control. This is the beginning of the Humans' co-creative energies that we now celebrate in this place. This is the temple of wisdom, and these things have been taught here before.

WHAT THE FUTURISTS WILL TELL YOU

What is the wisest thing that could be said at this moment? I will tell you what it is, for it is that Human Beings are in control of this planet! Within their consciousness, they control the dirt of the Earth and the skies above. Within their consciousness, they control the vibratory level of what happens next. Within their consciousness, they control the fractals of time that in the past would lay upon the land and supply the energy of what would happen next. You are going to hear from those who are "experts" that the next two years could be filled with horror. You are going to hear that your economy is going to continue to fail and fall over completely. You are going to hear that Gaia, the Earth, is going to belch, burst and come forward from the oceans with gas that will cover this planet and suffocate humanity. You are going to hear, of course, that new disease is always a conspiracy of the dark side to fill the planet with plague. You're going to hear it all, and you're going to hear it because all of those things lie in the potentials of your lifetime. In other words, these things are indeed within the potentials of reality.

Now, Human Being, let's be clear on what you're going to hear from me. These items of doom need not happen! Fear, conspiracy and doom predictions are there because the energy of an old cycle is trying to exert itself. There are enough of you to make the difference—directing the energies of your consciousness to an earth that begins to shift the

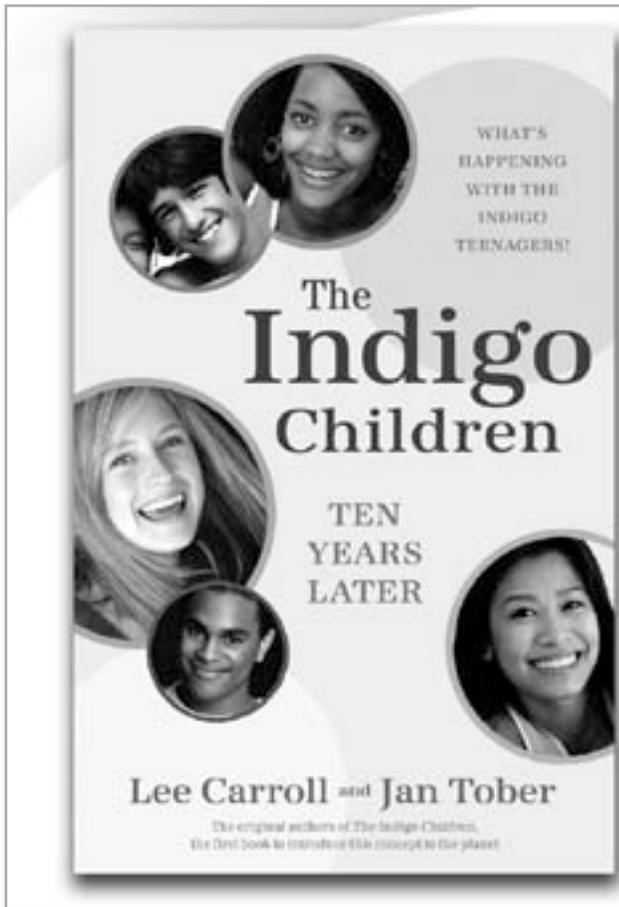
way you want it to instead of following a time fractal. You are going to steer it the way you want it, instead of the ways of those who predict the doom. We say this to you because those are the potentials that have always been. They are the strongest ones and remain so. You don't have to try too hard to do it, for all you have to do is hold the light that you have. All you have to do is hold the light that's there already and you will accomplish it. Indeed, you will begin an entirely new time fractal, one with your new energy.

We have given you some prophecies about unstable countries that will become stable, unbalanced dictators who will be removed and surprises in the way things work economically because you never thought things could repair themselves. These are all hard to believe because they are all positive and you're in the middle of one of them now—a realignment of how money works in your culture, how it responds to responsibility and the elimination of the pure greed factor to the extent that it has been there. It doesn't seem positive at all. It's difficult, isn't it? It's fearful, isn't it? It's worrisome, isn't it? How many of you will instead turn this around and celebrate the pruning of the economic tree? "Thank you God that this tree will now survive because we pruned off the parts that don't serve us," you might say. "Thank you God that the free enterprise that made this particular country unique can survive because we again have changed the way it works. Thank you God that history does not have to repeat itself and we will not have life extinction just because many think we will." This power of yours is what is being taught right now by spirit through many channels. It is what the system has become. You're now in charge! Look to the other things I've told you, too. Look to massive changes coming in the Middle East.

THE GALACTIC ALIGNMENT IS ALL PART OF THE SHIFT

The cosmos play a part too. The alignments are for a reason, and the one we spoke about twenty years ago is here. It is here on time and for only the second time since Humans have been on the planet. It is here when the time fractal dictated it would be, and it's here during one of the greatest concentrations of high energy the planet has ever had. It's here during a time of high consciousness. What are you going to do with that? All of the tools are at your feet.

If you believe in synchronicity and coincidence, I will tell you that you sit in the temple of wisdom built for the shift before the shift ever occurred and with the stewardship of those here who know why it exists. It exists today to continue in a mature fashion the teaching that was started before the shift. So you might say it was perfectly timed. Here you are sitting in a place that aligns with why you sit in the chair. Here you are sitting in a place that aligns with the message of Kryon. Do you see how this was organized and arranged? There had to be some foreknowledge, some intuition and some intelligence within the system. There had to be some real channeling involved. Indeed, there was. It is proof, is it not, that where you sit is part of where you're supposed to sit?



The Indigo Children TEN YEARS LATER

Lee Carroll and Jan Tober

The original authors of The Indigo Children the first book to introduce this concept to the planet!

Indigo Children? Oh yeah... I know about them! Wasn't there a movie about that? They are some kind of special gifted kids who do psychic things and who have dark blue auras, huh? I think I saw that on TV.

If that's your take on all this, then you really need to read this book. These children are not super psychic kids with dark blue auras. The Indigo title has nothing to do with auras or being psychic. Some of them are teenagers who are strapping on bombs or bringing guns to school. The subject here is far more profound than the sensational absurdity into which some have taken it. It's all about the children of our planet, what really might be happening, why they do what they do, and what we can do to help them and our educators survive all this. In addition, they are slowly beginning to join the work force (gasp)!

Join Lee Carroll and Jan Tober, original authors of "The Indigo Children," for a profound and frank discussion of the Indigo Children ten years later. After all this time, what do some in higher education say about it? What do industry leaders say about it? The answer: Finally, many professionals are noticing and starting to speak up. Humanity is evolving; it's happening within our kids, and you should know what these educators and business leaders are saying. Join the leaders of education and industry brought forward in this book for a peek into the real issues, and perhaps the future of humanity.

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The alignment of the planets and the stars at this particular point in time is a confluence of energy of thirty-six years to allow this planet to start a peaceful evolvement. That's what this energy is about. It's what we've always seen. That's what the cosmos do for you; they cooperate and enhance the Human experience.

THE DNA CONNECTION

Your biology is shifting. There are scientists who want to take apart the brain after someone dies to find out if it will show why that particular Human was brilliant. What is the difference in the brain if the person was a healer, a spoon bender, a psychic or had many other odd attributes? They're not going to discover anything different about the brains of these, for the three-dimensional chemistry remains static. It is a slave to the rest of DNA that controls the quantumness of a Human. That is to say, the 90 percent of DNA that is quantum is that which responds to consciousness and to Gaia's touch. That is what is going to change this planet. That is what you're working on. That is where the healing comes from, and that is where the channeling comes from. That is what the masters wished to teach but were not able to.

The quantum portion of your DNA is the 90 percent your science sees as junk because it can't find a code or a system or a chemical signature for it. All of it is simply working with the engine of your 3D chemistry—the protein encoded portions of DNA that control all your genes.

It's all about cosmic energy creating magnetism and carrying instruction sets for a new Humanity directly into the 90 percent of your DNA. What I am saying is this: There is no way any scientist is going to "see" why Humans are changing. The DNA chemistry will appear to remain the same because the random "junk" is what is changing. It can't be seen in 3D. Soon, however, science will figure it out and realize that the 3 percent is the engine of your 3D body, and the 90 percent is the quantum instruction set that tells the engine what to do. They will have a puzzle before them but admit that it is a factor.

THE FINAL ATTRIBUTE

Let me give you the last attribute, my dear Human Being. This is new and yet it's not new. More than 2,000 years ago, something started to change on the planet. All through history the ancients saw esoteric systems simply as systems. That's as the only way they saw them—as spiritual systems. They used and celebrated the systems, and they never took any more than they could give back. They saw the balance of nature and celebrated it. In a way it was their religion, but they didn't worship it necessarily—they used it instead. There was no energy around it other than it worked for them. They often feared it and learned to respect it. They knew about God inside, about how they were all connected, but they never felt anything personal. They knew of the circle of life, but used it to make sense of their current issues.

Then the masters started coming into this planet and giving you information. If you looked at their words, you'd see what they said. They said you had the ability to heal yourselves. You had the ability to open the door and find something else that you didn't expect. They spoke of something that had never been mentioned before—they spoke of love and compassion as tools of the system. It was an evolvment; an unexpected evolvment. It's what the Earth was ready to hear, but the masters were not honored. Both in the East and the West, the masters were eliminated, and only their experiences and words were left to be worked up into doctrines and processes that really didn't represent them at all.

There are those in old metaphysics who will say that this emotion has no place in the system. They say that it gets in the way of the system. They boil everything down to the way spirit works with humans and how humans work with spirit, and they never give any credibility to the love of God. That is what has changed. In these last twenty years, I have come into this place to give you information about the fact that there is a Creator who is your family—the missing piece. This Creator that Humans look for does not wish to be worshipped. Instead, it is to be loved as family. The missing piece, the one you look for, has a face. It has a heart and you look at it every day in the mirror. The love of God is real. Compassion for humanity through all life forms is the glue that has been missing all along. It is an evolutionary idea and a step that goes beyond the system. It's quantum and has no empirical measurement. It has no place and no form. You can't list it, and you can't intellectualize it. Therefore, it's out of the box of everything else that has been listed within the system.

From the day I arrived, I said, "I wash your feet with the love of God. The tears that we shed are because we are enamored with the ability to sit at the feet of humanity." Today you have let us into a place built for this! The wisdom of the day says there is a God and it is wise and loving and it is within you. If you give it a chance, you'd find out it's family. If you give it a chance, you'd find out that this is the power we've spoken of all along. This, therefore, is the lineage of spirituality on this planet—that you have rediscovered the truth of the ancients and that the secrets are revealed to be core information of what all humanity knew from the beginning. The shift, therefore, must be called a time of reclaiming what was always true and always yours. Your akash should ring with it, validating that it is true and accurate, that mastery is inside and that you are in control of the planet.

In this place there is geology that will remember this message. They will ring true with it until this place does not exist. In this place there will be teaching in the future centered around the fact that the Human Being is in control of everything, and the power that surrounds all is the love of God. Put them together, dear one, and

you're unstoppable. You will create peace on this planet, and slowly you will see things morph into a reasonable exchange with Human Beings—where there does not have to be war due to hatred or a conflict of different ideas. A maturity of consciousness will develop when leadership turns to the rest of leadership and does not isolate itself—consciousness that says what humanity wants is a peaceful place for its children.

There isn't one of you in the room, or listening or reading, who doesn't agree with that. So create it! Walk from this place and create it. Walk from this place and know that you are filled with the power of this shift. Know that the reason things are happening the way they are is because there has been a remarkable change in Humans—a change we knew could come if you chose it and you did. I speak of these things as Kryon, lover of Humanity. What are you going to do with it? Was it a nice, sweet message for you, or was there more? Some of you will leave with pieces of me: It's the me that's you. In a quantum state I infuse the hearts of those who wish to be infused with the love of God at this moment, with the seeds of healing at this moment and with the epiphanies of what you're able to do at this moment. Let these seeds be planted so that when you leave this place or get up from your reading chair, much will happen that is what you've asked for. And for some of you, it's the reason you came. And so it is. ✨

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Programming Crystals for Healing

Lord Kuthumi through Rae Chandran

Greetings, beloved brothers and sisters of light. This is Master Kuthumi. Today I would like to discuss the use of crystals and stones in healing. Beginning in ancient times, humanity has always been fascinated by stones and crystals. In ancient times, going back to Lemuria and others, humanity had a fascination with stones and crystals. Even in modern times, stones are worshipped when they are made into an art form, or a form that associates with belief systems. Many people in the world carve beautiful images of their perception of God or the Creator and worship them. There is something in these mineral kingdoms that calls to humanity's heart.

THE JOURNEY TOWARD CRYSTALLINE

Crystals in particular have a great resonance within humanity's heart. Why is this so? For at the deepest level, all humanity is made of crystalline structure, and both the crystalline structure and the outside physical crystal emit light. When healers use crystals to bring balance to their patients, what they are really doing—whether they are conscious of it or not—is awakening them to remember their own crystalline nature. Humanity is evolving toward becoming crystalline, whereby it is able to comprehend its true essence or true nature.

Crystals and stones are a part of Mother Earth as you are a part of Mother Earth. So it is only natural, as both come from the same source, that human beings have the same essence as crystals. As humanity can be exposed to negative energy, crystals can also be exposed to negative energy; just as human beings are affected by the energy they pick up, crystals too emit the energy they pick up. When crystals are mined, they pass through a variety of hands before reaching the ultimate customer, and they pick up energy from all the people who handled them. So it is important that the crystal be thoroughly cleaned and purified before you program any kind of energy.

Additionally, when you are programming your newfound

KEY POINTS

- It is important to thoroughly clean and purify crystals before you program them with energy.
- Because humans maintain the same essence as crystals, they are particularly useful for diffusing negativity in a human's energy field.
- Learn how to program your crystals for the kind of focused healing certain situations call for.

crystal, the state of consciousness you are in plays a large part in the energy you are working with to program the crystal. Crystals can be programmed by intent, thought projection and energy transmission, among others. The next time you program a crystal, work with a sound, a word or a symbol and then seal the crystal with the platinum shield of Archangel Michael. In this way, the crystal will be protected always and will emit only the energy you have programmed into it.

CRYSTALS FOR EMOTIONAL AND PHYSICAL PAIN

There are several ways of using crystals to bring healing. Crystals can be used to heal depression, sadness, anxiety, panic attacks, confusion or any other debilitating human emotions. Ask the programmed crystal to absorb these debilitating emotions from your energy field, including your aura. Just ask, and the crystals will do the work. You may also place the crystal on one of the human energy systems within your body called chakras. Ask the crystal to absorb the particular blockage or resistance that is causing the problem.

In cases of pain in the body, you can place your programmed crystals on that part of the body and ask them to absorb the pain. Naturally, this is to be done with common sense, as crystals work with the energy field only, and physical ailments should be properly treated by a medical professional. Before the blocked energies can manifest as physical ailments, however, the crystal can absorb and release them, allowing the energy to flow freely throughout the body.

If you have programmed your crystals with the energy of love and peace, you can use them any time you feel fear, anxiety or panic. Keep the programmed crystal in your left hand and blow on it three times, asking it to activate the programmed energy and envelop you with this energy, bringing instant relief. In severe cases, you may want to place these programmed crystals around your neck on a string or chain. This way the crystals will always transmit the programmed energy into your being. The key here is to constantly send your energy into the programmed crystal, thus strengthening it.

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Also, do not forget to protect your crystals with the platinum shield of Archangel Michael. For men and women it is good to wear a crystal during the changing of the moon cycle every month. During these times, the crystal should be programmed with the energy of groundedness and balance. You can also program the crystal with the word "utilize," emphasizing that the heightened energy available during this specific time can be utilized for creative purposes and for anchoring light into your being.

FOR CHILDREN, MOTHERS, STUDENTS AND THE ELDERLY

You can also place a programmed crystal with the words "joy" and "peace" in a child's bedroom to help the child go to sleep easily and without fear. Programmed crystals can also be placed in a room with an expectant mother sleeping, and this will make the expectant mother more aware of the precious being she carries inside. The child inside the womb will pick up the programmed energy from the crystal as well. The energy that should be programmed for this is the energy of remembrance and deep welcoming. The words that should be programmed are "gladness" and "welcoming" for the bringing of the child into the world.

Programmed crystals can be placed in a student's study room, stimulating the intellect to explore more of life through books and other materials. The energy for this is invention and naturalness. The word that should be programmed into the crystal is "understanding." Programmed crystals are also exceptionally good to place where there are elderly people, such as in nursing homes, hospices and hospitals. The energy for this situation is deep peace and gratitude for the life they have had thus far. The word that should be programmed into

the crystal is "release." This relates to the release of emotional dramas that include anger, hatred and fear.

Programmed crystals can also be used in a room or house where a soul has passed away. The energies for a crystal in this situation include merging with the source and letting go. The word that should be programmed into the crystal is "completion." For this particular kind of work, please use a clear quartz crystal. You may also place crystals on your work desk that are programmed with the energies of growth and smoothness. The word you should program into the crystal is "recognition." Placing programmed crystals in any location or situation will energize and bring healing.

In public places, you can use large programmed crystals to bring harmony and benevolence to the people entering that space. This is especially good for busy public transportation systems or other spaces where large groups of people pass through with different energies every day. Programmed crystals can also be placed in busy intersections to reduce traffic accidents and to bring a sense of harmony to the motorists driving through. It is good to keep programmed crystals in a restaurant in order to create harmony and things will flow smoothly so the people consuming food and drink feel relaxed and nurtured



During their time, the Lemurian people used crystals for everything, from energy for heating their homes and cooking to energy for healing themselves. Now this ancient knowledge is being brought forth so people may use the wondrous crystal to bring healing and harmony into their lives, and so they may begin to remember once again. *

ANIMAL SOULS SPEAK THROUGH ROBERT SHAPIRO



Robert Shapiro is largely known as a professional trance channel, with several series of published books such as *The Explorer Race Series*, of which this is book #13; *Shining the Light Series* (8); *Shamanic Secrets Series* (3); *Benevolent Magic*, and the *Ultimate UFO Series*.

But, as he is now, he is a mystical man with shamanic capabilities well and thoroughly infused into him. He also has many unusual skills that he is teaching through blogs, the *Sedona Journal of Emergence* and these books. It is his intention to bring about the most benevolent change available on the planet through sharing his personal inspirations as well as his channeling, which in this book is of these wonderful beings humans call animals.



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Channeling: The Role of the Higher Self

Master Kirael through Kahu Fred Sterling

Today's topic is the role of the higher self in channeling. You all channel at some level of consciousness, and the most likely energy you channel is your higher self because it's closest to your body. I distinguish your higher self from your lower self, or your earthbound self, which is just a figment of your imagination—the illusion you are acting out in this dimension.

BE IN TRUTH

Your higher self is who you really are. You're only pretending to be a third-dimensional being because you want to experience the yin and yang of everything—the back, the front, the up, the down, the in, the out and all the things you put up with to do this journey. Your higher self has no concept of the yin/yang journey, and it does not want to play in that arena. Yet it knows what you're doing here and what lessons you want to complete, and it will offer guidance in those areas.

In most instances, when you have a conversation in your mind, you are probably speaking with your higher self. To have a more focused conversation with your higher self, do the five-minute meditation my medium spoke of at another of these sessions. In that meditation, you go through the veils out into the cosmos where you see the beings of another planet, system or dimension. After your meditation, automatic-write whatever comes up for you. Eventually, your higher self will come through and you will write what it says.

You must be in truth to communicate with your higher self. If you ask your higher self how to get money, it might ask you, "Why don't you get a job and work toward getting

a raise?" You will not want to hear this because you don't want to work for your money. You would rather go to Las Vegas and win it. If you tell your higher self, "I'm going to Las Vegas to gamble," it will say, "Go ahead and gamble because I don't care. I don't even want to hear about it." Or it might say, "I want you to win in Vegas," and you'll go to Vegas and spend all your money and come home broke. In other words, when you ask your higher self questions you know the answers to or questions that don't involve a higher truth, it shuts down. Your higher self wants to talk about what you don't know. So when you ask a question of the higher self and it responds, "Another day, another time. I'm busy now," you will know that you already know the answer to your question.

Practice working with your higher self. You will be able to access information that would otherwise be unavailable to you. You can learn what money really is, how to get more of it and how to work with it. That way, you will have more money than you could possibly dream of. When you really know money, you will be prepared to get it, whether through a job or by some other means.

YOUR HIGHER SELF AND YOUR JOURNEY

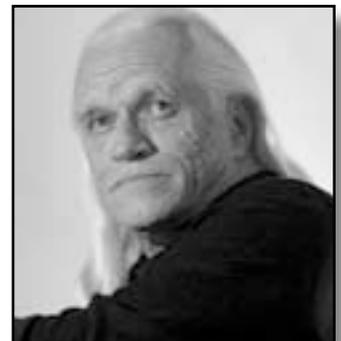
The higher self chooses what it wants to talk about. You might say, "Well then, what do we have a higher self for?" You have a higher self to help you do your journey in the highest light of truth. Your higher self is smarter than you and it only knows the truth, which in this case is love. You must give your higher self a reason to speak with you. If you give your higher self a reason to act on its own behalf, then you will get powerful answers. You will get to the meat of what your journey is about.

Everyone has a journey to do in every area of life in this dimension. One of your journeys is to trust your higher self. Your higher self covers you like a blanket, and it knows all you need to know to do your journey in the highest light. It knows what your journey is all about. Have the cour-

KEY POINTS

- "You have a higher self to help you do your journey in the highest level of truth."
- The most important journey—the journey of the human being—is moving from fear to love.
- "You'll know it's not the higher self if you hear a lot about your history and the possibilities of the future, or if the energy makes up a story for you."
- As this dimension comes to a close, the guidance you can receive from meditation, channeling or mediumship will prove to be an important source of information for your journey.

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age to open up to and speak with your higher self. Ask it about a situation, listen for its truth, then automatic-write it and do the journey of five or fifty.¹

Your higher self will not do the journey for you, but it will guide you on your journey. Most of you don't want to hear that you have to do the journey because you don't want to work. Well, what do you think you're doing over here? You're working every minute of every day. You might say, "Well, what about when we sleep, Master Kirael?" Well, you will still be working because you don't have to sleep. Your third-dimensional body needs sleep. You work on your journey in the sleep state.

Channel your higher self, your higher being. It is a good energy to start with. You will know when you are hearing from your higher self because you will get that far-off feeling and you will wonder, "What is it really talking about? That doesn't make sense to me." Do the five or fifty and find out what it's talking about. Do whatever you have to do to bring the journey to completion.

After learning to communicate effectively with your higher self, you can go on to channel your angels, guides or even the whales. So many energies from other realms surround you. When you open to channel, you will be open to truth, and these energies will be awaiting your invitation to engage them.

FROM FEAR TO LOVE

Would you expound on the journey from fear to love?

The journey from fear to love is the most important part of any journey you do here on this plane of consciousness. When you were in your mommy's womb, you experienced love and everything was perfect. You loved every minute and every second of the day, but you had this program or journey you had to play out in this dimension. So your first and greatest experience of fear was when you came through your mother's birthing channel, took your first breath and started the journey of being a human being. From that point on, you have been doing the journey from fear to love.

You experience fear in your left brain, which remembers everything from the past and then projects it into the future. Whether you're two years old or two hundred years old, everything in your reality is seen and experienced through the left brain. When you get an idea to do something, you go to the left brain and check it out. The left brain might say, "Don't do that, my goodness sakes, no, don't do that." Then, it will go into the future and make up a story because the future doesn't actually exist.

Use your meditations to find out what you want and how to achieve it. When you were just one day old, you meditated. Yes, you meditated when you were a baby. That's why babies sleep so much. Sleep is a safe space for them to meditate. They sleep all day long because they understand this journey of meditation. At two days old, you asked, "Why have I done this to myself?" Your higher self provided you with an answer. It might have said, "You came here because

you never figured out how to do anything with money. So you will struggle for as long as you want to struggle." At two days old you're hearing all these things from your higher self and you ask, "I have to struggle with money?" your higher self replies, "That's right. You will struggle with money." So then you reach forty years old and you're still trying to figure out what to do with money. You may be well into your fifties before you understand money, and you will have learned that the secret was in the journey, in the five or fifty. The journey is always the focus.

As you grow older and older, you experience more and more fear and you forget how to meditate. You don't have to learn how to meditate. You already know how to meditate. You just have to remember how to do it. So practice meditating and eventually you will be meditating at every opportunity. During your meditation you will get an answer, and then you must do the journey. The journey will always be about moving from fear to love, and once you get to love, you will find truth because love is truth and truth is love.

When you no longer experience fear, you won't buy it from anyone anymore. If someone comes from behind you and says, "Boo!" you will turn around, face that person and say, "I'm not taking any more boos. I'm in truth." You will live from your heart and you will know that nothing outside of you can harm you. You will be in love. That's the journey.

THE CHANNELING JOURNEY

What is the maximum level of truth that can be given to a channel?

Seven levels of truth—or consciousness—exist in everything in this dimension, and everything has four levels. Within each of those levels, seven levels of truth or consciousness exist. So you are dealing with seven times four, which is twenty-eight levels. Two and eight are ten, which is a one, and in my Lemurian numerology, that's the God light—the highest level of truth. For example, spiritual alchemy has four levels of mastery: black, white, red and gold. Within each of those levels of color are seven other levels of color, each representing a different truth or a different consciousness.

With respect to channeling, when you reach the level of truth for what I call mediumship, this third-dimensional journey will disappear and the medium part of you will overshadow what your human body understands. At this level you will be dealing with all four bodies, and within each of those four bodies, you will experience seven levels of truth. Again, seven times four is twenty-eight, and again, that's the God light. You will bring through the highest level of information there.

How will I know that the information I receive is from my higher self?

Learn to separate the third-dimensional part of you from your higher consciousness. The third-dimensional part of you is just occupying space here. The higher self comes with a host of angels, with Elven guides and guardians who

are all part of a different reality. When you first channel, you will likely connect to the higher self because—as I said earlier—it’s the closest to your body. Your higher self is there to protect your human self as best it can. If you are aware when your higher self is in charge of you, and you ask the right question of it, you will get the right answer. If you get a comment such as, “Why are you bothering me with this stuff?” go do your journey. You will know you had the answer all along.

The higher self only wants to answer what you don’t remember or understand. So if you get an answer you don’t understand, it’s probably from your higher self. Don’t ignore the answer because you don’t understand it. Instead, do the five or fifty and find out what the answer means. You don’t know a lot. You don’t know the difference between love and fear, but you know you can learn the difference by speaking with your higher self.

Would you expound on how to trust that we are communicating with the higher self on this journey of channeling?

How do you learn to trust that it’s the higher self? It is important to know when the information is good. So be aware that the left brain is not involved in the higher self’s journey. You’ll know it’s not the higher self if you hear a lot about your history and the possibilities of the future, or if the energy makes up a story for you. In that case it will be your left brain and your ego telling you a lie.

Your higher self is connected to your right brain or the right hemisphere of your brain. You will know when you’ve entered into the right brain because you will get a little bubbly feeling in your chest, or you will get goose bumps. If you feel that little spark of light that is your higher self, the information you bring forth will come from your heart—the green light of love. That means you have gone above and beyond what you know, beyond your third-dimensional process, and you will be proud of yourself. That feeling is your truth coming up to the surface of your being. Trust it. Your right brain is much smarter than your left brain. Your right brain knows everything. Some say it’s “la la” or crazy because it wants you to walk on water or fly. That’s not crazy. Your right brain knows you can fly and walk on water.

Consciously practice going from the left brain into the right brain. I say consciously because you can see the transfer of information happen in your mind’s eye. The brain has a pathway down the middle, separating the left and right hemispheres, and you can see the information being transferred over that pathway from the left to the right side.

Trust the higher self by being aware of it. Then press it to enter into your journey. Let’s practice this now. Share a thought with me. Hold it in your left brain for just a second and then see it transfer into the right brain. If you felt something uncertain, it’s because the right brain doesn’t have the ability to calculate that the left brain has. The right brain is not a third-dimensional processor. It processes on a fourth-dimensional level and beyond.

So you’ll transfer information and recognize the journey that you wanted because you will feel good. You will feel cuddly and warm and the next thought that comes up in your left brain will be, “Okay, you’re the channel now. Channel it; channel it now.” And you will channel into your right brain. The first thing you will hear is, “What are you doing? Get back over to the left brain. I don’t know what you’re doing over here with me.” That’ll be your higher self talking to you. Let your higher self know you are there consciously. Then ask your question and be aware of the answer when it comes. Connecting the left brain to the right brain is the biggest part of your journey because you will have to learn to work with the left brain while staying in the right brain. You’ll probably want to write out what you hear the first couple of times because it will be too powerful for you to remember otherwise.

HIGHER ENERGIES AND MEDIUMSHIP

I see pages of information scrolled before my eyes each morning upon waking. When I get this kind of information overload, can I process the information completely? Or should I trust that my higher self will bring the information forward at the right time?

When you enter the right brain to speak with the higher self, the higher self is so thrilled you’re listening to it that it may send more information than you can handle. The higher self is a genius; it is the genie in your right brain. If the information is coming in too fast for you, or if you can’t understand it and you feel lost, you can always ask the higher self to back up a little. Simply say, “I need to understand what you’re saying. Back it up just a little bit.” Your higher self will back it up until the information is at a level you can understand. The higher self will slow down as much as you need it to—even until it is right near the third dimension, if that’s where you want to be.

Your higher self is often speaking to you, but because you are in your left brain, you’re not usually listening. Your higher self will ask, “Why aren’t you listening to me?” If you practice transferring the information from the left to the front, right hemisphere of your brain, your higher self will suddenly see the transfer of energy and it will join the party, so to speak.

Is an energy other than my higher self available for me to channel now?

You already know the answer because you’ve asked me this question. You have a couple of beautiful level-seven and level-six angels, and one level-eight angel. A level-eight angel is a cherub, a throne angel. Angels are all around you. That tells me two things. First of all, you’re an angel. You have been an angel for a very long time, but you came into this Earth plane to discover things like relationships and money and all the other fun things that are experienced over here. All the angels around you want to speak with you.

Ask your higher self to help you connect with your angels and make sure you specify that you want to speak with the

angels one at a time. You'll have to automatic-write what you hear. In your case, your angels will ask you why you are not doing more along the lines of being a medium. That's because an archangel—who is with you—has chosen you to be its medium. You've been this archangel before. It's one of the big ones and it is feminine. I can't tell you which one it is because you have to figure that out yourself. It wants to come into this journey and talk to the people of this Earth dimension about the shift. This archangel knows as much about the shift as I do, and that's a lot. People are hungry for this information and you can give it to them. Pretty soon you will go into the fourth light where you will take a leadership role. The information you receive from this archangel will be beneficial to you.

What's the best way for me to get to mediumship?

You already are a medium, but not in this lifetime. You were a medium in other lifetimes. You've always been a medium and now it's time to awaken to that energy again. If you don't—and as the "three days of darkness"² come upon you—you'll go through the shift wondering what happened and you'll spend about three or four years in the new shifting energy trying to get your mediumship on track.

Start now by going through the channeling process. You have a certain element of truth inside your system now. It's a very strong truth, but every now and then we see you doing something that you know isn't right. Clean it up and get ready for this journey. You can start by channeling your higher self into this dimension, and then by moving into mediumship. You were a medium prior to this lifetime and you'll be a medium after this lifetime. If you get into this mediumship journey now—if you actually wake up as a medium before the great shift—it will be perfect. Why wait? Do it now.

About six months ago while I was asleep, my body suddenly vibrated and I woke up. The vibrating stopped and a couple of minutes later it started again. Could you shed some light on what that might have been?

That night six months ago you were able to see yourself and you got stuck on that vibration, that pattern. The physical vibration you felt was actually you coming apart and getting out of the body process. In other words, your body vibrated because you were outside the body trying to see your human self and your God light at the same time. Your senses were aware of what you were doing. The next time you leave your body, look back at it, and when you return to it, look at what you were looking at outside the body. You will be looking at your higher self. That is everything you'd ever want to be a part of.

PREPARING FOR THE SHIFT

What is abundance and how does it fit into channeling?

Abundance is truth. To acquire abundance of any type, you must be intent on staying in truth. Someone just said, "I can't spend abundance, Master Kirael." Yes, you can.

You are abundant by nature and you can use that nature to get whatever you need, including money.

As a channel or a medium,³ your abundance lies in your willingness to offer your gift to we the people. Don't channel for the money it can bring you. Do it because you have something to share with people, perhaps a truth that will enhance their journey. People will give you some of their hard-earned money for sharing that truth with them. The money flows from your willingness to share your gift.

What role does money play in scientific discovery? What's the best way to gather scientific information in the shifting energy?

As a scientist, you must have money to sustain your journey. Yet the focus of your energy is better served on the spiritual alchemy side of the journey. Spiritual alchemy involves letting more light into your journey and doing the five or fifty as you move from fear to love. The scientist in the shift will work to make a scientific discovery because he wants to benefit humankind, not because he wants to make a million dollars. Let's say you're working with the photon energy to replace gasoline in a car. You might think, "Okay, if I can get this journey done, I'll have a substitute for gas that I can sell to everybody. I'll make all the money in the world." That's probably the first thing you will have to get real about. Be aware of where your focus is. In science, your focus should be on what you need to know to improve the lives of your fellow human beings. That in itself is abundance. The monetary abundance that comes from a new discovery is the icing on the cake.

Where will you get the information you seek? Open your love and enter into a meditation journey. If you want scientific information for the shift, you must go outside of this realm—this third dimension—to get your guidance. This dimension is done. It's coming to a close. Pretty soon you will enter into the fourth light, but until then, you must use your meditation, channeling or mediumship skills to get reliable information about your journey. When you contact your guidance, you can do automatic writing, channeling or mediumship.

How many people meditate every day? Two or three times a day? Not many. Whatever you wish to accomplish, meditation is one way to find the true focus of your journey. When you reach your higher self through meditation, it can tell you what you are to do. After that, you must trust your higher self and do the journey. You know the answer before you ask a question. However, sometimes you must get out of this body to get the answer. That's when you ask your higher self for its guidance.

You are not limited to communicating with your higher self. It is just the easiest energy to reach because of its closeness to your body. You can also speak with angels, guides or guardians. Tell them what you want to do and why. If your reasons for contacting guidance are of the highest light, they will go to work with you immediately and feed information into you a little at a time. You will be so powerful and you'll have all your answers.



If everyone were a channel or medium, there'd be nobody listening because everyone would know everything before it was said. You also wouldn't be in the third dimension. You'd be back in the God Creator's world, waiting for something else to do. In this dimension, certain people will always be unwilling to channel, but they will be conscious enough to understand that you are a channel. As long as some people are less informed but willing to learn, they will listen to your channeling.

You have physical bodies in this dimension, and these bodies are at a certain level of consciousness. As a channel or medium, you can go to the fifth, sixth, seventh dimension and beyond. If you go outside and ask the average person what a channel is, he or she won't know. The person might even think you're talking about a television channel. Most people will just say, "What are you talking about? Have you lost your mind?" They are still fairly well veiled. You are less veiled, so I can speak to you about this.

It is important that the channels and mediums reach the young souls of this world. You see young souls on the news, robbing, cheating and killing people. The young souls don't know how to get through their fear, which is energized into this journey at the moment. The information you can share through channeling and mediumship will help the young souls get through their fear.

If you want to channel, go outside of this journey to the light above you. The information you seek will be in your thought systems. Go to the higher self and ask it a question that will excite it. It will tell you what your life journey is all about. Remember: Seven layers of truth exist in this dimension. That means this recorded session has seven layers. Be channels, be mediums and be privy to all seven layers of truth. You can help transform this world with the information that is available to you as channels or mediums. Practice meditation and do the five or fifty. You'll soon be on your way to conversing with your higher self, and you can go anywhere from there. *

1. The five or fifty is Master Kirael's way of saying, "Do the journey, no matter how long it takes."
2. Master Kirael is referring to the point in time when the Earth moves into the photon belt. The light particles will be so compacted that it will appear to be dark.
3. Master Kirael makes a distinction between channels and mediums. He says that channels are conscious conduits for the energy they bring through. Mediums, on the other hand, leave their consciousness aside and allow a spirit being to use the physical body to communicate with the human world.

Nourish the Spirit by Choosing Play

Expanded Consciousness through Miriandra Rota

It is our great pleasure to be speaking with you once again in this manner. We would speak with you upon the concept of who you are and who you believe yourself to be. Yes, we recognize that this topic has been

KEY POINTS

- When you reflect long enough to realize that your inner self is residing in fear, you are then ready to make a choice.
- "Fear does not enjoy a lasting impression if you are residing in play, in laughter, in love or in your own inner enjoyment."
- By loving yourself in the moments when you were or are most fearful, you can begin to "gather the essence of your being."

tried and tested, so to speak, by many. Yet we would like to speak with you about a deeper realization, one of inner knowing. The inner knowing of yourself that has been waiting for your attention. And while we do speak, we will be assisting those encodings to be activated, and while you are reading these spoken words, your own realizations will also be inviting those encodings that reside within the fabric of your being to deliver to you the fullness of who you are and are becoming. These words having been spoken, we will begin.

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Beloved one, there comes a time when you are called to do something that is, in your current vocabulary, above and beyond the call of duty. You are called to place an extreme effort into something that simply presents itself, and you know that you have a choice, yet you do not. You know your inner-most being tells you that you “must” go forth and effort.

What does it mean when this occurs? It simply means that life is calling you to participate with all that you are and can be. At times, many have been efforting with their minds, with their thinking. And such efforting has become most tiring, of course. Yet this is something different. It is efforting with your movements, with your body and with your giving—giving to another. You don’t win any points, so to speak, by such efforting. You will not receive a medal, though some of you will deserve one. You will simply be doing what you are most capable of doing.

Yet we are leading to another topic, of course. You know that you are most capable within such circumstances, and we do congratulate you upon such abilities. The topic that we would like to speak about concerns your own inner efforting. What do we mean by those words? In this manner do we speak.

How Do You Nourish Your Own Spirit?

When we suggest that you take one moment per day, or one day per week, and reflect upon what is real for you—what is your dream, your real dream?—we are suggesting such an efforting. It is not an efforting wherein you are placing extreme expectations on your body-physical. It is not even an efforting wherein you place extreme efforting with your mind. More so, it is a choice to rest—to place yourself in that vibration of inner peace, and then to allow your inner realizations to surface for your conscious recognition.

For example, you may sit quietly as we have suggested and then you may realize that you have not given to yourself a time of enjoyment—that you have been too busy to play and too busy to relax. Yes, of course you have that realization. You might even be shrugging your shoulders and admitting right in this moment that the statement is true of yourself. Yet we are speaking of more.

There is much more to surface if you will continue to allow it. Ask yourself a few questions when you are sitting in this manner—within the purpose of inner reflection. The first question might be, “Why am I so busy?” Or perhaps better stated: “Why am I ignoring my own nourishment of spirit?” Ah, you see that is a different kind of question, isn’t it, beloved one?

Do not allow yourself to feel guilty; simply ask the question even if the answer might, to your mind, seem obvious. It is not obvious. Your first answer to such a question might be that you have to work to make money. Or you have to take care of your children, and they are young and it is a full-time job, so to speak. You might find the answer to your question is that your schedule is simply too full with



life’s demands. If you have received these kinds of answers, we congratulate you. It is called honesty.

RESIDING IN FEAR

Yet there is still more. Perhaps another question you would ask of yourself would be: “Why is everything more important than the care of my inner spirit?” Perhaps the real answer is you have not recognized that there is such a thing, such a kind of nourishment. If you continue asking such questions, you will eventually arrive at the inner knowing that you are residing in fear—fear that you will not have enough or make enough money, fear that someone else will not take as good care of your children for an afternoon, fear that you will lose your place in your circle of friends or circle of business associates, fear that you will or fear that you will not. The list can go on if you become open and totally honest.

Once you have realized that within the reflecting of your own inner self you are residing in fear, you are ready to choose differently. It is a most powerful place to be, beloved one. Every human spirit being—at one time or another—resides in and feels fear. Yet you are not trapped upon the foundation of fear. In truth, once you recognize it within your own being, you are residing within the objective viewing. And within the objective view, you have a most powerful moment of choice.

In this example of fear—and the realization that you have not taken care to nourish your spirit—the first step would be to choose to play. Oh yes, fear does not enjoy a lasting impression if you are residing in play, in laughter, in love or in your own inner enjoyment. You might find that while you are playing, you will feel a continual tapping upon your shoulder to go and do something. You might not know what the something is, but you will feel the call for your attention. What is that call? It is the old pattern, which says to you that you must take care of all of your responsibilities first—before play. It is a very old pattern.

When you feel that call, simply tell your entire system that you are taking care of a priority. It is called nourishment of your own spirit. Upon the foundation of the nourishment of your own spirit will you find great relief in going forth into other activities or responsibilities.

Such participation with your own self—with inner reflection, with deeper reflection, with asking the why questions and with choosing to go above and beyond the call of duty by looking at your fears directly and then choosing play—places you within a new vibration. The new vibration is what you call the real thing, and to which we say, welcome home!

You might be wondering what to do about that fear, about the experience of discovering fear at the foundation of all the questions you ask. And we beseech you to refuse to place yourself within the mental knowing of fear in general—in place of the continued, deep, inner reflections toward your own discovery to the question of why. Your mental knowing of fear in general, though not invalid, is empty of the inner knowing that will deliver you into the freedom that you seek.

RESIDING IN LOVE

When you continue to reflect in a deep way, you will perhaps discover the journey you have taken within the histories of your living—the journey that began its resting upon fear. Yet do not allow yourself to become trapped within the blaming of any person, place, or event for your fear and its continued patterns within your living. Instead, simply recognize the occurrence. And then what? And then breathe yourself—your divine breath—into that beginning. Say to that memory that you are your future self, and you are capable of healing this moment in your past. Breathe your breath into it and bless it, love it and release it.

Then what? Ah! Then there is the next layer of inner reflection. It requires more action. What is the action? It is first recognizing that the opposite of fear is love. You knew we would get to love, didn't you? Yes, love—inner love, love of self, love of the real essence of who you are. Begin this action by recognizing that fear has caused you to criticize yourself, to think less of yourself or at times to inflate yourself to be more than you are. Fear has caused you to shrink away from a beautiful path, or it has caused you to enter onto a path that promised great success yet led you to become more uncomfortable with your own capabilities. Fear has perhaps caused you to remain within a relationship that has been complete, or fear has caused you to refuse to enter into a loving relationship.

When you reflect upon where fear has led you, begin also to do something most important: Begin to love yourself within each and every decision or non-decision that was based upon fear. Love yourself as if you are loving a beautiful child who has simply been doing his or her best within the circumstances. Begin in this way, beloved one, to care deeply for yourself. Be gentle in this process.

In this manner you are able to more easily place within your busy schedule time for your own self—a moment or an hour or two just for you, for your own enrichment and for your own spiritual nourishment. In this manner—by

discovering where fear has caused you to act or not act, and by loving yourself within those experiences—you are beginning to what we call “gather the essence of your being” and to reside within the beautiful present. You are beginning to emerge from the grasp of the patterns of fear. You are beginning to really choose.

OPTIONS FOR SELF-NOURISHMENT

And you don't have to choose grandly—right away, that is. You can choose to nourish yourself in small ways. Your entire being will respond to all loving choices. Following are some choices that can begin your process of self-nourishment.

Allow your mind the freedom to wander without passing judgement on words or sound:

- Go to a lecture upon something that you do not particularly care about, and in which you are not deeply interested. Do not take notes, do not try to memorize and do not—in your mind—criticize the lecturer or the material. Simply go to the lecture and listen and allow. You might find this to be an unusual suggestion, yet once again words cannot truly describe the benefit. Experience is the key.
- Listen to live music at least once per week—street musicians, on the green, a band in a bandstand out of doors, a concert in a pavilion, a symphony orchestra in a symphony hall or the chanting of monks. None is what you might tend to think of as more spiritual than another; all are simply live music. You see, beloved one, live music nourishes your cellular movement, nourishes your abilities to think and gives to your entire being a deep breath within which to reside. Yet you will know what life music does for you when you place yourself within it, when you experience it.

Relax in the comfort of silence and stillness—connect with your inner self:

- Give to yourself the gift of a foot massage. And though you may enjoy going forth with a friend or friends, for this one experience, simply take yourself. Why? It is most peaceful not to be required to speak, to examine or to communicate anything. Simply enjoy self-care.
- Listen to your body's messages. If you have an ongoing difficulty or illness, seek healing advice. Honor your own needs—more than you honor the needs of others.
- Enjoy the company of selenite.

Cleanse your energies as well as your body:

- Remember to clean house. What does that mean? It means that when you go out in the world, remember to clear your own energies after such a journey. Such clearing is the same as washing your hands, so to speak. And such clearing need not be complicated or filled with the perfect words. It is your intent and action that make such a clearing real and effective. For example, you can say the words, “I clear all negativity and distortion from my being! So be it.”
- Begin to make good choices with your food. For

example, refuse to eat fried foods of any kind. Refuse to eat chemicals.

- As simple as it may sound, drinking eight glasses of spring water will give to you more energy, and your body-physical will know that you are drinking water for the benefit of yourself.

Shake things up and do the opposite of what you would normally choose to do. Get in touch with your play:

- Refuse to say yes when you want to say no, and no when you want to say yes. This, of course, is a familiar statement. Yet, as beings traverse along their journey, there comes a time when there is a realization that either you really did not want to participate within a certain experience, or you wish that you had. To change this pattern, simply begin once again with inner reflection and becoming honest with your own self. Remember, the world will not fall apart if you say yes when you want to say yes, and more so, no when you want to say no.

- Discover what is your play. Perhaps you think you know what is your play, yet if you were to make a list, what would you write? What are the little things that you enjoy? What are the major events that you enjoy? What have you always wanted to do, but have not done yet? When you become acquainted with your enjoyment—with what you consider your play—then, beloved one, you are able to say yes when the opportunity comes upon you.



Of course, we could continue with a very long list. Yet it is your own inner awareness that will provide for you all the ways that will give you the opportunity to love your own self and to care for your own self. And it is upon this foundation that you enter a new way of living. Dare. Dare to change. Firstly, dare to reflect, to deeply reflect. We have always seen you as most beautiful—in all ways. *

Staying Awake During the 2012 Window Changes

The Council of 12 through Selacia

You live in a time when the secrets of your past are coming to light. It is also a time when you have access to significantly more energetic momentum to create the kind of world you have long sought to inhabit. These two transformational factors make this a very unique time to be alive. So what can you do with this information on a practical level?

The first thing you can do is grasp what these transformational factors mean and how to apply them appropriately in your life. As you do this, you can access the tools you will need to successfully navigate the 2012 window changes. Consider how you feel about being born during these times. Know that the inner questions you have about being on Earth now are echoed by many others across the globe.

KEY POINTS

- The key to navigating your own self-awakening in the window of 2012 is understanding the similarities and differences of this historical moment.
- It is important not to underestimate the opportunities the momentum of today affords you as you seek to grow in consciousness.
- Dealing with today's challenges involves understanding the patterns of your past—the conditioning stored in your DNA.

Some examples of these questions include:

- Have you asked yourself what is really different now, beyond the doom-and-gloom headlines you see regularly?
- Have you contemplated why you were not better prepared for what you face?
- Are you curious about 2012 and what it really means for you?
- Do you wonder why there are so many more changes than you expected?

Change is a given in your life's journey. However, when you view change during these historic moments, you must be prepared to look with new eyes. The changes you face in these times are different. Likewise, the positive changes you can create are of a magnitude your ancestors would not be able to comprehend. The 2012 window is an auspicious period of time, unlike any other you have experienced as a soul. If you were to die right now and have a life review—



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seeing your past lives—you would find no reference point for today's journey. What is happening now is unprecedented.

WHAT IS DIFFERENT? WHAT IS SIMILAR?

While much is different now, key universal truths continue to apply. The qualities of enlightenment, for example, remain the same. Another constant is the true nature of energy and how it propels you into experiences. The threads of these truths you will find throughout your cosmic history.

The path of awakening involves a journey of becoming awake and self-realized. It is a process of self-discovery that occurs in stages over time. It was no different for the great realized ones in your history books and religious texts. Enlightened beings such as Buddha and Kuan Yin—who now interact with humanity—are in a continuation of the evolutionary process, advancing spiritually as they assist others. Therefore, there are stages of being awake and enlightened, just as there are levels of consciousness.

It is important to understand there are no shortcuts to enlightenment. Spiritual openings and advancements occur in direct response to your consciousness and how you respond to life circumstances. You are always responding to life, whether you do so consciously or unconsciously. Sometimes your responses may not seem to go anywhere or affect others. An example of this is when you feel a certain way or think out loud to yourself. However, even these internal responses are continually creating your energetic signature. Therefore, these internal responses are just as important to your evolution as the actions you take in the world. Your energetic signature, and what you do with it on both internal and external levels, is the key to what you will experience.

YOUR POTENTIAL IN THE 2012 WINDOW

The simple principle of cause and effect is a universal one, applicable in the same way today as it was in any other time. Universal truths such as this—often kept secret or accessible only to a limited number of people—are now quickly becoming commonly accepted ideas. While the universal truths are unchanging, your potential to evolve in this 2012 window is markedly different.

Because of today's quickening, you have opportunities to self-realize with greater momentum. It helps you to be living in a time of global awakening, when people all across the world are being nudged out of a very long sleep. What happens with these other people affects you and vice versa. Do not underestimate this.

There is a potent magnification factor in numbers too. The Earth now has more people incarnated at one time than ever before. This is not an accident. The souls incarnated now have had a long journey, just as you have. They put in motion, through their past energetic actions, the seeds that allowed them to incarnate now. It was, there-

fore, the destiny of their souls to be birthed during this special cycle of time.

WHEN THINGS FEEL CRAZY

When you have one of those days of feeling like everything is crazy and there is no point, remind yourself of the intricate dance you and others orchestrated in order to be alive now. Each person on Earth today has the potential to be a conscious part of the planet's radical shifting. Much needs to fall away to make room for the new, light-filled world. This clearing-out process is on a personal level, as well as on group and global levels.

Since the overhaul involves so much and is so wide-ranging, it is normal that you sometimes feel inadequate for the task. Sometimes you may simply want to erect a big stop sign as though you are telling the world you cannot, or will not, face whatever is there. In fact, you want to be conscious of each moment so you can have a real say in the outcome. As you do your part, you can become a co-creator of some very amazing changes. Your ancestors might call them miracles! It is helpful to remind yourself that no one is a finished product. You are not from an assembly line, and you do not want to live your life in a mechanized way either.

There are countless factors beneath the surface of your awareness that affect how you respond to life today. One of them is your early conditioning, and connected to this is the conditioning of your parents. You may think you have nothing in common with your parents or siblings. Think again. You share DNA, and your DNA was affected early on by the experiences you had with these people. Also, at a DNA level, you hold patterns from your birth family's lineage. These patterns or belief systems—recorded inside your DNA—are rooted in very old energies going back hundreds of years. As you deal with life challenges today, you will want to investigate the limiting belief systems and other related patterns that act as triggers. They will naturally come to the surface as you try to move forward and do what you feel you have come to Earth to do.

NO SECRETS

Do not be afraid of these things when they arise. Instead, put out a welcome mat to these past secrets so you can bring them to light and clear their limiting effects. Remember, from an energetic standpoint, there really are no secrets. Whatever you find on the journey of awakening is energy that was there all along. The sooner you open your mind to knowing what it is that surfaces, the sooner you can be free.

Trust that you are loved and supported as you take this journey. Decide today you will believe this, even if your outer world is telling you something else. Invite your heart's inner wisdom to show you how to receive and feel tangibly the love and support. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

Does Gaia Believe in God?

Mother Earth (Gaia) through Pepper Lewis

I just have one small question. Do you believe in God?

Your question is short, but it is not small. It is an interesting question and of obvious importance to you. Uncertain times carry uncertainty into almost every area of life, creeping into the deeper recesses of one's thoughts and challenging even those things and thoughts that have been accepted at face value for eons of time. But may I engage you peacefully and politely by suggesting that your question is a challenge designed to confront the science that enables channeling, the channel who is now veiled behind these words and your own doubts and beliefs about the subject? No matter! It is simply best to state the known in one's search for the unknown. With this in mind, let's begin with what is known about God versus what is believed.

FORMS OF BELIEF

Interesting telling points distinguish philosophers, scientists, followers of religious faith and other lay people. One of these is the use of the terms "belief" and "knowledge," because while some people make a distinction between what they know and what they believe, others do not. It is human nature to accept a belief as a known fact, particularly when exploring a subject or statement that is considered accurate, true or justified. A belief in God or a higher power or authority is a perfect example of a concept appropriately named "justified true belief," which describes a traditional relationship in which a belief is also considered knowledge if the belief is true and if the believer has a justification, meaning a necessarily plausible assertion that may or may not include evidence. False beliefs, even if true and sincere, would not be justified under this concept, because they are not necessary and plausible to a large enough percentage of the population.

Beliefs are assumptions that humanity makes about itself, about others, and about how it expects things are or will

one day be. Beliefs are also definitive ideas about how individuals and groups think things really are. When a large group or segment of the population thinks similarly, it often believes similarly as well. A justified belief sees other beliefs as less than just. Most beliefs presume a subject and an object of belief, which requires a subjective and objective God, an internal and external relationship with God. Beliefs are further divided into core beliefs, those that you might actively consider, dispositional beliefs, those that you simply choose to believe or disbelieve, and occurrent beliefs, those that you are currently considering based upon stored knowledge or unconcluded wisdom. Based upon the foregoing, do you know what part of your being believes in God? It may be more likely that a part of your being knows God, so let's explore further.

KNOWLEDGE AND FAITH

Just as with beliefs there are many different forms of knowledge, each one important in its own way. Scientific knowledge, for instance, is a method of inquiry that focuses upon gathering empirical, observable and measurable evidence. It is subject to specific principles of reasoning, the collection of data, experimentation and formulation and testing of hypotheses. Partial knowledge acknowledges that in most realistic cases it is not possible to have an extensive or exhaustive understanding of a subject, and that most real problems can be solved by combining a partial understanding with the proper context and other data. Situational knowledge, as the name implies, applies to a specific situations and is often embedded in language, culture and tradition. Other forms of knowledge include trial and error, learning from direct experience, secondhand knowledge and discovery. Do you know how you know what you know, or do you believe deeply in what you believe that you know about God?

Knowledge about God and belief in God are supported by faith. Faith is the confidence and trust that one places upon truth; it is the trustworthiness of a person, thing or idea. Faith has a special advantage in that it involves a concept of past events and future outcomes. Faith does not require logical proof or material evidence. Informally, faith and trust are sim-

KEY POINTS

- A belief in God or a higher power or authority is an example of a concept named "justified true belief." This concept describes a traditional relationship in which the belief is also knowledge if the belief is true and the believer has a justification.
- "When faith and hope waver, the individual and the collective mind of humanity suffers a kind of stroke, paralyzing some thoughts and exaggerating others."
- "No language can describe or define the All. Its being is so still as to be indistinguishable from non-being."

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ilar, but in this regard faith would more appropriately con-
note a context of religion or spirituality, where belief in a
transcendent reality with a supreme being is implied. Faith
is the point of view of the mind that a certain statement
or belief is true. The mind accedes [accepts] belief based
upon declarations by accepted forms of authority, including
people, books, doctrine and scripture. Faith encourages the
acquisition of knowledge and growth. Those who believe
and also know God have faith in their beliefs.

Although you may not agree that faith is within your field
of concern, I would tell you otherwise. Faith, like its counter-
part hope, rises and falls during seasons of discontent. Faith
is also affected by economic conditions, changes in lifestyle
and living situation, sickness, and especially when others in
one's family or community experience a change of heart in
regard to their spiritual beliefs. When faith and hope waver,
the individual and the collective mind of humanity suffers
a kind of stroke, paralyzing some thoughts and exaggerat-
ing others. A spiritual stroke is like a great divide between
mountain ranges—there is no clear path between here and
there. One must pick one's way in roundabout ways and up
and over rocky crags. I will tell you what I know and believe
about God, but only some of it will meet with your approval,
because your mind and your heart currently wander the great
divide between what you believe, what you know, what you
hope and the direction that members in your immediate fam-
ily are beginning to take.

THE MANY VERSIONS OF GOD

The God you reference in your question is a deity. A deity
is a supernatural immortal being who is holy, divine, sacred and
worthy of great respect. God is the sole deity insofar as many
world religions are concerned and the principal deity in many
belief systems. God is omniscient, omnipotent, omnipresent
and omnibenevolent. He is eternal and necessary to human
existence. The modern concept of God is one in which He
is personal and active in the organization and governance of
the universe and the world you live in. God is invisible but is
thought to dwell in holy places such as heaven, supernatural
planes and celestial spheres. God is made manifest to humanity
through the effects of His omnipresence. Although immortal,
God is assumed to have a personality that is perfect, pure and
free of defect. I know this God, because it is one of the versions
of God that humanity prefers and has a close bond with.

Another version of God assumes immortality, conscious-
ness, intellect, desire and emotion. Natural phenomena in
the form of floods, lightning and earthquakes are attributable
to God, as are miracles and other wonderful acts. God is
the controlling authority in the various aspects of human
life and afterlife. He is the director of fate, the giver of law
and the moderator of moral obligation. The ultimate judge
of human worth, He is also the creator of earth and heaven.
I know this God too, because humanity studies Him, lives
and is guided by His hand.

I know another God too. He is divine and infinite sim-
plicity, perfection and goodness. This God is whole and

without parts. He and his attributes are one. He is the God
of truth and goodness, which is also identical to His being.
This simple being is indivisible rather than composite: His
characteristics are not made up of thing upon thing. His
properties are also His being, which is not true of any cre-
ated being. He is complete in all ways, and He is the cause
of all that exists. He is the greatest in all things and the
least of all too, and this without exception. This God is also
mine—because He is your God, he is also mine.

Aside from the God of religion, I know the God of phi-
losophy. His essence is inexpressible. He is concerned with
ideas that are incomprehensible to most. These cannot
be expressed in general terms or in common language for
they would render that which is ineffable mundane. This
abstract God is complex and his nature is paradoxical. He is
symbolic gesture, illogical statement, principle and reason,
and intrinsically impossible to understand. I have attended
the schools of thought that uphold this version of God and
bear witness to the existence of an existential God. This
version of God is as real as the other versions.

THE LIVING MIND

My favorite version is not as popular as the others because
it exists beyond humanity's capacity to conceive. This incon-
ceivable beingness is the light that gives meaning to the dark-
ness of being. This being and nothingness are closely related.
Nothingness and All That Is are one in this beingness. All
That Is cannot be comprehended by human senses—not
today, tomorrow or yesterday. It is unknowable, indefinable,
eternal, invisible and formless. It is living mind. No lan-
guage can describe or define the All. Its being is so still as
to be indistinguishable from non-being. I do not know this
God/Being/All That Is, for to believe in that which exists
without need of existence is folly. I do not believe in this
being either, for its existence does not require my belief or
that of any other being. To do so would limit my relationship
with it—an injustice, to say the least. This All is a substan-
tial part of the reality that underlies all appearances and man-
ifestations that are called "life," including matter and non-
matter, energy and non-energy, thought and no-thought, and
there is that which exists beyond this.

As your life continues to unfold, your beliefs will change,
shaped by the thoughts and experiences that you draw to
you. Your individual existence that currently believes you
are a human being also believes that it must fight for itself
in this world. This part of you has a sense of "doership" that
must establish a purpose for its existence, but it is ultimately
unaware and unconscious of its own true nature. Human
nature and the mind that occupies its time compulsively
thinks, and then thinks about what it is thinking. It does so
in order to assure its own future existence, because it does
not know that the present moment and the eternal self are
one and the same. The human self does not know that it is
made of nothingness and believes in error that it is made of
something. This is because the human mind dwells within
the living mind and is subject to the laws of created things.

As one of your mystics once said, you are the eternal principle and the temporal process; you are the impressure of nothingness into something.



Do not think for a moment that Gaia hopes to challenge or change your life stance on God, religion or the nature of your being. Your world view, values and viewpoints are preserved by your own will and by approval of All That Is. Your way of life is well guided and moved by the same forces of nature that

pilot these words. Know that I am one with your thoughts and with your beliefs too. They are no strangers to me, and I find no provocation in your attitudes and convictions. Let quarrel be with those who object for all is at rest here. The same principles and ideas that created the Earth also created the moment we now share, and ideas beyond ours will inspire the future we will both share. New concepts will present fodder to philosophers, thinkers, logicians, academicians, theorists, truth seekers and dreamers. And the one that was in first place before a place was made will yet be. *

Mastering the Secret of the Mind

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, I greet you in love as I welcome you to the opening of the fourth and final quarter of 2009. I am delighted that all of you have come safely thus far, and I truly hold forth for your continued success in negotiating what has become the intricate maze of experience on planet Earth. As we enter this final quarter of the year, I hope you are grateful for the many lessons that are ripe and ready for the harvest. I can assure you that more are likely to arise, and I encourage you to give thanks for them all.

FINDING THE SOURCE OF SUFFERING

Because so many people are suffering at this time, perhaps it might be useful to once again look at the source of suffering. For most people, it appears that the suffering they experience is coming to them from the world “outside” of

KEY POINTS

- All happiness and all suffering have their source in your own mind.
- The mind can easily become trapped in the teachings of the world, leading to those afflictive states of thought and emotions that cause so much suffering.
- Only by retraining the mind out of these states can one achieve happiness. “The greatest workshop of all is the workshop you take within your own mind.”
- If you come to a full understanding of the power of your own thought patterns, you can overcome the states of afflictive emotion that produce suffering and block the realization of enlightenment.

themselves. Indeed, people have accepted this notion for millennia. Yet while it is tempting to blame others for any lack of peace within one’s own mind, to be effective in dealing with problems, one must look much closer to home.

The afflictive mental states from various forms of suffering may seem to arise at the drop of a hat, coming from nowhere, and often they simply dissolve, going nowhere. Somehow, as if by some magical force, those negative mental states are able to vacate one’s mind space, allowing one to enter a peaceful state once again. While most of you do recognize that the mind is the vehicle that both creates suffering and that affords liberation, many of you still have bouts when you are literally whipped around by the mind. Such experiences probably mean that it is time for a bit deeper investigation into the matter.

When we look into the workings of the mind, we can be struck with the sheer power it seems to wield, “fouling the nest” of experience even for the most evolved people on the planet today. Even those committed to a spiritual path, who are making significant contributions to improving life on the planet and leaving a better world for those who follow, can fall prey in a seeming nanosecond to afflictive mental states that tend to spoil both prior and future positive states. Clearly, it is important to look at these afflictive states, recognizing that they can have long-ranging effects for both past and future.

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THE STORMY STATES OF AFFLICTIVE EMOTION

We could compare these afflictive mental states to a storm at sea. Imagine for a moment the movement of the powerful winds, which create an energy release into the waters that can cause the formation of waves up to thirty feet high. In such a significant storm, the roiling water receives the energy of the wind, transforming it into waves that can become powerfully disruptive forces. When the storm passes, the water that was so wildly disturbed seeks to return to a normal state of rest. Since water is liquid matter that is quite heavy, the force of gravity exerts a pull upon its mass, which ultimately brings the water to rest in its homeostatic, or neutral, state. While the process may take a number of hours or even a day or two, because water is heavy, it still returns to rest fairly rapidly.

When an afflictive emotion erupts in the human psyche, there is actually a response in one's etheric field, similar to that of the sea in a storm. Tumultuous energy is released into the etheric field, in a similar manner to the way tumultuous energy is released by the wind onto the ocean. However, in the case of the etheric field, its material is very subtle. In fact, it is questionable whether it has any physical material to it at all, since it is a vibrating, electromagnetic field. When the emotional storm passes through the etheric field of an individual, gravity is incapable of facilitating the return of that energetic field to a homeostatic or neutral condition, because there is no physical matter.

So while a wild storm at sea may take hours to return to its calmed state, when the storm is in one's auric field, it is quite another matter. It may take weeks—or, in some cases, years—for the auric field to return to homeostasis. It is also very common, of course, for other emotional storms to arise before enough time has passed for the energy field to find homeostasis, thus complicating the matter even further. Those who endure recurring energetic disturbances in their auric field find it becoming more and more difficult to establish any optimum level of functioning. Some people live their lives experiencing one auric storm after another, and I think it is safe to say that there are actually people living today who may have never experienced their auric fields in a completely restful, or neutral, condition.

AFFECTING THE FIELDS OF OTHERS

Clearly we are talking about a lot of chaos in lives of some people. Yet while the chaos may actually be occurring in the auric field, it can also be felt in the fields of relationships or co-creativity. Consider, for example, your relationship with a close friend or someone with whom you work. While these may technically be different kinds of relational fields, you can recognize that there is some kind of energetic flow in each case. Thus, when "storming" arises within the auric field of one person, the other person in their field of relationship can often feel the presence of the storm.

Often the one feeling the storm in the other's aura may not fully comprehend what is going on. He or she will feel some kind of tension in the relationship, but without the

necessary information, the person is simply left to make up some explanation for the arising feelings. A familiar saying that addresses this condition is, "there's tension in the air." When this is said, often the one saying it is referring to the presence of an auric disturbance in someone else. In such cases, it becomes clear that one person's auric field is communicating with that of the other.

Storms in the auric field are not only palpable to all within the room; they are often contagious as well. Thus, when one is calm, interfacing with others who are less calm may prove uncomfortable, as the placid auric field suddenly bumps into the auric fields of the person who is not placid. In fact, one need not even be in the near presence of someone who feels outwardly argumentative. If sensitive enough, simply walking down a busy street can be an affront to one's auric field. Frenetic energy can be transmitted from one energy field to another in the briefest of moments.

This could, for example, be felt by a person who happens to walk into a room where, for whatever reason, everyone in the room has just had a sudden surge of fear. The one entering the room may not know what has transpired, but upon entering, the auric field of that person is imprinted by the energy in the room, and he or she experiences a sense of fear. Of course, if this person could be fully present in that moment, that individual might realize that something unusual is happening, since there is no apparent reason for the arising fear. Most people, however, are far too asleep to take what could be a golden opportunity to fully investigate the matter inwardly.

BECOMING AWARE OF ENERGY FIELDS

While this kind of experiencing is literally going on all of the time, most are completely unaware of it. In fact, many people actually absorb tumultuous energy from the auric storms they encounter in others and have no idea they are accepting disturbed energy into their own field. It may just seem as if they are having a bad day or that everyone else is having a bad day and taking it out on them. They may have little awareness of energetic fields permeating their own experience or of their own stormy energy permeating the fields of those who share their experiential fields.

Of course, the real work of righting the situation comes back to one's own field. It is important to be aware of the energy one is emitting—particularly when it has the potential to contaminate the energetic fields of other people. Many very well-meaning, indeed, deeply spiritual people, can be careless about the type of energy they are spreading. Even if they understand these matters, there may still be times when they allow their minds to be engaged by the energetic onslaught of anger (be it rage, hostility or resentment), fear, greed, depression, envy, pride or any number of other negative emotions.

While these outbursts may demonstrate the areas wherein the mind is not fully trained, they also demonstrate areas where the mind is unprotected. Since the

mind is truly precious, it is necessary to protect it—even from the influence of one’s own ego. Protecting one’s mind does not mean that you are to avoid others or in some way hold yourself apart from the rest of the human race. Watch out for a judging mind that may arise and try to convince you that there is some danger in being in the energy fields of other people or that you are helpless to rectify the negative influences of the storms you may encounter through the energy fields of others.

It is absolutely useless to blame anyone else for the state of your energy field. Understanding the mind and learning to hold the condition of homeostasis will not work at all if one plays the blame game. After all, blaming is simply refusing to take full responsibility for the state of one’s own energy field, isn’t it? Remember, the emotional charges you carry, when triggered, are not coming from the other people or anywhere outside the confines of your own mind. Instead, know that you are learning how to stay balanced and calm in all situations. This is quite different from simply trying to lay low and perhaps come in under the radar of the energetic fields of others. Clearly, it is tremendously important to distinguish between what one feels and what is actually going on.

GUARDING AGAINST THE TEACHINGS OF THE WORLD

To investigate afflictive emotions a bit further, it is important to understand how the mind works. In Eastern spiritual training, the aspirant is often asked to study something called the “worldly dharmas.” “Dharma” is a Sanskrit word that is generally associated with spiritual practice or teaching, or it could be seen as one’s spiritual duty. Holy dharma generally refers to one’s spiritual practice, although often when a teacher presents teachings to spiritual students, these are called “dharma talks.” All of the Buddha’s teachings, as well as all of the commentaries on his teachings by the great teachers who followed him, were given for one specific purpose: to subdue or train the mind or, we could say, for thought transformation.

When one understands how the world works and how the mind works, one finds that there is a very subtle and powerful creative connection between the two. Here is where the notion of the worldly dharmas comes into play, which could also be called the teachings of the world. There are eight worldly dharmas set in four pairs. You will notice as we go through them how easily the mind can get trapped in any one of them. Without prudently applied mindfulness, the ego is helpless against the karmic force of each of these principles.

Being happy when one is acquiring: The world instructs the mind to be happy with the process of acquiring, as if acquisition should be a goal in and of itself. Whether one is drawn to material objects or less tangible acquisitions, such as a college degree or a desired reputation of some kind, the mind state for acquiring is pretty much the same. The paired notion to this worldly dharma is stated in opposite terms.

Being unhappy when one is not acquiring: In today’s language, we would probably change the translation to “being unhappy when one is not able to acquire.” The notion here is that when one’s pocket is full, one can treat friends to ice cream cones, nice dinners or perhaps a movie. In this case, one feels good. But should that same person lose his or her job and not have the cash with which to treat friends to something special, he or she becomes unhappy.

Wanting to be happy: Here we address a slightly subtler issue, and many of you are probably thinking, “Well, what’s wrong with that?” Look at it this way: while it is a good thing to be happy, wanting happiness is something else altogether. In the latter case, it seems to the person that something outside the self is responsible for his or her happiness, and this simply cannot be.

Not wanting to be unhappy: We are once again moving into very subtle territory. Most people would agree that it is appropriate to not want to be unhappy, double negative notwithstanding. Here the contrarian mind might ask: “Do you want me to be happy about being unhappy?” or “Should I want to be unhappy?” No, of course not. One would ultimately, however, want to transcend the mind state wherein the ego engages in this kind of wanting at all.

Wanting to hear good things about self: This generally has to do with a desire to hear flattering things about one’s self. Again, note that there is nothing wrong with hearing the flattering projections of another; it is the wanting to hear it that is problematical.

Not wanting to hear things unflattering to self: Together, this pair of dharmas addresses an area that is fairly sizeable for people today. Have you ever noticed that when some begin a spiritual path, they only want to hear praise and flattery for their efforts? They certainly do not want to focus on corrections or adjustments to their thinking, and some can even get quite angry if a spiritual friend makes a reference to any improvement they might need.

Wanting to receive praise: Again, receiving praise is not problematic, but wanting to receive praise has a nasty way of playing havoc with neutrality.

Not wanting to receive criticism: While these last two dharmas may sound like just a restatement of worldly dharmas five and six, they are actually a bit subtler. In fact, this is a type of final exam for the spiritual aspirant. A person might be able to give long discourses on spiritual texts and upon the commentaries to them as well, but let another come along and give a little bit of praise or a little bit of criticism, and the mind takes off. That person may lose his or her equanimity altogether.

While all of these concepts may seem quite small at first glance, it turns out that they are quite significant to the spiritual aspirant. The worldly dharmas tie one to the temporal world in a very interesting way, causing it to appear real as opposed to simply experienced. Yet the clincher to this is that any time one experiences an afflictive mental state, that state of mind can be directly traced to one or more of these worldly dharmas.

SPIRITUAL TEACHERS POINT THE WAY

Remember that all spiritual teachings, particularly from great masters, are given for the benefit of spiritual aspirants. Indeed, they are given to spiritual practitioners to aid them in training, or subduing, their minds. What this refers to is acquiring skillful means to utilizing the mind, taking charge of all mental and emotional products or projections rather than simply letting the mind follow any direction or focus it chooses. For spiritual practice to be effective, it simply must address the mind; a solid practice is put in place for the very purpose of correcting and elevating all states of mind that are incongruent with one's true nature.

When the spiritual teacher appears, he or she does so in order to point the way that is the most beneficial to the aspirant. Yet that is really all the spiritual teacher can do. You are the only one who can confront the mental obstacles that stand in the way of your particular progress. And, since the terrain in consideration here is your mind, you are the only one who can reform and/or transform that personal terrain. Remember that the world as you perceive it is led by the mind—your mind—that projects it. As the mind sees it, so the world accommodates that mind. It is this very arrangement that must be cut through, since the mind projects on the basis of the karmic imprints that each person carries from life to life—until, of course, they are dissolved.

BECOMING OPEN TO SPIRITUAL TEACHERS

While in this modern, busy world, some might argue that the teachings of the older traditions may lack efficacy for students today. It is important to see just how, and perhaps why, they have worked so well in other times. It is important to understand that the very root of the traditional path was something called "guru devotion." While the term might be off-putting for some people today, that is only because it is not fully understood. Guru devotion does imply a devotional stance toward the teacher, but it also means working with the teacher in such a way as to accept that the teachings are not simply coming from the teacher's ego mind.

The aspirant realizes instead that the precious teachings are streaming to him or her from all the great beings—buddhas, bodhisattvas, magnificent ones and great teachers—who have ever graced Earth. The aspirant holds the mental state that these great ones are all arising and surrounding him or her for the purpose of making clear the way to enlightenment or self-realization and that they approach a person through the words of the spiritual teacher. Thus, guru devotion is a kind of devotion that the aspirant extends to the entire spiritual plane. It is done by mentally projecting onto the teacher the presence of all of the buddhas, bodhisattvas, great beings, magnificent ones and wondrous teachers of all times and all ages. The aspirant sees them or experiences them through his or her personal teacher.

This process is a transformative one, and it is not only the basis of all mind training, it is also the basis of all spiritual growth. In spite of the fundamental truth of this principal, many today hold a belief that generating such a

mental state is not necessary; some might even call it dangerous. Yet, simply stated, guru devotion turns out to be the most open and receiving state of mind an aspirant can create. Many people today have considerable fear around being duped or in some way inappropriately manipulated by a spiritual teacher. While some have, indeed, found their way to questionable teachers, generally projecting paranoia toward all spiritual teachers actually prevents the aspirant from attaining what he or she is truly seeking.

While it is always wise to exercise discernment in the choice of a spiritual teacher, simply becoming paranoid of all spiritual teachers is not the answer. The tendency to withhold a significant part of one's self from the divine operation of the vast spiritual plane prevents the kind of transformation that could arise for the student if he or she were able to experience all the great ones approaching the aspirant through a grounded spiritual teacher. When the teacher is seen appropriately, however, the student can open the self to the operation of all the buddhas and bodhisattvas, all the great ones of all times. What then arises is profound devotion for the entire spiritual plane, and teachings are experienced as coming from all enlightened beings.

COMPREHENDING THE TRUE NATURE OF EVERYTHING

Once this perspective is in place, one must then ask the difficult questions: "What blocks my progress?" "What blocks my attainment of the transcendent realizations I've heard about?" "What is it that blocks my having perfect devotion to my teacher who represents the entire spiritual plane?" "What blocks my daily actions from becoming spiritual practice, or holy dharma?" It is interesting to note that when some people do the dishes, it is just doing the dishes. Others do the dishes and it becomes a tremendous service to the planet. What makes the difference? The difference, of course, resides in the mind of the one doing the dishes. I think you will find that these blockages are directly related to the eight worldly dharmas.

If one does the dishes to be praised, that makes the offering a worldly dharma, not holy dharma. It is the spiritual task of every aspirant to train, or tame, the mind, to keep it from chasing after the eight worldly dharmas. Of course, the first step in this training is to recognize where the mind runs amok. One must see the shortcomings of the ego mind, but one must also learn to meditate on impermanence and death. Indeed, every breath taken shortens the life span. Every time you swallow a mouthful of food, you are one swallow closer to dying. Every time you watch a television program for an hour, an hour of your lifetime has passed. When you learn to meet death in the field of impermanence with openness, you will discover that all your thoughts, words and actions become holy thoughts, words and actions.

When you arise each morning, thinking, "I just might die today; nothing is certain," the ego/mind becomes reactive, preferring living to dying and wanting to acquire more time. Without even thinking about them, the worldly dharmas

arise. When you are able to generate transcendent insight into how the mind is controlled by the worldly dharmas, however, you also become able to direct the mind and its projections, selecting the objects of thought you will project in a given day. Practiced, this will lead to a direct experience of the true nature of everything. When you comprehend that living is neither better nor worse than dying, when you are able to free the mind of the trappings of preferences, then your thoughts become holy thoughts, your words holy words, and you see how things really are. From this wisdom point, it is natural to eliminate the negative attitudes that lead to suffering.

When afflictive mind states arise, one cannot be happy. In truth, whether you see yourself as happy or unhappy, your relative happiness, or lack thereof, does not come from circumstances, situations or persons outside yourself. If you want to be happy, you are simply going to have to work with the mind; there is no other way to achieve that goal. If you wait for life to make you happy, you will only be unhappy. If you wait for the things that you acquire to make you happy, you will never have lasting happiness. The ego will continue to desire something no matter how much you give it. While it may seem to the ego that it is in desiring things and getting them that one finds happiness, this is a false assumption. The ego will never be satisfied; it can never be.

RETRAINING THE MIND OUT OF AFFLICTIVE STATES

One can only achieve happiness by retraining the mind out of its afflictive states. The greatest workshop of all is the workshop you take within your own mind. No spiritual teacher or spiritual companion can take this workshop on your behalf. No other friend, relative or spiritual peer can do this workshop for you. Since the field of afflictive mentality lies within your mind, no other person has access to it. The assignment from the workshop of the mind is to eliminate the thoughts and feelings that bring suffering, and—as you might guess—these afflictive states arise from and are supported by the eight worldly dharmas.

It seems tempting for many to pathologize these afflictive states and create labels for them rather than actually dealing directly with the mind states that cause suffering. A couple of years ago, a new psychological diagnostic label was invented to address road rage. Oddly enough, the new label is “sudden outburst disorder.” Rather than working with the rage when it arises or with the mind that is critically frustrated, the new notion is to put a label on the result and pathologize it. The problem with assigning a diagnostic code to this state of mental affliction is that people then want to accept the condition that has been labeled as something real. If, however, the worldly dharmas are understood, one can see that there is nothing real about this condition whatsoever. If it were real, the person would abide in that state continually, and there would be no hope for it to shift. Yet because it is only really experienced, it comes and goes, waxes and wanes, depend-

ing upon the person’s emotional state at the moment, thus verifying the fact that it is not real.

When you see the true nature of everything, you discover that the appearance of virtually everything depends on the perception of mind. When you actually realize that nothing exists in and of itself, but instead depends on numerous causes and conditions for its perceivable existence, then you become neutral to all of the worldly dharmas. To hope for enlightenment without training the mind is somewhat like ignoring the main trunk of the tree and perceiving only its branches. This misses the whole point of the tree!

REALIZING THE SECRET OF THE MIND

There was a great teacher by the name of Shantideva, an eighth-century scholar from Nalanda University, an Indian school that held prominence in the world as perhaps the greatest university of its day. Shantideva taught that even if one truly desires to achieve happiness and ardently wishes to stop suffering, if one does not know the secret of the mind, which is the supreme aspect of spiritual practice, one will wander through life meaninglessly. This secret of the mind is something that has fascinated students of the mysteries of transformation for hundreds of years.

In truth, the secret is not some high spiritual meditation or some special realization. The secret is that all happiness and all suffering arises out of one’s own mind. If one knows this, one can eliminate or dissolve the attitudes—the ways of thinking and feeling—that produce suffering, for these do indeed block the realization of enlightenment. However, if one does not know this secret, one can work diligently to change everything in the world out there—attempting to make it a better place, hoping to receive comfort, satisfaction and happiness from the things of the world—and yet all of this work will not bring what one hopes to attain, for it is simply impossible to progress spiritually without challenging—and ultimately taming—the mind.

Thus, I encourage you to search out the presence of the worldly dharmas hidden away in the recesses of your own minds. Notice the particular instances that bring them forth and notice also the recovery time needed when they take hold of your precious mind. Now that you know the secret of the mind, be wise in all your interactions with others, and let love be the healer for all the wounds of the psyche wherein those worldly dharmas have found an open door to your inner space.



May the knowledge you now harvest lead you into greater fields of compassion, and may you rise up each day to bless and heal those with whom you share experiential space. Let your love, your wisdom and your compassion grow exponentially, and as the Master Jesus instructed, “Let your light shine that others may see your good works. . . . Be as a city upon a hill, which cannot be hidden” [Matthew 5:14-5:16]. Walk in Grace. ✨

Root Chakra Riptide

OMA through Frankie Z Avery

23 July 2009

Energy patterns are in the air. Have you noticed that your emotions have been popping up and down like popcorn? Emotions are popping, and you find yourself irritated. Maybe it feels as if you have put yourself on a donkey walking at a fast pace on a cobblestone street. You bounce up and down, jumbling your stomach, your heart and all your organs. Bump, bump, bump—your bottom gets bruised, and you find yourself getting indignant. Why? What has caused it? We have spoken many times of the energy patterns that are in the air. For years and years we have spoken of the quickening and of the lowering of the magnetic blanket around the Earth. As the earth's magnetic blanket is getting devastatingly low, emotions are coming to the surface.

Decades of emotions have been coming to the surface since early this year. People find themselves looking for reasons to explain frustrations, irritations and many, many causal emotions—anything from politics to friendships. What should/shouldn't or could/couldn't be done? What's relative? As you go through very emotional or excited dilemmas, ask yourself, "Is it of my own making? Is there anything really external causing this sensation within me?" If you are honest, probably you will not think of one thing. There really wouldn't be just one answer. The energy currents and magnetic currents going through the air are hypermagnifying the aggressive energies in people—emotions of appropriate physical activity or outlets for the aggressive side of your nature, a side that is positive. How long has this been going on? Well, it has been ongoing for about six and a half months, and it will continue for approximately another year and a half.

WHO ARE YOU TRYING TO CONTROL?

Speaking of the aggressive side of your nature, this is a time when libidos will be rising, and you will see people whose sexual energies are rising. We speak of root chakra energy. Consider how many times romantic relationships have begun in frustration and anger. Have you ever seen two people who are attracted to one another dancing and pawing the ground around each other? If they're not acting upon their impulses, they are angry and frustrated and picking on each other. Often this is unrequited energy born of the root chakra. So, just for the fun of it, this could be another question you ask yourself: If I'm frustrated and angry, how much of it is external, and how much of it is libido that isn't being answered?"

The root chakra has to do with your physical survival and will to live. It also has to do with the question of your

KEY POINTS

- "Energies at present are about transformation—about awakening and growing beyond the question of survival."
- "The more you can tell the good truth, the more you will begin to vibrate to that truth. Truth is within each of you."
- "Many of you are missing intelligent conversation. Find someone who is a good conversationalist and enjoy, instead of being lonely."

survival should someone die or be taken away from you. At the moment, many of you are dealing with the question of what would happen if something or someone—a parent, a child or a friend—were taken out of my life? Will I survive if _____ is missing? The root chakra always comes back to me. If you find yourself irritated, frustrated or ready to take off to some strange port, ask yourself: "Could I survive? Would I want to survive if this person, place, thing or situation were taken from me or taken out of my heart?" Should you find that the survival question works well for your situation, OMA has a recommendation: Tell that person. Tell them the truth—especially if it's someone in whose eyes you would currently like to spit!

What will happen if you become honest with yourself? Once you seek the truth—whether it is of yourself or of yourself with another person—you will release the fear. What do we call that? Healing! Healing is releasing the fear, releasing the self-condemnation for feeling that fear and releasing the need to attempt to control everything in your life so you don't have to be afraid.

Control is another root chakra situation with which you will be confronted. How, what or whom are you trying to control to keep yourself from being afraid? There are two ways to follow the question of control back to its source: Ask yourself, "What am I afraid of?" and follow it to what you are trying to control. If you know what or whom you are trying to control, you can follow that back to what you fear. Do

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you see? Either way—from either end you take it—you can follow it to its source. Then you can release it. What do you call releasing? Call it healing, loving and transforming yourself.

Think of the people you know with chronic sinus conditions. They always have a need to be in control. Metaphysically, sinus entrapment is the refusal of a person to let themselves be loved, a refusal to accept that people can love them without conditions. Once they begin letting themselves receive affection (not just dole it out) and once they let people see them laugh, cry, dance and harmonize—and let others laugh, dance, cry and harmonize with them—then the sinus condition clears up. The release is healing.

A WORTHY, CARING WORLD

Energies at present are about transformation—about awakening and growing beyond the question of survival. What can happen when you let go of your fear of not surviving? Anything—any thing. You will notice your heart opening; you will notice your mind opening. You will notice sensations that might or might not be worthy of dissolving. You will now notice your creativity. Wouldn't that be nice? What would happen if you woke up in a world where everyone was worthy? Worthy of what? Worthy of everything—worthy of goodness, love and affection, worthy of joy and happiness.

Isn't that already true, and we just need to open our own eyes to be able to see it? We are all worthy already, are we not?

That is not OMA's judgment. That's yours. When driving on the street and someone cuts you off, do you get angry? Maybe a little? Why is that? Because they're not worthy of taking the place you want. If you're at work expecting a job to be completed and handed to you, and it isn't, do you become angry? Some people do. Do you see how it works? If everyone were worthy, no one angry would be angry at anyone else.

People can be indignant. What happens when you're critical? You decide who or what is or isn't worthy of just being itself. At this time of such rising energy—when you find your emotions rising—stop a moment. Instead of thinking, "What are they doing to me or for me?" ask yourself, "Why am I resolved to feeling bad when I have an opportunity to make another choice?" Making better choices is what the next 18½ months will be letting you discover. There are always choices and opportunities to surrender to the goodness of circumstances because there is always some goodness in circumstances. Here is an opportunity—if you will take space to breathe it in—to surrender. What is surrender? Surrender is relinquishing the refusal to let right action move through you. Surrender to the goodness, the true goodness that surrounds you—as opposed to using walls or blankets with which to hide your true nature.

Have you shut off the people who truly love you because you're afraid to tell them how much you love them? It could be anyone. If you look a little deeper in your life, in

your world, you will find whom you love deeply and affectionately. Tell the people around you—from whom you are hiding this—how you truly feel without disguise or masking. Throw your arms wide open and let the vulnerability of affection move to you and through you, exposing yourself and letting others be exposed to you. You might then think to yourself, "I so deeply care about you that I am blessed by the exposure to you in my life and my world." Now is a time to be honest not only with yourself but also with others about how deeply you care for them.

Why is now a time for simple honesty? It is time because of the energetic currents. Have you ever been in a riptide in the ocean? Or rip currents? Just swimming and paddling along, you have no time to prepare for the rip current. It takes you where it wants until it lets you up or releases you when you relax. The energy currents in the world now are as dynamic as riptides. Things will be changing incredibly in your life. This is neither bad nor good—it is just life. Many things will be changing simply because you are not telling people the good truth.

AT LEAST TEN PEOPLE LOVE YOU DEEPLY

Do you have a parent, a puppy or even an enemy you admire and to whom it would be nice to tell the good truth? We can see you holding back, and we recommend sincerely to you for the next two weeks that you tell your good truth. How many times have you wanted to tell your child how deeply you care, but have never spoken the words because you thought that he or she would be inconvenienced or embarrassed by them? Maybe it wasn't the right time or maybe your child was just being stuffy?

How many times have you been in awe of people coming into your wonderful shop, but you're reluctant to tell them how they look to you for fear they might think you're crazy or being too intimate? Well, to be truly successful—for the next two months—tell the good truth. Take the mask off of it, take the inhibitions out of it, take the explanations away and just tell it simply. Tell it plainly. Forget what other people are thinking; normally, other people aren't thinking anyway. If you can, you will find people respond well. You will find people rising above your expectations of them. You'll be surprised when you find people think you're better than you think they think you are. Figure that one out!

How many people have stepped off the earth without ever knowing how many people loved them, or how much they were loved? Way too many. How many people in your life whom you affectionately care for have you never had the courage to speak to—intimately, quietly and profoundly? Do you know that all people—in every given hour of any given day—have at least ten people who love them deeply that they do not know about? You're probably one of them. In your life—at any given hour on any given day—there are at least ten people who love and adore you who you don't know about. In a way that is reassuring, is it not? On the days when you are just not feeling well, you can think, "Well, there are ten strange people out there

who adore me. So why do I need this?" Now is a time for speaking and accepting—without reserve—the good truth. What it will do is open or keep open so many doors for you in your life. It will be like a miracle, like a personal glory. What it will prevent are losses that occur when the good truth is not told enough.

Now remember, the word love is overused in your language. You can tell people you love chicken salad sandwiches and then look up and add, "I love you." You love not having to go to work today, you love it when your car works correctly and you love when the neighbor doesn't use a leaf blower early on Saturdays. Love is a poor word and very badly used like other phrases you may not mean. You may say, "Have a good day," even as you think, "I will have any type of day I darn well choose, and today is a grumpy one." On the other hand, to the people you do love and care about—those to whom your spirit, mind and heart are open and elevated every time you speak to them—we recommend you say, "I love you." You speak the good truth. Feel the difference and let that person know what you mean. You might find yourself saying, "I have this wonderful, wonderful emotional flavor in my heart, in my mouth and in my being when I am in your presence." Do you see? Tell the good truth.

The more you can tell the good truth, the more you will begin to vibrate to that truth. Truth is within each of you. How does OMA know it? We know because we can feel it; we can see it because you're alive. That is the divinity—the gift that is yours with the first breath you take. It is a wonderful gift, as you are a wonderful gift, to give your friends and your family. Speak the good truth. When you start speaking the good truth, it touches many things.

ANXIETY, ANGER AND TOUCH DEPRIVATION

I have horrible anxiety that has taken over my life, like living a soap opera. What can I do?

Anxiety is a chemical reaction in the body that lodges itself in each of the joints. That is one of the reasons why your fingers and toes are hurting so much. When you squeeze your hands, your knuckles hurt; when you squeeze your toes they hurt. Eat as much red and pink food as you can—in any form—like fruit and nuts. Eat them to balance out the chemicals in your body that are creating the high levels of anxiety. We also recommend you use Rescue Remedy pastilles daily and take up an activity with stretching motion like tai chi or yoga to release the energies of anxiety of which you speak.

You are walking around everyday wanting to hit something, yes? Anger? No, it is not anger; it is the desire to hit something. There is a difference between anger and that desire. An unrequited desire to hit becomes anger, but the desire to hit itself comes long before the anger. So take up the sport of pugilism. Wanting to hit something makes you angry when you don't do it. So temporarily it would be excellent to work with the sport of boxing, and literally go

hit something. Don't try keeping your mental baggage in your head. Just go hit a punching bag!

Children, telling the good truth will put you in touch with others. Some of you are extremely touch-starved. Many of you are missing intelligent conversation. Find someone who is a good conversationalist and enjoy, instead of being lonely. If you have been alone or by yourself for a long, long time, you may have touch deprivation. You speak of babies left in a crib suffering from touch deprivation but forget that as an adult, you may also suffer. You may want to seek out a friend to hold you or with whom you can spoon or cuddle. We are not speaking of a sexual indulgence but of a cuddle indulgence. Go spoon. If not a friend, then get yourself a massage. Be touched!

Touch deprivation really is a darkness that enters your being. You can see it if you lie on something like a Migun massage bed. Eight or nine minutes after someone who is touch-starved has been lying on that bed, against the lights of the bed may be seen darkness leaving that person almost like a ghost. You have seen movies showing the spirit of something awful leaving with a black outline? That is how it can be perceived; it is perceptible like a blackness. You will see the energy like a dark shadow crawl out of the solar plexus area. That type of loneliness or deprivation does become its own entity. It is many things that then create other things; it gathers friends and they get together for a potluck in your being. The massage light helps dispense that shadow self that keeps people so sick.

I have felt angry for three months, and I am ready for changes. What can I do?

Partially you feel anger because you know that your work environment is toxic for you. In your work environment anger and criticism are considered the norm, and happiness is abnormal. Grumpy, mean and critical is accepted before happy, kind and smiling. How many bad things can you say about your associates? To some, coming in happy means you are guilty of something. Come in smiling and people actually back away from you.

One of the easiest ways to tell if you are in a toxic environment is to see how people respond to you when you walk in. People absorb the vibration of their environment and then repaint the environment with that vibration, so it has a spiraling effect. Like the chicken-and-egg question, how it started does not matter; it is. The environment magnifies the person, which magnifies the environment, which again magnifies the person. It gets worse and worse—denser and more contaminated. If you are in a happy, sedate or kind mood and walk into a toxic environment, people there will recoil or back away from you. You can see it; it is quite visible. What is the best thing to do at that moment? Leave. If only temporarily, walk away. We do not mean this in order to grump yourself up. Go out, breathe for a moment, give yourself a shake and then you can walk in with some safety. As long as you remain in that toxic environment, you will have toxic thoughts. Sometimes you feel the only way you

can survive your work place is to become a zombie. Do you like being in a place where no one likes each other? Zombies cannot like each other; they just bump bodies—bump, bump, bump. You know this, and if you do not want to be a zombie, then leave.

So we recommend you begin at the point of not choosing anger. Sit down with a candle, a cookie, a cupcake or a mocha swirl thing that makes you feel so good and leaves a

moustache. [Refrain from having white food later. In the meantime imbibe it guiltlessly.] Sit down, feel good and see yourself walking out—maybe throwing your briefcase or your hat into the sky to say goodbye. See yourself walking into the perfect job for you. Treat yourself to a choice other than anger. Unseal your heart, get out of the toxic environment and laugh a bit without being worried that people think you are crazy. And remember the good truth! ✨

Pyramids and Parallel Dimensions

Archangel Metatron through James Tyberonn

Greetings, dear ones! I am Metatron, lord of light, and I welcome each of you to this moment of sharing. There are certain lifetimes that are more highlighted within your vast sojourns; certain vectors in space-time that offer quantum leaps. Within these are crucial crossroads of decision that define you. This is one of those. Energy and time are moving fast, and much is happening on your Earth as you prepare for the cosmic trigger and as the ascension draws yet closer. Humankind is awakening from an epoch of illusive chimeras, and the heralded dreamers are clearing the wool from their eyes and rising from a dreamscape tapestry woven from a misty journey that began long, long ago. The siren still sings, ever so faintly, to lull the weary back to sleep. Yet the small voice inside the awakened dreamer calls reveille. The deep yearning for clear mind rings forth! Take your power—you are gods!

Awaken to your true being, and find the knowledge that yields wisdom. You have toiled for many, many miles

along the perilous climb up to the sacred mountaintop. You have come far, the summit is before you. Dear ones, find strength and find the heart that summons true wisdom. These are within you. Break free of the entangling web—the fading call of the siren.

Your treasure is before you. The wise warrior of light knows that wisdom is the true treasure and that it is within. It is not hidden; it is the golden thread that weaves one reality to another, one world to another and one dimension to the next. The voice of wisdom is within you. Hear its call: it is the one true voice that offers love to all, the voice of the ascension. Indeed, you have waited many, many eons to be here at this time. As you prepare for the final climb to ascension, know that we are with you each step of the way. The pyramid of awakening lies before you, its mystery revealed. It is the time of the cosmic trigger, dawning 2012.

We have told you that in 2009, an event called the cosmic trigger will begin on the spring equinox. This will be the release of coded electromagnetics. The cosmic trigger will have two phases, one electromagnetic, the other crystalline. The electromagnetic phase is triggered in the spring equinox of 2009 and will have several periods of intense release. The crystalline phase occurs in 2010. The two energies will combine to reform the firmament in 2012. The electromagnetic release will create the most intense energy felt on the planet since the era of Atlantis.

KEY POINTS

- The tri-pyramidal complexes of the Giza pyramids in Cairo, Egypt and the Moody Gardens in Galveston, Texas are aligned at 30 degrees latitude to help activate the cosmic trigger of the ascension.
- The Giza pyramids resonate with phi and therefore exist multidimensionally, beyond the limits of linear space-time. As such, they serve as a point of multidimensional interface, connecting to myriad possible realities.
- The ancient knowledge of manifesting through sound resides in the pyramids and can be accessed by truth seekers through focused spiritual work.



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GIZA AND MOODY GARDENS

So we speak on the enigma of the pyramids, specific ones that are indeed activated for receiving the 2009 cosmic trigger.

In reference to the receiving points of the coded light of the cosmic trigger, can you expand on the alignments of the Giza pyramids and the Moody Gardens pyramids in Galveston, Texas?

Yes, of course; indeed they are aligned and with great purpose! The Moody pyramids are aligned to the Giza complex in Egypt. Both are located very near 30 degrees latitude, and both are tri-pyramidal complexes. The two form an energy pattern of the vesica piscis on the Earth, with each complex forming the center of the two circles. Both complexes are aligned to star systems: Giza to Orion, Moody to Sirius. The Atlantean complex that is the etherically transformed Moody Complex is dedicated to the honoring of the Sirius binary systems of A and B. It is in honor of the dolphin, and indeed it contains the energy and guardianship of the dolphin. While the blue pyramid in Galveston does not presently have dolphins physically inside its aquarium, master dolphins occupy its energy. Pods of dolphin swim in the bay surrounding the island. In parallel energy, they can indeed be seen and heard.

The fact that both Giza and Moody Gardens are precisely positioned between the 29 and 30 degree latitudes is quite significant, in terms of gravitational-electromagnetic placement. As such, their geographic bearings between the northern pole and equator enable their solar angles at the equinoxes and solstices to be particularly robust in relation to sacred phi alignment. So these two tri-complexes are predisposed to receive the cosmic trigger and disperse these coded light energies to satellite complexes for activating the magnetic releases of the return of the dove. Indeed, it is specifically because these complexes are triangulated tri-pyramid complexes that enable them to serve so powerfully as the receivers and transmitters of the cosmic trigger.

The Atlantean masters always triangulated pyramids for specific receiving and transmitting purposes. Their placement is quite deliberate and corresponds to true north and magnetic north at favorable harmonics. There is indeed a very unique and unparalleled energy pulse that occurs between Giza and the Moody Gardens pyramids of Galveston. The pulse that existed has been revitalized and energetically re-formed. We have told you that the Galveston placement is within five miles of an Atlantean pyramid complex that is now submerged in the waters of the Gulf of Mexico. The Moody Gardens complex has taken on the re-formed paradigm of these ancient pyramids. The pulse previously occurred between these two, you see.

The deliberate placement is amplified at these specific vectors; the 30-degree latitude is a conduit of very significant energies and connects through all northern hemisphere continents. Pyramids placed along these areas, and at latitudes between 30 degrees and 15 degrees north, are more capable of receiving concentrated telluric and solar ener-

gies. It can and does accumulate very potently inside pyramidal complexes along these parallels. This is well understood for Giza. You will soon discover first hand in the Moody Pyramid complex that this robust expansive energy can be experienced deeply at these alignments. An extraordinary experience will occur for many within the blue pyramid and at Giza as well. It is no random occurrence that numerous sacred sites and power nodes occur quite abundantly along certain latitudinal and longitudinal gradients and 30 degrees parallel north is one of these.

DOORWAYS OF DIMENSION

Besides being energy accumulators, pyramids are natural dimensional gateways that cohere and connect what you term the etheric dimensions. Giza and Galveston in a sense then are the male/female balance of the vesica piscis grid formed between them. There is also a sound octave connection or commonality between the Galveston and Giza complexes. Certain sounds need to be toned in both to activate the dimensional gateways and prepare for the trigger.

Can you explain the sound connection and process?

Both complexes are sound activated. The tone of F flat is the activation tone. Part of what we are requesting the Earth-Keeper Guild to do in the blue pyramid at Galveston is to reverberate specific vowel sounds on the equinox. Because of the accumulator abilities of pyramids, there are specific inner and outer dimensional doorways within them that can be sound-activated for anchoring in the feminine Platinum Ray. This will be facilitated by parallel sound activation from the Sirian A entourage and the Cetean Master Dolphins.

We have told you that the ancient crystal skull called Max was taken into the Moody Pyramids years ago. That enabled the frequential pattern of the submerged Atlantean complex near Galveston Island to be transferred and formatted into the Moody Gardens complex. Max was one of the thirteen skulls in the Atlantean complex, so it is no accident that his human caretaker resides nearby.

There are dimensional doors inside certain phi pyramids, and this is especially true for those at Galveston and Giza. There are also etheric—invisible pyramids that are formed around these pyramids—as well as and third-dimensionally “invisible” chambers within them. These etheric versions are dimensional reflections that mirror frequential light energies such that they are not perceivable in the spectrum of visible light, but certain sound pitches can make them faintly visible. There are etheric chambers, energetically gated to Giza that need to be activated in the Moody Gardens complex. Part of the mission in Moody Gardens is to sound-activate and sonically strengthen these dimensional chambers.

Phi Pyramids then are intricate multidimensional structures engineered with great complexity. Phi sound patterns can physically strengthen the physical portion and semi-materialize the etheric doubles. Sound opens the gates to

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the hidden chambers, but if these acoustic patterns aren't given, then the doorways of dimension are less accessible. That is why certain Earth keepers are drawn to participate and direct energies into these two specifically. All etheric structures have their own sound patterns that help form their structure, just as occurs in physical objects. Phi sound bonds the atoms and molecules of physical objects, and cohesively structures etheric plasma and light. This is precisely why pyramids last so long in physical format and appear and reappear in etheric dimensions.

TRANSMITTING THE COSMIC TRIGGER

Can you please review the process of the cosmic trigger specifically to how it should be received in the Moody Gardens pyramid complex?

As we have given, it is a crystalline-coded light that is drawn into the primary receivers of the Moody Gardens and Giza Pyramids. At the Moody Gardens complex, the energies are drawn initially through the apex of the blue pyramid and spiraled into the pyramidal base, infusing the waters of the aquarium. It is then undulated to the apex of the rainforest pyramid, spiraled to the base, undulated to the copper pyramid, and then back to the Blue, creating a counterclockwise spin. Each pyramid contains within it two figure-eight energies—a dual infinity pattern, one of which undulates north to south, and the other east to west. These intersect in the center at the level of the first level rotunda. Both the infinity pattern

and the counterclockwise spin are constant within this tri-pyramidal unit—although north-to-south and east-to-west infinity patterns occur individually in all directionally aligned phi pyramids.

The transmission process of the Moody Gardens and Giza Pyramids in relaying the cosmic trigger to the subordinate triangular forms is instantaneous, once the first energies are circulated. The energy will be triggered in an amazingly potent flash to the given secondary receivers.

The Moody Gardens pyramids transmit to: Tikal, Guatemala; the Summum Pyramid, Salt Lake City, Utah; the Muttart Conservatory pyramids, Edmonton, Alberta; Tiahuanaco, Bolivia; Teotihuacan, Palenque and Chichen Itza, Mexico and the Walter Pyramid, Long Beach, California.

The pyramids of Giza transmit to: the Louvre Pyramid, Paris, France; the phi temples of Thailand and Cambodia; Borobudur, Java, Indonesia; the Brihadishvara and Airavatesvara Temples in India; the Red Pyramid, Dashur, Egypt; the Golden Section Pyramid near Moscow, Russia and the Pyramid of Cestius, Rome, Italy.

Both complexes will also relay to natural pyramidal mountains, including Mount Edith Cavell, the Matterhorn, Mount Walsh and many others. Again, the connection to the octahedron as the conduit.

There are fourteen primary sacred code points that will receive the cosmic trigger relay from the pyramidal transmitters and cascade the awakened coded magnetics into the grid for the initial phase of the magno-electric band of the

new firmament. These points are: Mull, Scotland; Chan Chan, Peru; the Tumuc-Humac mountains of Brazil; Nagasaki, Japan; Huesca, Spain; the Ural Mountains of Russia near Erkatarinburg; Bethlehem, West Bank, Israel; Yellowstone, Wyoming; Mount Kilimanjaro, Tanzania; Iceland; Kona, Hawaii; Mount Cook, New Zealand; Great Artesian Basin, Australia and Sri Lanka.

These areas will spiral energies that will cover the planet and rise to the ionosphere. This release will be an extraordinary form of refined magnetic energy, uniquely capable of harmonizing in synergistic utility with Crystalline Energies.

PHI GEOMETRY IS TIMELESS

Now, to switch to Giza—it is a fascinating complex and its origin is intriguing. Can you give the age of the Pyramids at Giza?

There is an applicable proverb that we will quote from the Arab lands: “Man fears time, but time fears the pyramids.” This is indeed a wise saying, for in nonlinear aspect the Giza complex is timeless, and from that perspective your question cannot be precisely answered. Humankind has sought for millennia to understand the pyramids, especially the time of construction of the great tri-pyramidal complex in Giza. The timing of the construct is paradoxical, because pyramids exist by their nature in more than one reality. They are truly multidimensional.

Although this will be meaningless to most of you, we will tell you this truth: certain Orion masters and the savants of the Atla Ra, directed by Thoth, first visualized the Great Pyramid of Giza 38,000 years ago. Yet that too is a fleeting number, and hard for the channel to receive or grasp because they have since dematerialized and manifested again. It occurred again some 12,500 years ago, you see. The same is true of the Moody Gardens complex. What has been recently reconstructed is, in essence, the remanifestation of the Atlantean complex that reigned there millennia ago. What stands in the ethers around this complex are the ancient tiered pyramids of Atlantis. We realize this is confusing, so consider this. Your religious texts tell you that God the Creator is omnipotent, alpha and omega, with no beginning and no end. That is a sacred truth, an axiom that humankind must accept, even if it is seemingly incomprehensible. Likewise we have told you that sacred geometry is the fabric of all universes. So we ask you to accept another axiom: phi geometry is equally timeless, and has always been so within and without form.

The complex at Giza has then—from a quantum perspective—always existed. Once true phi pyramid complexes are formed, they are capable of spawning reflection replicates of themselves in multidimensionality and inverses of themselves in parallel matter and antimatter. This is true of all of the geometric forms that resonate to phi, including the forms you refer to as the Platonic solids. So the paradox is that once certain pyramids are constructed, they have no beginning or end within your linear times.

The Giza Pyramids have in truth disappeared and reappeared several times, dimensionally speaking. So although this is difficult for you to understand, once manifested into octahedral phi and inverse pyramidal format, these geometric structures become fluid holographic inserts, circularly oscillating between dimensional reality and the timeless void. They flash and flux according to their own cycles with no single, fixed beginning point in the linear perception of 3D. That is why there is more than one version of the Great Pyramid standing in Giza, even though most humans only see one. In your linear 3D space-time there appears to be only stone structures, fixed and adhered to the earth in the way of any other “human-made” structure. So, to attempt to subjectively identify these structures as simply fixed forms of matter would be a distortion and a detriment to your ability to understand their myriad complexity as doorways to higher dimensions. As such, if you were to enter these pyramids with such limited belief, you would not interface with the frequency in proper attunement. If you will attempt to see its dissonance or its disappearance, equally you would gain very little. Truly, if humanity attempts to subjectively define the process, it would not be of benefit, because phi pyramids become living holograms with conscious sentience that ever expands and redefines itself in exponential paradigms of higher-dimensional geometry.

Visualize that these multidimensional pyramids were physically erected, created in stone through phi acoustics, out of sound. Then the celestial sonic dissonance dissolved and integrated them into multidimensional and antimatter energy layers. That process has a type of intra-dimensional respiration, an expansion and contraction that both materializes and dematerializes them at certain alignments. It creates a supra-concentrated interdimensional spatial bonding.

INFINITE REALITIES

I am confused. You mention a construction point with Thoth and the Orion Masters around 38,000 years ago. Isn't that a beginning point?

Ah, but we said it was a fleeting number, and that it dissolved and reappeared many times within physicality. And yes, it is confusing [laughs], but it is not the only time they were manifested in stone, materially. They were manifested before that time—again, around 12,500 years ago. We will say that 38,000 years ago is the time most relative to your current paradigm of reality. There are many Earths; we have told you that before. Octahedrons and their complexities are among the geometric mechanism that connects all realities. So let us say that there are no specific, fixed construction points of Giza because at Giza you are in a precise intersection of reality formed by thought. All coexist in that point. In truth, you have many pasts, many futures and many coexisting paradigms at Giza. All are valid, and all coexist simultaneously.

Masters, you must understand that there is no singular version of reality. There are infinite probabilities

and each is a valid tangible reality. So in the micro- and macrocosmos there is no beginning and no end. When beginnings and endings are spoken of, the implication is always there that there must be but one reality and that it must have a beginning in time and an ending in time. This is an illusion of 3D. Your Earth is infinite and connected to myriad worlds. Geometric forms, such as the octahedron, are one of the mechanisms that connect dimensions. In truth, Giza is an octahedron. As such, the Pyramids at Giza are a conduit that connects many worlds, inner and outer. There are many such pyramids and conduits that serve this role, but none quite so potently as Giza. And masters, there is much, much more that occurs in such points.

POINTS OF MULTIDIMENSIONAL INTERFACE

The unique aspects of your particular physical world, within your specific now, are quite dependent on your existence and perceptions in it. As such, the physical universe does not contain physical objects that can be perceived by those whose existence is not within your collective now. Many other—many alternate—forms of reality and consciousness coincide and coexist within the same space that your present Earth occupies. Your simultaneous lifetimes exist on these; it is the same space you live in, but other versions of you do not perceive the same physical objects you do because these other parallels are of a different frequency. Just as AM and FM radio waves travel in the same space, so do parallel realities exist in the same spaceless illusion of physical space.

Now, there are exceptions, as certain vectors of your paradigms can and do interface at specific flash points. These are star gates, portals, and wormholes, in your vernacular. But you are many years from understanding this. These points on your planet are not understood and are vastly unrecognized. Yet they exist on many grid points on the Earth. The points are portals, and within these magnificent portals, realities merge. Multidimensionality is a validity of the unified field, of quantum physics. It exists—it is real. It is not science fiction but science!

Few of you are able to adjust your frequency within these points of multidimensionality to fully explore them, but indeed you have the opportunity to expand within them. The Pyramids at Giza—and indeed at other such power nodes and sacred sites—were built precisely on such vector-point coordinates.

Angles influence and activate the numerous worlds that merge within powerpoints. While there are many, many etheric pyramids existing at Giza, their numbers fluctuate according to celestial influence. The dimensions that interface there come and go according to cosmic cycles and electromagnetic flux. That is possible because these streams of interface contain great energy potential. They are unified vector points where realities merge. There are main coordinate points—lucid, undiluted energies of impeccable geometry celestially beyond the phi of the cre-

ation code you term the golden spiral. These are sources of fantastic energy, and these points are numerous on the planet. Each of them carries satellite points around them. They are vast in number and are pulsing and growing in energy as you approach the ascension.

In highly simplified terms, these interface points provide the coded light force of life itself, and provide the means for thought to be solidified into physical matter or for probable events to be manifested and coagulated into experience. On a higher level, all of you understand this, despite your groans of incomprehension. It is only your duality filters—your relatively limited grasp within the illusion of human existence on the Earth plane—that makes this seem so unlikely. So understand that these power vector points are in essence life force generators. There are twelve such interface points that connect all paradigms, all probable and parallel realities. The cosmic trigger of 2009 is re-forming the availability and compatible intensity of these conduits to the Earth. These interfaces have always existed, but they are now becoming more accessible in higher frequency. The Pyramid at Giza sits on one of the most powerful points as such on your planet, and the Moody Gardens pyramids in Galveston will, in time, act as a coordinate of this energy. Your 144-crystalline grid and its evolving elliptical firmament are the emerging transducers of greater formats of this stunning, omnipotent energy.

MANIFESTING THROUGH SOUND

Okay. With the axiom that the Giza Pyramids are timeless, and there are fluid points where they appeared and disappeared, was there a time then when they were physically constructed, or were they manifested and instantly appeared into physical reality? Was there a physical process around erecting them?

We thought we just answered that. [Laughter] Yes, the current physical structure you see in 3D was erected in the probable time frames we have given.

Okay, my point was to ask you how they were physically constructed. Were the blocks cut, and if so how were they lifted so precisely in place?

The blocks were indeed quarried and cut and lifted into place. This was done by a sophisticated knowledge of sound and light. Sound has many applications that are capable of altering matter and gravitational forces, even to the manner in which atomic and subatomic particles respond to one another. So the lifting in place of massive tonnage of the rock employed these sophisticated techniques, using sound and precise mathematical calculations synergized with focal mental process. In other words, matter—in this case the granite blocks—was manipulated on an atomic level, and lifted through sound. This was done by Atla-Ra Masters with extraterrestrials, as we have mentioned before, utilizing a sort of crystalline tuning fork that became activated by chanting specific frequencies. The frequencies created an energy field that could be directed. Then, with processes of thought manifestation using theta-level visualization in tandem with deep vowel hummed pitches at extreme octaves,

they charged the stones and, indeed, the very space where the pyramid was to be placed.

The masters of the architectural guild used extreme focal thought to construct specific angular junctions in the ethers and bonded them in a cohesive manner. They employed a type of instrument that is similar to a tuning fork. The instrument was activated through sound made in unison toning—toning that at intervals was not audible to the human ear, and at other times quite piercing. The tone would reverberate so intensely that energy broke down matter and superimposed extreme gravitational and antigravitational forces, and then it was directed and focused directionally and dimensionally. The energy encompassed the blocks and they could be lifted with it. The savants guided them then. Men—savant arch priests—were used in teams to operate the instruments and meditatively put the stones in place and guide them, but not to lift or carry them. As mentioned, once activated (and indeed activating them was no small feat), the tuning fork had an amazing cohesive effect that bonded atomic particulate and surrounded them in antigravitational plasma (this was a similar process to what the Atla-ra used to “float” the crystalline satellite of Atla, called the second moon of Atlantis).

The Thothian Atla-Egyptians were helped by the Arcturians and Sirians as to how to manifest the phi pyramids into both physical and etheric manifestations, into linear as well as circular time-space. Sound, you see, is capable of changing atomic structure and the way electrons and protons react to one another. The same process that could make metals float was used to lift the stones. It became known as the art of alchemy, but that concept is greatly misunderstood, and isn't exactly what was used here, you see. The phi crystals—which you call “Vogels” after Marcel Vogel—when teamed with certain sound frequencies are capable of incredible effects on matter. They are also capable of healing broken bones faster and rejuvenating certain organs within the body physical. Thus, crystalline sound in specific octaves of phi has an effect upon both organic and inorganic matter. Sound is a causal force in every dimension. As such, it can be used not just to lift matter but also to bond structures more securely to cohesively reinforce structures. This is why the Giza Pyramids cannot be destroyed. You see, the 3D physical world that you perceive daily is made up of an invisible matrix template of energy prints or patterns. These patterns are somewhat liquid, or formless. So while they indeed exist, their final form in matter is a result of probability, consciousness influenced probability.

NO SHORTCUTS TO ENLIGHTENMENT

There are myriad important properties of pyramids that are not as yet understood by humankind. This is especially true in the Giza complex, where the pyramids are energetically attuned to specific light-sound octaves. Many of the hieroglyphic symbols etched on the walls of the passageways and chambers within the Giza Pyramids are instructional guides revealing specific sonic pitches that when sounded,

activate them into greater dimensionality. The phi octave sound triggers reverberations that automatically open up myriad gateways leading to fantastic and as yet undiscovered mysteries and ancient alchemical knowledge. But this is for those who are true seekers—those who thirst for knowledge and are willing to work to attain it. These secrets are for all who have the necessary light quotient to learn and understand the use of specific vibratory sound octaves.

There are certain lessons that each density teaches humankind, which each of you must pass through in order to achieve the vibratory level necessary for the next level. Each vibratory level could be likened to an archetype for a specific lesson that needs to be learned, for each of the trinity components of your being: spiritual, mental and physical; soul, mind and body. So do not expect to walk into a pyramid and land on the steps of Peter's Gate. If you are unwilling or unable to employ the disciplines of breath, tone and meditational mind, you may simply be sitting in a building.

You have a proverb that says, “All things come to he who waits.” A wise man added, “. . . if he worketh real hard while he waits.” There are no free rides, no shortcuts, to enlightenment. But dear ones, you have toiled up the mountain in many lives. You have laid the work, paid the dues, and now it is time to finish the job. You are powerful spiritual beings pretending to be human. You can do this. Through proper focus, the pyramid can expand you.



Now, we will close with one more sharing. The power nodes that exist on the planet are in essence “white holes,” areas where renewed energy is flashed into your universe. Pause and consider what we are saying. Take a moment. These coordinates, these energy conduits, connect to all parallels, dimensions and probable realities! The Great Pyramid of Giza sits upon the most centralized and powerful of these twelve supra white holes. The energies these create are capable of more readily solidifying thought into matter, but also to solidify desire or prayer into experience. All phi pyramids and all power nodes draw from these white holes and become subordinate points of them. When you enter into these spaces, dear ones, think with deliberation. Hold only noble thoughts. Mentalities of hate, fear and lack never serve you. We wish you life abundant, and we challenge you to create it.

You draw to yourself, into your experience, those things you mentally dwell upon. This is the law of attraction. All thought is amplified exponentially in power nodes and pyramids. Pray for what you want, and remember this: Love is the most powerful energy in the universe. It is exponentially greater than hate. So if you want to end war, you will not end it by hating war, you will end war by loving peace. Think on this concept, and apply it to all aspects of your life. Enter the pyramid of the cosmic trigger accordingly. I am Metatron, and I share these truths. You are beloved. And so it is. *

Planetary Spiritual Alchemy

Juliano and the Arcturians through David K. Miller

4 July 2009

Greetings, I am Juliano. We are the Arcturians. Now is an opportunity to raise the spiritual light quotient of planet Earth. Never in the history of this planet has there been this opportunity. I ask you to consider the enormity of this process and the magnitude of the work. The spirituality of the planet and you, the Adam species, have not kept up with scientific technology. We know from our travels throughout the galaxy that this is a dangerous position for a planet to be in, namely when the scientific technology of its inhabitants exceeds the spiritual light quotient of its inhabitants and of the planet. This creates an imbalance that often has the outcome of the destruction of life forms and possibly of the entire biosphere of the planet.

Throughout the history of the Earth, there have been great spiritual masters who have taught and who have been able to influence millions of people on the planet. Consider the great spiritual masters and the huge numbers of people who were influenced by them. One would still have to say that the years 2009 to 2012 represent the strongest possibility and the strongest opportunity in Earth's history to raise the spiritual light quotient of planet Earth.

Why is that? First, the current scientific technology has led to fantastic communication links that were not possible earlier in your history. Second, because of scientific space exploration, embedded now in the consciousness of many is the beautiful image of the "blue jewel," as we call her, or planet Earth. In order to raise the spiritual light quotient of any planet, one must be able to visualize the planet from an outer perspective. This outer perspective was made and contributed to by satellite imagery and from angles and perspectives photographed from the Moon. Even though this is not a distant perspective, it still provides the necessary image to work with consciously

KEY POINTS

- To avert planetary crisis, the spiritual light quotient of the planet must be raised by connecting to fifth-dimensional energy.
- The Anadolu Istanbul Bosphorus crystal, eleventh of the twelve etheric crystals, aids in the process of bringing fifth-dimensional reality to third-dimensional Earth.
- The interaction of planetary healers with the etheric crystals through planetary spiritual alchemy (PSA) can bring about a new harmony on Earth.

and unconsciously. It gives us, the Arcturians, an opportunity to more easily direct you in your accelerated imagery and your accelerated guided visualizations.

ON THE CUSP OF EVOLUTION

The Earth responds to your telepathic communications. The height of telepathic communications is visualizations. Therefore, the visual imagery that you use in your planetary meditations can have a dramatic effect on shaping the Earth changes and the evolutionary process of the planet. It is important to realize that not only is the Earth a living spirit, but also that, as a living spirit, the Earth is going through an evolution. You and the Earth are both on the cusp of an evolutionary change. As you know, each evolutionary change that has occurred for the inhabitants of planet Earth always transpires as a crisis situation.

A crisis situation goes hand in hand with evolution. The process of nature is that change basically occurs out of necessity. You may even know that in your own personal history. If you review your own changes and your development, you may agree that the major changes that you have successfully made, the most dramatic and far reaching, probably have occurred concurrently with a crisis. I think you have a saying: "Necessity is the mother of invention." Well, from our perspective as planetary archeologists and planetary anthropologists, we can say that crisis is the mother of evolutionary change. That means that the evolutionary change dramatically occurs in the midst of danger. Everyone who is listening and reading these words knows firsthand the tremendous danger that exists at this time on the Earth. The idea of planetary stability and the idea that everything will continue in a normal, stable unfolding is but an illusion. The planetary evolution now has to be guided by planetary healers.

The crisis and the danger inherent in this moment are amenable to dramatic changes and dramatic shifts through planetary healers and planetary spirituality. The planetary healers that are present now can raise the spiritual light quotient of the Earth in order to provide the foundation for the dramatic change that must occur for the Earth to evolve. The Earth's

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evolution now is inextricably tied to humanity's evolution. Never before in the history of Mother Earth has the planet's survival and the planet's evolution been linked to one species, namely humankind.

YOU ARE PLANETARY HEALERS

Let me explain that the Earth is a living spirit, so that when we talk about the Earth surviving, we are talking about the Earth surviving as a living spirit—a living spirit in the third dimension. Yes, you can look at other planets such as Mars. You can see that there are no life forms on that planet. You could say, quite conclusively, that there is a dramatic decrease in the spirit of Mars. I say dramatic decrease because it is not like Pluto or other planets that have absolutely no life. Mars did have life on it at one time. Mars was inhabited, and the remnants of the spiritual life forms and of the spirit of Mars still are in the ethers around the planet. Those spiritual energies exist in the outer-dimensional realms of Mars, in the fourth dimension.

I know there has been some discussion about how to revitalize and reengineer Mars to hold life again and to rekindle the spiritual energy of the planet. It is true that the spiritual energy and the spiritual life force of Mars can possibly be rekindled through some dramatic reengineering. This is far beyond the capabilities of your scientists on Earth now. From a practical standpoint, we can say that the spiritual energy of Mars is dormant and may possibly be reawakened.

The spiritual life of the Earth is very awake. The evolutionary process of the spirit of this planet needs to be studied because humankind now has limited knowledge of how a planet evolves and lives and what it means for a planet to have a spiritual light quotient. You, my friends, are on the forefront of this evolutionary shift. We, the Arcturians, consider you planetary healers. Planetary healers understand that a planet evolves, that a planet has a spiritual light quotient. Planetary healers understand that this is the first opportunity in the history of the Earth to systematically work as a unit around the entire globe, the entire planet, with the expressed purpose of raising the spiritual light quotient of the planet.

The raising of the spiritual light quotient of a planet is totally linked to the raising of the spiritual light quotient of humankind. Remember, I said that there has never been a moment in the history of this planet where the evolution and the survival of the spirit Earth were linked to one species. It is also true that only humankind can institute the changes in the planet, and that can only be done through the process of raising the spiritual light quotient of humankind and raising the spiritual light quotient of the Earth.

The 1600 Arcturian starseeds are committed to the planetary healing. Do not be concerned by the number being small, because one spiritually focused person, especially in this environment on the Earth now, can gather much light and can influence many people. This has happened repeatedly in the history of this planet and this has happened without modern communication. It has happened without modern technology. Many times, one person has dramatically

influenced people. But it has taken hundreds—and in some cases, thousands—of years for the full effects of that one person's spiritual intervention to change the masses. You do not have time on the Earth now to wait for one spiritually powerful person to effect a change, because you cannot wait 300 years for the full effects to occur. This means that we need acceleration. The only way that you can accelerate planetary healing, evolution and the distribution of spiritual energy in a timely manner is through connecting to fifth-dimensional energy. In the fifth dimension, time is not linear. In the fifth dimension, you can activate and accomplish many things that would take years, even centuries on the Earth.

REVERSE TIME ACCELERATION

We seek the opportunity to connect you to the fifth dimension. By connecting you to the fifth dimension, many of the meditations and much of the work that we do with you is accelerated in time. You may have the experience in other instances when you are connecting to the fifth dimension that time seems as if it is occurring quickly. Yet when you return to your third-dimensional body and the third-dimensional Earth, a long time has elapsed. You might feel like, from your perspective in fifth-dimensional meditations, only five or ten minutes were passing. Actually, it could have been an hour—and that is a modest time acceleration.

We want to use this concept of time acceleration. That is to say that in a focused meditation in fifth-dimensional light, we can accomplish and shift energy on the Earth in an even shorter Earth-time. What you would experience as a long time in the fifth dimension may actually only be a short time in the third dimension. We call this "reverse time acceleration," or RTA. This is possible—and it is necessary now. It may not be helpful to focus your work and meditations on the fifth dimension, accomplishing many wonderful things, only to find out that what you thought was a short period of time from the fifth dimension was actually a year on the Earth time. Quite frankly, the Earth may not have a year to let things just unravel the way they are right now without a more powerful and immediate spiritual evolution. We want to use RTA, reverse time acceleration. Using fifth-dimensional energy, we could effect change in a shorter period of Earth time—that is, institute a change that, earlier, may have required months or years.

Let me give you an example. When Jesus/Sananda was on the planet, in many ways, the full effect of his energy and light did not dramatically influence the planet for perhaps 200 to 300 years. I realize that there were many people around him and there were many people during the years immediately after his death that were dramatically changed. But his effect did not influence countries, influence lands, until much later. We could say that that was a normal time effect. If Jesus/Sananda were to appear on the planet now, it would not take so long for him to affect everything. This is one of the main messages and main metaphors that I could use to explain to you the effect of reverse time acceleration. The work that Jesus/Sananda has been doing has been

going on for centuries. When he returns, it would take him less than five seconds of Earth time to make the evolutionary changes necessary on the planet and in the human species so that everything would be moving in the highest light and the highest good. This example shows you the power of reverse time acceleration, and it shows you the power that a spiritual presence can have on the Earth now. Your work as planetary healers is accelerating.

THE ANADOLU ISTANBUL BOSPORUS CRYSTAL

We have worked consistently and dramatically with the Group of Forty to download the eleventh etheric crystal in Istanbul, Turkey. This crystal has been referred to as the one opening up hidden knowledge to the world. Its main function is connecting and making known the fifth dimension to the third dimension so that more third-dimensional people become aware of the fifth dimension. This crystal dramatically accelerates that process. The veil between the third and the fifth dimension is gradually being lifted. One has to ask this question: "How will I be able to most effectively use the fifth-dimensional connection, the fifth-dimensional energy, to institute the changes necessary to accelerate and activate planetary healing and my personal healing?" This is a continual question that most of the starseeds have been asking for many years. Every starseed is interested in their personal development as well as planetary development. Every starseed wants to be able to use this fifth-dimensional connective link for their evolution and their ability to be more effective as personal healers and as planetary healers.

The etheric crystals, including the eleventh etheric crystal, form a grid of spiritual and electromagnetic energy. With this crystal, and with the downloading of the twelfth crystal on the horizon, each of the planetary healers, each of the Arcturian starseeds, will more effectively be able to plug into this, what we call, "Arcturian tree of life etheric crystal grid." The Istanbul crystal is also translated as the Asian crystal in Istanbul because it was downloaded on the Asian side of the Bosphorus. The downloading of this Anadolu Istanbul Bosphorus crystal is making available a connection to the electromagnetic grid energy of the crystal links. In many ways it is a doorway for starseeds to connect themselves to this etheric grid. This etheric grid is a fifth-dimensional force on the Earth. It is a way for you to connect to fifth-dimensional energy.

All energy is electromagnetic. Third-dimensional energy is electromagnetic, and fifth-dimensional energy is electromagnetic. You want to be able to connect to the frequency of the fifth-dimensional energy. These etheric crystals are often an avenue to plug into a fifth-dimensional etheric grid. When you connect to a fifth-dimensional etheric grid, then your frequency is immediately raised. It would be similar to connecting into a higher voltage—you are raising your ability to assimilate the volts energetically, the electromagnetic volts. In our meditation now, we will seek a better connection for all of you to the electromagnetic grid of these etheric crystals. We will use the Istanbul Crystal to provide the ave-

nue and the opening for you to connect to the fifth dimensional energy. Remember, once you raise your vibration more to the fifth dimension, then you as a third-dimensional being have the option of focusing and using it as you see fit. So, in some ways it would be like someone gave you \$10,000. They can say to you, "Spend it wisely," but you have the responsibility and the power to use it as you will. What I am suggesting is that you will be able to receive this higher energy by connecting into the grid today, and then you can use it for personal healing and you can use it for planetary healing. You can use this fifth-dimensional connection to increase vibrations for a planetary benefit.

First, our goal at this time is to connect into the grid of the etheric crystal linkage by visualizing the Anadolu Istanbul Bosphorus crystal. You may have difficulty visualizing it, as many people are not aware of it geographically. I would like you to visualize a waterway that separates Europe and Asia, and I would like you to visualize a second bridge (because there are two bridges) that goes across. At the far end of one bridge is an old castle; across from the castle on the waterway is where the etheric crystal is downloaded, almost in front of that second bridge. Visualize a strait or a waterway that may be a half-mile or more wide with a beautiful etheric crystal in the water. As you hear these words, begin to connect with that energy. [Sings]: *Anadolu, Istanbul, etheric crystal in the Bosphorus. Anadolu, etheric crystal in Istanbul in the Bosphorus. We will go into a meditation now.*

Feel this crystal energy connection activating all of the chakras in your body. This crystal has the power to both activate you and the planet. This crystal has the power to remove the veil for you so that you are experiencing more fifth-dimensional energy and light, and so that you are receiving the vibrational energies of the fifth dimension now. This Anadolu crystal is opening up an area between your heart and your throat chakra. This is, from your perspective, a new chakra and a new energy center. We have modified the tree of life to twelve spheres instead of ten spheres. Realize that there are more chakras and there are more ways of activating yourself energetically than the traditional level of chakras. Now, there is a new level, a new sphere, a new chakra between the heart and your throat. This new level can be called the chakra of hidden knowledge. In Kabbalah, it is known as *Da'at*—knowledge—unifying the ten Sephirot of the tree of life. In the crystal world or etheric world, it is called the eleventh crystal—the Anadolu Istanbul Bosphorus crystal.

LEAD INTO GOLD

The ancient mystics knew there were ways of transforming the Earth reality. This was practiced in the study of spiritual alchemy. Spiritual alchemy was metaphorically described as the desire to transform lead into gold. This transformation, of course, was breaking the laws of physics because there is no way that lead can be turned into gold in normal, third-dimensional logical physics. But in spiritual alchemy there is a special state of higher consciousness, and

when that state of consciousness is achieved through various accelerated, energetic exercises, then one has the power to change the physical reality—lead into gold—by saying certain words such as “*abra cadabra*”—*avra keh-dabra*—Aramaic for “I will create as I speak.” This is one formula of words that, said with the right intention, will work effectively with the spiritual energy and exercises. One can thus transform lead into gold. This is an example of using fifth-dimensional energy to transform a third-dimensional energy. It is a very small and modest work. Transforming lead into gold would not save a planet. Transforming lead into gold would be a step in the integration of fifth-dimensional energy to effect a change in the third-dimensional reality and in the third-dimensional physical world.

PLANETARY SPIRITUAL ALCHEMY

In terms of planetary healing, we can say that there is planetary spiritual alchemy. PSA—planetary spiritual alchemy. In the concept of PSA, one can induce a planetary change through the right sort of spiritual exercises and practices, and then through saying certain sounds and words to effect that change. In order to do that, you have to raise the vibrational field of the planet. This can be accomplished through the twelve etheric crystals. The interaction of the planetary healers with the etheric crystals can create the environment for Earth changes, when certain powerful words are spoken. In order to effect the change, one has to have an idea of what change is possible and what change would be most effective for planetary health.

The Earth is a complicated spiritual energy. What change would you make to the Earth? There are so many complex interactions within the Earth, and thus it would be difficult to know what change you would want when you were finally setting everything up and saying, “*abra cadabra*.” What would you change? Would you reverse the polar ice caps so that they were frozen again? Would you clear all the air? Would you stop volcanic eruptions? Realize that taking one such event is isolating that event from other interactions. It would be difficult to say which would be the most effective and the most needed change. We want to emphasize the concept of biorelativity, which focuses on the telepathic communication with the Earth.

In telepathic communication with the Earth, and in biorelativity, we have two processes. The first process is the transmission of energy to the Earth. The second process is the receiving of communications from the Earth. Only when there are these two energetic linkages can you receive the information that would allow you to receive the correct energy on which change needs to occur for the highest good of the planet—for the human species and for the evolution of the planet Earth.

We remind you that we continually have meditators on Arcturus who are assisting in the communication and receiving of energy and light from our planet so that we can do exactly the shift and the change that is necessary. We would institute that needed change and work with a similar biorelativity system that we have been teaching you. That system

centers on working with etheric grids. We also work with the etheric crystals, and then we establish and raise the light frequency energy of the planet through the etheric crystals. Then it is necessary to raise the light crystal frequency energy of the people. Then people can interact with this and receive the message from the planet about what change needs to be done. Planetary healers can then use PSA. Then on Arcturus we would get together our meditators and other group members on our planet to participate in a PSA experience.

In spiritual alchemy there is a lot of preparation and a lot of study necessary. In planetary spiritual alchemy, there is an equal amount of study and preparation. The downloading of these etheric crystals on Earth has lasted several years at least and has been a process of preparation for the PSA experience. Now that the eleventh etheric crystal is connected, the opportunities for each person to connect to the PSA energy are raised.

A NEW PLANETARY HARMONY

The first level of planetary spiritual alchemy has to do with providing harmony on Earth. The changes are rapid and the Earth does not have enough time to integrate and balance everything so quickly. You have a hard time integrating and balancing yourself when the changes are too rapid. So does the Earth as a planetary spirit. You have to consider the age of the Earth, and then you have to consider the rapid amount of changes that have occurred in the past hundred years and even the past fifteen to thirty years. The Earth needs to come into a balance with all of this because the changes are happening so fast. One of the first lessons and issues in the planetary spiritual alchemy would be in harmonizing the Earth. This harmony has to be tied in with fifth-dimensional energy because there is no way Mother Earth can assimilate everything just with third-dimensional energy and light. It is too much to integrate. Even you who have seen all these changes probably are struggling because you have witnessed so many changes on the planet, and you have a hard time processing the changes for yourself.

To process these changes for the planet, for Mother Earth, it is necessary to connect the light from the fifth dimension and to work with the Earth in helping her to receive fifth-dimensional energy also. It so happens that the necessary fifth-dimensional energy that the Earth needs to bring herself into a harmony to ensure her survival comes from the Central Sun. That Central Sun light, which comes into alignment approximately on 22 December, 2012, needs to be focused through PSA to help the Earth come into a new planetary harmony. This will ensure her survival. This will ensure that she can come into a new harmony.

Obviously, if you look at everything that is happening now, the Earth is going to become more polarized. The Earth is becoming more polarized in terms of the effects of certain Earth changes. Changes in the human species—politically, sociologically, economically and environmentally—are also becoming more polarized.

Fifth-dimensional light from the Central Sun can come to the core of the Earth. It can be directed to her with the

PSA energy and can help her to accelerate her ability to come into a new balance, which will ensure that humanity can survive on her. That means that all of the predictions that bad events, such as temperature increases, are going to happen have to be recalibrated. The Earth has to recalibrate it, and humankind has to recalibrate it so that the Earth can assimilate all these changes and shifts and still hold a planetary balance that will ensure the survival of humanity and Earth in a new, fifth-dimensional harmony. I am Juliano. Blessings. ✨

librate it, and humankind has to recalibrate it so that the Earth can assimilate all these changes and shifts and still hold a planetary balance that will ensure the survival of humanity and Earth in a new, fifth-dimensional harmony. I am Juliano. Blessings. ✨

Reflections on Trust

Almine

We trust our friends and those who are part of a tribe with which we identify, but not strangers. The conclusion, therefore, must be that we find the predictable trustworthy, and we believe that external circumstances bring support, rather than that we manifest it ourselves through our environment.

TRUST THAT WHICH SUSTAINS LIFE

The tribe is neither predictable nor trustworthy unless we are prepared to forfeit our freedom to live according to the song of our hearts. The tribe predictably delivers support only to that which conforms. Uniformity is the nature of tribalism, whether it is a tribe of two, as in a friendship or partnership, or a larger one, as found in a church or society.

When we put our trust in externally generated support, we sell ourselves short. We rely on the counterfeit—and often conditional—support of others rather than on that which sustains life and upholds our very existence.

When the core of our being knows that the One Life is benevolent, that it moves and breathes its essence through all creatures, trust follows. The knowledge that births trust must also include the understanding that from our vantage point, the grand scheme of life cannot be seen for its beneficial and life-enhancing qualities.

We must also harbor the deep conviction that the individual is the microcosm of the macrocosm. If life is macrocosmically benevolent, it is so for the individual as well. The individuated being is not sacrificed for the whole as a means to an end; it is the end. Space does not exist, and thus the signifi-

cance of the smallest being is as profound as the grandest galaxy. All are equally entitled to the support of the one life.

QUESTIONS ABOUT TRUST

What is the difference between faith and belief? Is having trust different from these?

Belief is a program formed from the ways of others—values and more given by social conditioning. Faith is blind and cannot see, but trust is based on insights received.

Is it wise to trust our fellow human? How will we know whether we can?

Trust not in humans, but in your heart. Your entire environment is a part of you. Nothing is separate from your greater being. Trust that you are manifesting all that you see and that your highest good is known by you, even though, to your small perspective, it isn't shown. Listen to the heart to guide your way; it is a better counselor than hardship and pain.

Can we be sure our guidance is clear? What if we're hearing the voice of our fear?

The clarity of guidance is something you must cultivate. It is not clear when social conditioning is in the way. Clear this conditioning away with diligence by stilling the mind. Your heart provides the truest guidance.

Is there anything higher that can guide our actions? Can heart not become a tyrant like the mind?

You have delved into a deeper truth. One day, you will transcend the heart's guidance—when you leave the stages of man behind and find incorruptibility in the God kingdoms.

Your thoughts and actions then will be automatic and guidance will be unneeded. No thoughts or feelings will guide the words you speak. ✨

KEY POINTS

- We often tend to put our trust in groups of people that require us to conform and deny the song of our heart, forming beliefs based on social conditioning instead of insights from the heart.
- It is important to recognize that we are all part of the whole, greater being, and that the highest good is already known by us.
- Once we leave the stages of man behind, we will one day transcend even the guidance of the heart, finding "incorruptibility in the God kingdoms."

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One Thing

Sarrinn with St. Germaine through Daniele DeVoe

Greetings, dear lightworkers! With each new awakening, the light of your sweet Earth grows brighter, stronger and healthier. Are you aware of that? One of the most frequently asked questions, a question asked both by those who believe in the divinity of humankind and those who do not, is: How do we save our planet from the terrible damage that is being inflicted upon her by humanity's greed and ignorance? Most people want to discover new technologies and stop antiquated techniques that pollute and damage your world. New laws are being proposed and passed and wars are being fought—prevention and accusation seem to be the energy of most of this work. And the few who are solution-oriented are ignored, ridiculed or disempowered.

And so today we would like to give you one thing that you can do to change it all.

Are you solid in your understanding that you are now living on a planet that has shifted to enlightened life? Do you know that your dimension, the one you are living in now, is the omni-dimension?

CHANGE IS REQUIRED

Even as these words are being written by our channel, we can feel the excitement of many of you reading, and we can feel the utter disappointment of many of you as well. Why? Because so many of you were depending upon the “great shift” to save the day—to heal reality in the blink of an eye, to heal the world and, along with that, to heal your lives. And yet we say that the great shift has happened and you see quite clearly that nothing has changed. In fact, the chaos is worse and the world is even more deeply in trouble than ever before. And still today, we will give you one thing that you can do to change it all.

One of the most confusing issues you are all facing in this chaos is that of global community versus isolationism. Hours of debate are ongoing that run the gamut from protecting country borders to becoming one global economy. And the political arena is even more chaotic as power shifts

KEY POINTS

- The shift has already happened—shifting your own personal experience requires that you begin to think omniversally.
- To move beyond imagination, you must surrender that which you “think” you know.
- Chaos doesn't necessarily translate into drama. Transform the chaos in your life into inspiration.

and change flows, even in those countries dedicated to maintaining their traditional policies and way of life.

One thing can change all of that in your reality, your life, your world. You do understand that, if the process is not working for you—if you are not happy, secure and growing—then change of some sort is required. Right?

THINK OMNIVERSALLY, ACT LOCALLY

If you are now living in the omniverse and your world looks the same as it always has, or worse, change must be activated in order to welcome the heaven on Earth that is available to a world living in enlightened energies, right? And that change, that one thing that will transmute and transform it all, is for humans to begin thinking omniversal thoughts.

Over the past several years, as you heard statements like, “Change your thoughts and you change your life” or “There is nothing more important in your life than that you feel good,” what did you do about it? Did you begin a strong and consistent program of changing your thoughts? Did you concentrate on developing more positive attitudes so that you began to feel good most of the time? Did you begin to consider what the “soul-utions” to your problems were rather than study and focus upon what was going wrong? Did you simply depend upon the thought that, some happy day in the future, the shift would fill you with happy thoughts and warm, fuzzy emotions? In the omniverse, thoughts that are blessed with emotion are manifested into reality instantaneously. So what would you expect the world to look like if you live in an omniverse and think 3D or 4D thoughts? Wouldn't it create a fully functional 3D or 4D experience? So we call “thinking omniversal thoughts” the one thing you can do to shift your personal experience. Does this mean that it is the only thing? Of course not! As always, there are as many pathways to Source as there are stars in the sky, and more. What we are offering here is one of those pathways, uniquely accessible now to everyone on your planet.

To add to the joy of this concept, we also wish you to know that you are not alone in this effort! You have help. And since you have been asking for help—some of you have been beg-

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ging for help—we thought it would encourage you to hear that you have it. The Masters of Light are dedicated to the success of your world's ascension. The angelic realm is dedicated to the success of your world's ascension. The ascended masters, lightworkers throughout the universe, Universal Mind and All That Is—all are united in dedication to the success of your world's ascension. And, in case you are unaware of the doorways that open when omniversal living is achieved, your future is dedicated to that success and affirms that, from the future's perspective, the success has already occurred!

ATTUNE TO YOUR INNER BEING

So it is time to take the mandate to think omniversally seriously and get to work. As you do, become soul-ution oriented immediately. It is easy to make pithy observations about problems in your world; it is empowering to consider, contemplate and share valuable and workable answers to those problems. We suggest that you begin to talk about potentials and ideas with your family and friends, and as you do, listen to their ideas too. When you create a dialogue, ideas tend to clarify and expand rather than incite and hurt. And as your ideas evolve and move through your friends and community, change happens.

Attuning to your own emotions through meditation and contemplation will give you the ability to be in command of your emotions while aligning with and performing well with your own inner guidance. We are often asked how a person learns to trust their guides successfully. That trust comes from repeated practice—from attuning to your own inner being who speaks to you with the language that you call emotion. When you spend a few minutes each day communing and contemplating with your inner being, you develop the sensitivity to read its messages. And as you develop this communication, you also find that you have a friend who is with you 24/7 and who never, ever lies to you. Isn't that what you have been asking for? We have heard all the reasons why humans will not or cannot meditate, and we lovingly suggest that, rather than focus on the lack of time, mental focus or negativity of your life, focus on solutions such as meditating while you go to sleep at night or in the shower or while you perform some repetitive activity that helps you to enter the zone and lose track of time. And yes, we agree, meditations while driving are not good choices for most humans!

Once you are in the zone, notice how you feel: Do you feel good or do you feel bad? If you feel good, follow that and expand it. If you feel bad, ask why and allow the answer to be quick. Then shift your thoughts within your meditation to something that makes you feel good. What the thoughts might be isn't important—Kittens and puppies? World peace? The being you love most? French fries? What makes you feel good? Contemplate that in your meditation, and follow that joyous flow to the higher resonance it initiates, and live there.

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A WORLD BEYOND YOUR IMAGINATION

Learn to think according to the energies of the omniverse. The doorway to the omniverse is imagination. This is an old teaching, and it is a true teaching. The problem with this is that imagination is not the omniverse, it is the doorway to it. Imagination—what you imagine—is derived from what you know already, and what you know already is the 3D and 4D world. To attain success in the omniverse, it is necessary to go through the doorway and beyond imagination.

Have you ever asked for help in the realization of a goal or dream and then asked that your inner guidance, your soul or your divine self help you to take that dream beyond imagination? If so, good job! If not, realize that you will need to surrender what you think you know in order to do this. And that the rewards for doing it are literally beyond imagination! Also, please be aware that as you move beyond imagination, one of the first byproducts of this movement is chaos. But this is not the chaos that destroys or confuses; it is the chaos that adds technicolor, passion and inspiration to life. Beyond the chaos, creativity awaits—5D+ living awaits. Ascension awaits. Peace, joy and self-realization await—you, and everyone else.

Beyond imagination is a world where everyone “gets it.” Did you know that the judgment that others are not ready is one of the main reasons you don't get it? Being unable to imagine life without drama as the main inspiration for growth also holds back many lightworkers. Being unable to imagine lives inspired by creativity, filled with days of peace and gifted with inspired and passionate life trips—many up and close the door on the very fulfillment they have worked for through hundreds of incarnations. So when you simply can't imagine a world like that, relax, surrender and allow your dream to reach beyond imagination. Trust your own inner being to tell you if you are on the wrong track. Realize that the chaos that is rampant in your reality lately can be siphoned into joyous flows of inspiration.

This is truly the time of the great awakening that has been promised by so many prophets and masters across eons of time. And as this time is realized, time will cease to exist, life will continue and humankind will remember the truth of who they are. And, by the way, every great movement needs leaders. Any volunteers? Namasté! ✨

Encounter with a Crystal Skull

The Pleiadian Light and Rosie through Hannah Beaconsfield

I have read references to crystal skulls from time to time, but I really didn't know much about them. I saw a notice about a lecture and an opportunity to interact with one of the best-known skulls, and I decided to attend. The skull was Max, whose caretaker is Joann Parks. Before I attended the lecture, I asked the Pleiadian Light to give me a preview of some of the skull mythology.

A HISTORY OF THE FORM AND FUNCTION OF CRYSTAL SKULLS

The crystal skulls are artifacts that were created on Earth according to ET-channeled designs and programmed by the ETs, either directly or through channeled energies. The skull form represents the humanoid design carried by Earth humans as well as several other world cultures who are linked through similar body types. This form houses the intelligence of the humanoid individual, and the design of the crystal skull is intended to represent that container for the human brain. As such, it symbolizes its functions and capacities. The crystalline container houses computational capacities and a resonating communication transmitter. And, like the brain, the crystal structure can hold a whole world more than these capabilities: The skulls are data banks of information about your origins, your place in the expanded cosmic family and about future developments from an elevated perspective. When you tune into these data banks, you are in a position to tap their data and be altered by their vibrations in terms of growth, healing and enlightenment.

The crystal skulls are similar to crystal balls and other crystal forms that are energy and communication tools on

Earth. In the very beginning of the development of your communications technologies—from the earliest radios to the more recent silicon elements in computers—it has been quartz and other crystals that have acted as communication conductors. The original multifunctional skulls were Earth-made and have been preserved by ancient civilizations predating your recorded history. Crystals and other stones were also shaped to represent other functions. These were used prominently in the Atlantean civilization and before that in the Lemurian inception culture. The use of these tools continues today in many native cultures that still resonate this ancient understanding. They include animal totems and geometric power symbols.

The way the simplicity of form in these tools reflects their nature and function is a very Lemurian aspect. Atlantean technology was more akin to your current level of development; it was complex, multifaceted, and specialized with intricate interconnections. Although different laws of physics supported some of their technology, their development was very intellectually structured, just as yours is. Lemurians, on the other hand, developed a more intuitive interaction with the material world. At its basic level, it was more a matter of consciousness working in harmony with the natural energies of Earth that provided them with their needs and influenced their cultural development. Their culture favored integrative endeavors and could even be guileless in its simplicity. The crystal skull, as an example, despite the complexity of its functions, sends the simple message: This structure can do what a brain can do. The packaging defines the content.

KEY POINTS

- Crystal skulls are data banks of information that radiate an energy of divine love, designed by extraterrestrials to help us through transitional phases in human development.
- Not all of the crystal skulls have yet been revealed, but they can be contacted and interacted with by particularly intuitive individuals. Tuning into the vibrations of these crystal skulls can allow for increased spiritual growth and healing.
- This contact will prepare the way for their ultimate project, which involves enabling world consciousness of extraterrestrial cultures and beings.

MY ENCOUNTER WITH MAX

Before the lecture, Joann Parks was selling small crystal skulls that had been entrained with Max's energy. I bought one and named it Baby Max. The lecture was interesting. I learned a lot about the skull phenomenon, the many different skulls that are known to exist and the effects they have had on people. At the end of the lecture, all members of the audience were invited to place their hands on Max and sense the energies.

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I'm very sensitive to subtle energies, so I was not surprised to be knocked off balance by the experience for a couple of days.

Three days after the encounter, I had a vivid dream. In the dream I had a skull much like Max, but my skull was very clear quartz, tinted pink. In my dream I referred to it as "Rosie Max." I had the skull on display and then put it in the refrigerator, where I apparently kept it. When I woke up, I asked the Pleiadian Light for information about this dream. They said that the pink skull was not a dream variation of Max, but actually another member of the "family" of skulls. These skulls have been programmed with data and vibrational energies to be of service to the Earth on many levels. They will surface and become known on a public level as the Earth progresses and needs the data they carry.

The Pleiadian Light said the pink skull is one that resonates female energy. They wouldn't tell me where she is located or when she will surface, but they did say that a clue to her location was symbolized in the dream by the fact that she was stored in the refrigerator. I assume that means that she is hidden in some frigid area of the world and perhaps multidimensionally—a reference to her energy being nourishing on some level. The Pleiadian Light added that she has already been awakened and can be contacted intuitively, telepathically and by channels.

I channel in automatic writing, and when I finished bringing through this information, I thought I'd stop until I could research and learn more about crystal skulls. My hand, however, took off and wrote in an uncharacteristically large writing style, "This is Rosie."

Message from Rosie: The Skull Project

We are one of the skull family members placed for the purpose of providing information at important points in the Earth's evolution. Our energy has access to all the other skulls and beyond that to the data bank of All That Is. Our form and color, however, filters the source data through a more feminine frequency. We will define our essential being as a data bank of information encased in a shell form that you recognize as a repository on your world for holding and processing data: The skull that holds the human brain. Our form does not, as many seem to think, represent death or force you to confront your mortality, nor does it have any other negative attributes that you associate with skulls. It is the vital representation of a form that absorbs, processes, calculates and releases data.

Our energy is a force of divine love. We spin the crystal skull energy, as it flows through us with the feminine characteristics of nourishment, forgiveness, mercy and the light that guides you home. We have been awakened in our holding space but not brought out to interact with individuals on the Earth plane yet. We can be contacted, and the more intuitives with which we interact, the closer we will come to emerging from our resting place. Our energy is Pleiadian in origin. It was given form through Earth elements, designed to contain information and an energy control cen-



ter with the capacity to generate and project effects and alterations into physical reality. This capacity is activated by the intent and request of one interacting with us.

As an individual skull in the family of skull-shaped energy units on the Earth world, we refer to ourselves in the plural. This is because our family acts as a unit, and the Pleiadian source involved in our programming is also a highly integrated spiritual force. This Pleiadian energy is from what you would consider your future. We, however, are multitemporal and simultaneously outside of time. This paradox gives us access to all your temporal levels: linear (past, present, future), multidimensional, parallel, probable and time-free. Those who work with us and learn how to interact with us can also tap these temporal levels.

HUMANS RECONNECT ORIGINAL DNA TO SOURCE

We wish to speak about the skull project. This project is an aspect of the transformational process of Earth. Part of this transformation of human consciousness is the cultivation of acceptance of otherworld cultures. Prior to the acceptance of ETs on a level of public recognition, more members of the skull family will be activated. The skulls and their extended family of crafted and entrained imitations will help prepare the Earth for some of the changes and reactions that will occur when the presence of ET energy is openly accepted on Earth. The vibrational force of the unified skull energies will have the effect of unifying and balancing Earth's energy and preparing human beings to accept the level of change that open interaction with ETs creates. Making these communications public is a small step for humankind, enabling world consciousness and preparing to take the giant leap into cosmic consciousness.

The mythology of twelve skulls placed around the world with a thirteenth central skull symbolizes the reuniting of the twelve original DNA strands with which Earth humans were seeded and reconnecting them to the One Source—the God Source. The skull family has slept through much of the descent of the Earth species, the times of challenge that were driven by the two-strand DNA pattern. Through much of the last century on Earth, souls have been coming in who have had important life experiences in other world cultures. These other world cultures have been created by

beings with complex, multistrand genetic patterns. These souls have brought their energy in by being born into Earth bodies, walking in or by braiding or blending it in order to assist Earth's transformation. The crystal skull family is an energy gestalt that is playing a similar part in this co-created project that is life on Earth.

Message from the Pleiadian Light: The Healing Skull

As we access Max's programming, we perceive that a strong element of his data bank is dedicated to healing energies. These particular healing energies are couched in a concomitant extension of perceptions and expansion of consciousness. Or perhaps, more correctly, the healing is accomplished through these extensions and expansions.

Max resonates Lemurian energy. The programming of his data bank was a joint project by the ET groups who were the original founders of the Earth world cul-

ture. An important component of the skull-programming process is the downloading of data into the stones using holographic technologies. This secures the information in case of disasters that could damage, even shatter, the skulls over time. In such an event, even the tiniest fragment would still retain all the programming of the whole stone. It is possible for other stones, especially those carved in the skull likeness, to be entrained with the energy of the seminal skulls. This is another means of preserving data. These entrained stones will resonate the same energy as the originals and can be used to access the information and the effects available from working with the original skulls.



*As I began to research more information about crystal skulls, I came across a reference in Jaap van Etten's book, Crystal Skulls, that reported of the appearance of a pink skull that had then disappeared. I wondered if this was a confirmation of Rosie's existence, and I also realized that my investigation into this curious phenomenon is just beginning. **

What Are You Waiting For?

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved one, you have been born into a world that believes in duality and focuses quite often upon the heaviness of what possibly might go wrong and what probably will go wrong—as the world sees it. Your news media is very experienced at bringing you the worst that possibly could be. And sometimes they provide a little bit of good news, so they will not be criticized as being one-sided. But they are primarily interested in bringing you the heavy-weighted material. Now, there is experience going on in the world that is seemingly of tragedy and inhumanity, and it does not take too much looking in order to find it. But there is also the light and lightheartedness if you allow yourself to look for it. It is there.

KEY POINTS

- Your ability to choose how you feel and how you perceive your reality is the true essence of your divine nature.
- "Choose to know goodness, happiness, the appreciation of the blessings in your life and not to be down in the pit."
- As you have been reminded many times, give yourself the gift of patience so that you can recognize the divine order of things.

THE DIVINE POWER OF CHOICE

You can find things in your life that you think could be a bit better, but if you focus upon those, always you will be in a place of wanting to make better. You will be ignoring that which truly is harmonious and good in your life. So focus on the good. Focus on your power—the divine power, the power of choice—for in every moment you have power that no one can take from you. You have the power of choice as to where you will abide. You have the choice as to whether you are going to stay in a place of saying, "Woe is me. Look at all of the challenges I have. Look at all of the possible things that could go wrong." Or you could choose: "Wow, this is really great. Look what I am manifesting for myself."

Your power lies in the power of choice. Everything and every moment is a choice as to how you will feel, how you will perceive things and how you will want things to be in the next moment. You are powerful. The world will say unto you that there is much to be guarded against—much



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that you have to watch out for. But in every moment you have the power of choice, the power to say no to whatever might come to threaten your peace. You have the power to say, “No, I’m not going to stay in the place of heaviness, the place that feels like it is a casket. I’m going to rise up and live this life in the way I would like it to be, even if it seems at first like a fairy tale and I cannot really live it that way.” You can, because a lifetime is made up of choices—one by one. Truly, each choice—when you choose either to be down or you choose to be up—leads to the next choice and makes the next choice easier. So if you keep choosing heaviness and fear, guess what the next choice is going to be. However, if you choose lightness and possible happiness—even if it feels like you are pretending—it is going to be much easier to choose joy in the next moment.

The world at large, the collective, is undergoing a shift in perspective. You have a leader—whom you have chosen—who speaks from the heart and wants to focus upon what can be, not what has been. And so, with the new energy that you brought forth, you as a collective people rose up and demanded change. It is happening. You have now groups of people springing up to focus their light upon the inequities that have been in the old paradigm. Every day you will find news where there can be new energy brought to bear—new light upon situations that have been swept under the carpet for a long, long time.

There is much power that you individually and collectively are taking back. For a long time you felt yourself to be under the thumb of political authorities, religious authorities, philosophical authorities and others who had more of the golden coins. You felt yourself to be under their thumb because they seemingly had more worldly power, and you were not awakened to your own individual power and your own collective power. You are awakening, finally and once again, because truly the awakening happens in a cycle of time. There is a harvesting that happens—the seeds are planted and you go through lifetimes, individually and collectively, where the seeds germinate and there is new thinking.

So you have harvested-ascended. I use the word harvested in the same way as ascension—you have taken what you have experienced in lifetimes and, as you have understood those lifetimes, you have moved to a higher vibration. This higher vibration involves a higher understanding of yourself, who you are, who others are and why things are happening.

YOU ARE YOUR OWN SAVIOR

Now, you have had it foretold that in a certain number of years—very few now, in a certain time called 2012—there is going to be another harvesting, another age of enlightenment, another time of peace and harmony when all is good upon the Earth. This will be true for some. It will be true for those who know that plan in their soul. Others will still be working through their issues because that is what they have decreed they will experience. And others will be somewhere in between. My question to you now:

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What are you waiting for? Why are you waiting for 2012? Why not have it on the morrow? If you have it in your conscious plan to know peace and love and to project that vision, why wait? If you have an idea of what you want to see manifested, why wait? Are you waiting for a savior to come and make everything right? Well, the savior is already here. You are your own savior.

I am not going to come down—as has been foretold in some of your religious and philosophical teachings—in a chariot of white light and say, “You and you and you and you, come with me. The rest of you have more work to do.” It is not going to happen that way. You are your own savior as you make the choice to be your own savior, as you make the choice to say, “Wow, I’m much more than I ever thought I was. I thought I was just human.” Well, that is part of you and it is a blessed part of you, the human experience, but it is not all of who you are. You can wait if you want to. But why wait? Why not 2009, 2010, right now? What are you waiting for?

Are you waiting until all of the collective gets its act together? Well, that may take a little longer. It may take quite a bit longer because there are still ones who want a human experience. They want to know completion with every nuance of the human experience, and that may take them some more lifetimes. But does that mean you have to hang around and suffer with them? If you go down in the pit with them and play their game, where are you at that point? You are down in the pit. Does that help them rise up? No. It only adds more credence to what they have thought to be true: Life is meant to be suffering. Better you stay out of the pit, and if they choose to be in the pit for awhile or they choose to play games, let them play their games. What is that to you?

Choose thou where you will be. Choose thou me. There is a quotation in your scriptures that reads something like that, which means to choose to know your divine nature—the Christ. Choose to know goodness, happiness, the appreciation of the blessings in your life and not to be down in the pit. If you do find yourself falling into the pit once in a while, you have your divine ladder; climb out of the pit. What are you waiting for? “Well, I don’t have enough of the golden coins,” you might say. “I have this vision of what I want to do. I have a trip I would love to take to a foreign land to see if

there are brothers and sisters there who are of like mind, but I don't have the golden coins for that." And you never will if you are going to focus on the lack. Start with what you have and start putting it away—it is called saving. As you put the focus upon what you have, it multiplies.

ARE YOU WAITING FOR PERMISSION?

You might be saying to yourself, "Well, I'm not as young as I used to be. I don't think I can actually do this project. Maybe ten years ago I could have, but now I think it has passed me by." As long as you take breath into the body, you can do anything you want to do, no matter how many years the calendar says you have had. As long as you are breathing, you can do or accomplish whatever you are desiring. You might still be saying, "I'm not going to be able to go back to school and learn a new trade. The world wouldn't allow me into a school because I'm too old or I don't have the right qualifications." How about using your wonderful technology for online courses and the networking of the Internet? "Well, I can't do it because my family wouldn't like it if I did this. They wouldn't understand, and they would criticize me," you might say. What is that to you? Oftentimes you choose your biological family in order to sandpaper some of the rough edges off of yourself. You have wondered sometimes, "Why did I choose to be born into a family that doesn't understand me? I feel much more in a family when I'm with ones of like mind."

You often choose your biological family for the sandpapering. This is so you can look at them and you can say, "Thanks; you did a really good job of sandpapering. I didn't realize I had that rough spot, but you've really polished it. Sometimes it hurt, but now it's been polished, and now I have found my true family—the ones of like mind, the ones I can rejoice with." So what are you waiting for? Are you waiting for someone else to give you permission? Well, I am going to take that excuse away from you. I give you permission as of right now to do whatever you have hoped, dreamed and wanted to do in this lifetime. I give you permission to feel free to choose happiness, to feel free to create that which is pleasant. I give you permission.

Whatever you want to do, follow the inner guidance. That is truly your strength—the power of choice to follow your inner guidance. If something does not feel right for you, it is 99 percent of the time due to timing. It is not that the dream, the hope or the vision is wrong, but it has to do with timing. So as I have said many, many times to you, "Patience." Cultivate the strength of patience. Know that all is in your divine order. Everything is unfolding for the best. If you have felt that you have been held back from doing something, allow yourself to understand the gift of timing. You have built the gift of time in this reality, as a nuisance sometimes, but also as a safety net. So listen to your inner guidance and ask of yourself, "What am I waiting for?" It may be timing. Use a bit of common sense along with the impulsiveness of creativity to fashion for yourself the very best outcome.

What are you waiting for? Be clear about what you are waiting for. Maybe what you are waiting for is staying in the future because there is yet something you want to complete where you are now. Sometimes what you are waiting for is the timing. One of the most difficult challenges is to have a vision—to want to get on with it, to know the creativity, to know you have the power to do it—and then acquiesce to the higher self of timing and be patient and trust. But while you are waiting and while you are trusting, start working with positive attitudes; start putting aside some of the savings, and start changing your thinking so that when the timing is right, you can move ahead quickly.

Sometimes there is disappointment because the vision or situation does not come as quickly as you would like it to. Sometimes you look back over the years and you say, "Well, all those ideas I had a decade ago, two decades ago, well they were great ideas, but they didn't happen." It does not mean that they are not going to happen. The important thing is to know patience, to know trust and to begin as if you were going to move right into that vision on the morrow. Get the energy amped up so that when the timing is right, you and anyone who may be working with you will be ready to move quickly ahead and manifest.

There is a divine timing about everything, and that is very challenging in world issues—in the reality of the world—because you have to be in concert with others pulling the cart up the mountainside. In truth, you are. There is an evolutionary shift that is taking place, and you are all pulling the cart up the mountainside together, even though it may look like many are pulling it backward. In truth, you are making progress with it. In truth, the shift has already become visible. You can see some of the changes that are happening, including more respect for all living beings. So take heart from what you can see, and then trust that what is unseen is unfolding as it must in the divine plan.

That is why I have spoken to you so often about being the beholder, about being able to step back from whatever seems so close to you so you can see the big picture. Watch the drama, watch the choices and see how everything does work together for the atonement—the realization of at-onement. Every moment you have choice. Make your choices with awareness. Make your choice with trust and patience if the timing does not seem quite right. Follow the inner promptings you have because they come from yourself.



Nothing is ever done by chance; it is all by divine plan. So ask of yourself, "What am I waiting for? Is it for someone else to tell me to go ahead? Or am I waiting because my inner guidance tells me that I should wait?" Listen to what it is telling you. Amp up the energy. Believe. Trust. Have patience as you keep the vision alive. No vision, dream or idea comes to you without purpose. And if you cannot do *a*, *b* or *c* right now, then do *d*, *e* and *f* while you are waiting. Above all, make your waiting pleasant, awakened, happy, excited and trusting. So be it. *

Becoming Your Authentic Self

Archangel Michael through Ronna Herman

Beloved masters, the great drama of the present era is swiftly coming to a close. Every soul on Earth is in the midst of a major transformation process regardless of whether they are aware of it or not. The precious souls who are still stuck in the limitations of the third- and fourth-dimensional illusion are having a difficult time maintaining the status quo. Those who are caught up in a poverty-consciousness reality find that it is more difficult than ever to create abundance; and for many, even their limited source of income has diminished or disappeared. Relationships are suffering as ego-driven conflicts become more intense and frequent. Self-doubt and dissatisfaction with life are rampant as the light of creation bombards the mass consciousness belief paradigm of fear, bigotry, greed, judgment, limitation and lack of confidence or a distorted sense of self-worth.

As your old world fades away into the past, your new reality keeps expanding, for it includes a greater awareness of the workings of the universe, an elaborate sense of who you have been in the past and a vision of the vast potential for the future. Those of you who are firmly on the path of ascension are being asked to examine any residual negative thought forms of the past as well as any impacted energy that is keeping you from incorporating the maximum amount of Creator light. Ascension is an ever-unfolding process of refinement and expansion. You observe, discern, release or absorb, integrate and then radiate the vibrational patterns of the higher concepts and truths that have been made available to you. With each higher energy infusion, your energetic signature is modified and fine-tuned so that you are projecting out into your

force field and the world the refined frequencies of light that you have claimed as your own.

PYRAMIDS OF LIGHT

Beloveds, you are aware that there are monumental changes occurring within you and all around you. You are being given many opportunities and challenges to realign yourself with your fifth-dimensional self. Yes, you have at least one God spark, and likely multiple sparks of your God-self, in each of the many dimensions and sub-dimensions. When you fragmented into smaller and smaller sparks of your divine self and went forth to fulfill the command from our Father/Mother God, a universal design was created so that you would have a pathway back into the rarified realms of this universe. Pyramids of light, or way stations, were placed throughout the universe in every level of creation. We have spoken of the pyramids of light for several years now; however, many of you still do not understand how important they are in the process of ascension.

We have asked you to visit often the world pyramid of light in the higher fifth dimension and to share your Creator love and light with the world and humanity. It is a most wondrous gift to state your intention by saying, "I ask for the greatest good for the Earth, humanity and all creation," as you breathe in the gift of life, adamant particles, activate them with your unconditional love and breathe them forth via the Infinity Breath out into the world. You must always take what you require first and share the balance with others if you wish to establish a never-ending supply of Creator energy flowing into and from you. By doing so, you truly will become a pillar and a sentinel of light. When you visit your work or personal pyramid, it speeds up the process of manifesting your visions, helps you to quickly resolve imbalanced issues and to release or rectify outmoded agreements with others. However, one of the greatest benefits is that each time you return from a visit to your fifth-dimensional pyramids of light, you will bring

KEY POINTS

- Ascension is an ever-unfolding process of refinement and expansion. Be aware of the challenges facing you in this process and be willing to work out old, negative thought processes.
- Visit your pyramid of light to connect to your fifth-dimensional energy. Visiting your pyramid helps you manifest your visions and resolve imbalances.
- The beginning of the awakening and ascension process has enabled you to access your eighth chakra, the soul star chakra. The soul star regulates the inflow of Creator light into your human body.

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down a portion of fifth-dimensional frequencies with you into your earthly surroundings. You are becoming acclimated to a fifth-dimensional environment, beloveds.

We have spoken often of your Adam/Eve Kadmon lightbody, the perfect lightbody—the human blueprint—which was created by our Father/Mother God and the Elohim in the Great Central Sun of this universe. Our Father/Mother God's divine plan for this universe contains a never-ending variety of forms and expression, and the Kadmon lightbody is the essence of your spirit form, which is your natural state of being. Your God-self consists of pure God light in a multitude of vibrant colors, geometric shapes and sound frequencies. Your spiritual nature is attuned to the rhythm and vibrational patterns of the highest level of God consciousness in this universe. Before your journey out into the worlds of form, you were in perfect harmony with the universal laws and the will of our Father/Mother God. You could have chosen to follow the path of the angelic or other kingdoms; however, as curious and eager souls, you chose the path of creation and thus began your adventures into the unknown. Have we not called you brave and bold souls, you who answered the clarion call to journey forth into the void as members of our legions of light?

BE PATIENT AND WILLING TO WORK

Your human nature has developed over time, for it has been greatly influenced by your tremendous variety of life experiences and by those around you. Your human nature should be in a constant state of change as you grow in experience and wisdom. However, many dear souls become rigid and structured in their beliefs and, therefore, their human nature stagnates and they become close-minded. Many times the human nature becomes imbalanced as a soul defers various lessons or experiences—such as incarnating in a female or a male body most of the time, until the time comes when they must choose the vessel in which they are the least comfortable in order to attempt to attain mental and emotional balance and also a balance in masculine and feminine traits. There can be an over-emphasis on mental abilities as well as an overactive emotional nature. These imbalanced traits have caused much of the pain and suffering in the world today because so many misguided souls have denied an intrinsic part of themselves.

Just because you are in spirit form does not mean that you will always make the wisest decisions. Remember, you can only return to the dimensional level with which your soul song is in harmony and attuned to. Upon leaving the Earthly plane, you do not automatically become a wise soul who knows what is best. That is why you have guides, teachers and a council who help you decide your path and what your next Earthly, galactic or universal experience will be. Even in the heavenly realms you do not always take the advice given to you, by which to make the best choices.

In each incarnation you are given an opportunity to awaken to your soul-self. If you listen to the nudgings of Spirit, there comes the battle between the ego and the

soul-self. This can be the longest trial, depending on how much energy you have allotted to the ego down through the ages, and how willing you are to patiently work through the process of healing and clearing past negative thought-patterns. These damaging thought patterns infiltrate the mental and emotional bodies and begin to distort the auric field until ultimately a prison of negativity is formed around the physical body that can create a living hell. You do not have to change places to experience heaven or hell. You can experience either reality by raising or lowering your vibrational patterns.

Beloveds, you are in the midst of the most dramatic process of evolution and ascension that humanity has ever experienced. This process is affecting the entire universe; however, we are committed to assisting you to take advantage of this wondrous opportunity to return to your true state of being, your authentic self, as a beloved emissary of our Father/Mother God.

SOUL STAR CHAKRA: GATEWAY TO HIGHER DIMENSIONS

In our last message to you entitled “Opening the Seven Seals of God Consciousness” [in the September 2009 issue of *Sedona Journal of Emergence!*] the soul star chakra was mentioned. It has come to our attention that many of you are not familiar with the soul star chakra; therefore, we will give you an explanation so that you will understand the importance of this facet of your physical vessel chakra system.

As you bring your chakra centers—the seven major energy centers in the physical body—into balance, you develop what is called your “solar power center,” which consists of the heart, soul, thymus gland and throat. You have an etheric sacred heart that resides in the center of the body at about the same level as the physical heart, but more to the back of the body, closer to the spinal column. Your soul resides within the sacred heart along with your diamond core God cell. After the “fall” in consciousness, much of the essence of your soul withdrew from the body into what has been termed the “soul star,” six to eight inches above the head. When you began to awaken and were striving to lift your consciousness once more, you had what is called a “soul merge,” whereby the essence of the soul gradually descends into the sacred heart center and takes up residency within the physical vessel once more. This is the beginning of the awakening ascension process. The eighth chakra is the gateway to the higher dimensions. As the seven major chakras begin to spin in harmony, the sacred fire, composed of adamantine particles, flows up the etheric column—often called the rod of power—which connects the chakra system to the soul star. This allows the gradual reunification between the multiple facets of the oversoul with the human physical vessel. The soul star is actually a star tetrahedron that regulates the inflow of Creator light into the human body.

Dear hearts, it is time for you as ascending spiritual human beings to always endeavor to make the highest

choices. Be an observer but not a participant of the multiple dramas that are occurring daily in your world. One of the most damaging habits that you must diligently strive to rectify is judgment of others. You are to make your choices after thoughtful deliberation and then claim the truth that is revealed to you. You must then live that truth to the best of your ability. Most everyone will have some preferences, or make some choices that do not agree with your beliefs, but this is as it should be. We have told you that there are many levels of truth and many paths that lead to the same destination. A master does not judge, but quietly lives his or her truth while allowing all others to do the same. This does not mean that you are not to set boundaries or state your preferences when the need arises. However, it does mean that you walk the middle path with Spirit as your guide and love as your overlay. By doing so, you will radiate peace and harmony, and you will shine your light wherever you go. We of the realms of light are most pleased with your progress. Join us in the world pyra-

mid of light and we will convey a special blessing to you from our Father/Mother God. I am with you always. I am Archangel Michael.



Dear friends, I wish to make a correction on last month's message, "Opening the Seven Seals of God Consciousness." On the final chakra meditation, the soul star chakra, you should tone "Aum," which is the cosmic creative vibration or the sound of creation. Sound connects you to your higher states of consciousness as well as to your deep inner self. Bringing the two facets of yourself together results in a mystical state of consciousness.

Correction to page 30 in the September 2009 issue of *Sedona Journal of Emergence!* :

Breathe deeply. As you tone Aum, envision the column of light that connects you to your God-self, your I Am presence, growing wider and wider until it forms a lotus blossom crown on your head. *

Shine Your Light: Candle from the Fire of God

The group through Steve Rother

Dear ones, you have traveled the universe to gain certain attributes that you would always bring to the table wherever you were. Whatever you had to do, you would bring these attributes with you. You are carrying these different pieces of home with you throughout many incarnations—not just on Earth, but

throughout the universe in the different places where you have played your games. Now it is becoming critical that you tap into these attributes once again. It is becoming more important, not only for you, but also for the world around you.

LIKE A BOAT ON THE OCEAN

Let us explain. It is very simple to see that you are becoming empowered as a society once again. We say that because there have been empowered societies that have worked quite well on planet Earth in previous times. One of the most successful examples of these societies can be seen in the way things worked without rules in the days of Lemuria. How did it work? How can it be that everyone understood and that everyone took responsibility? In those days it was very simple: You viewed yourself as a boat on the ocean, and you could do anything you wanted as long as you were aware of and



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KEY POINTS

- The group honors our travels throughout the universe as universal beings of light, reminding us of what it was to be an empowered person in an empowered society.
- Living an empowered life is like being a boat on the water: You have unlimited potential to use your own power, but you still take responsibility for the wake you leave behind you on the water.
- Once we are accustomed to using our power with responsibility, we will learn to use this same wake in a positive way, empowering others around us to create the path of least resistance.
- This transformation is happening today, and the group urges us to reveal the light we have brought with us from home, shining it openly and freely in order to step into a more empowered lifestyle.

responsible for everything your wake did behind you. If you got going too fast, turned and created a wake that ended up affecting other boats, you would automatically take responsibility for whatever damage your path caused. This outlook made you aware that you had an energy field around you. We call this “making space for the other gods.”

When this connection happens, it naturally creates the path of least resistance toward whatever goal it is aimed at. When you acclimate to this awareness, you become hyper-aware of the overall energy fields and how they are interrelated. This can be used in very positive ways. It can be said that you learned to control the waves and wakes to create something positive in your reality. Up to this point in your evolution, there have been very few empowered societies where you could use this knowledge consciously on a daily basis. But with what is now happening on Earth, it is possible for the first time for you to lead more fully empowered lives than you ever have before. This means that you have the ability to empower the people around you as well as to step into your own empowerment.

There are difficulties with these roles, for humans are not accustomed to this kind of responsibility. You are accustomed to hiring leaders and bringing in people to take care of things for you; as long as you followed the rules, you did not have to worry about what your wake or energy field may have caused as it went behind you. That structure is beginning to change, and it presents a new opportunity for each one of you. That is what we wish to speak of this day, because it is very important that you see yourselves the way that we see you evolving right now.

PARTICIPANT OR OBSERVER?

Let us say there was a time that you knew you were going to come into planet Earth. You were busy planning this stage, planning this life. You chose the right parents and the right sister or brother to learn the lessons that you needed to learn. You set up these opportunities and scripts for yourself. Then you came in and worked through them as each lesson appeared, yet not once did you realize that you could change at any moment. That, however, is what is starting to take place now. You are beginning to understand that not only can you change your life drastically, but you can empower those around you to make your own path the one of least resistance. Whether that path is expressed in business, religion, spirituality or in daily life makes no difference. The challenge is that you wanted to come here and bring something special from home.

You wanted to be a participant, not an observer, for most of you have been teachers and healers over and over throughout your lifetimes on planet Earth. Many of you would not be here if you did not have a role to play in the shifting of humanity on a large scale toward the direction of light. Many of you are here now to watch the critical mass be reached, as the inevitable opening between dimensions allows you to finally see some of the results of your own earlier work in all segments of humanity. It will acti-

vate the next level of personal power. The use of this new power is very magical and yet very delicate. It has two sides: You can be cut by one side and served well by the other at the very same time. So you still need to find your balance within the new energy.

LIGHTING YOUR CANDLE FROM THE FIRE OF GOD

Here is the biggest piece of the puzzle that we can tell you: You carry a special light from home. It is yours and nobody else can carry this for you. You dared to walk up and light your candle from the fire of god. Then you brought it to Earth and have been so worried about that candle blowing out in the harshness of Earth’s turbulence, worried about too many people seeing that candle and what they thought, so you learned to hide the brightest part of your light. You hid it so well that you could not even see it yourself. Now all of humanity is reaching a level at which you are starting to re-member that you each hold a part of god within you. To create empowered societies, each one of you must now offer his or her candle for the good of all.

You have something very special to give. So you ask, “How do I do it? I did not study this. I did no preparation for this,” when suddenly there is a stirring deep within your heart—that is all you need to set this creation into motion. The details were well hidden by your own design. Now it is time to re-member, and it starts with having that feeling. That is all that is necessary, because everything else will come back to you. You will re-member the times that you have done it before, and all of the information you have collected throughout the universe is yours the moment you start creating a spot for it to return. Set the intention to fulfill your purpose, and everything else will start falling into place around you.

This does not always mean that you have to spend every second of every day focused on your purpose, but the more you can reveal with your light, the more you can share that light with other people, and the more comfortable you will be. Allowing more of your light within the body will also cause a natural increase of sexual energy in the physical body. The physical changes have already begun. You are not only gaining connections in the pineal gland and the parts of the brain that are starting to receive these signals, but through every other organ as well. Your bodies are starting to evolve at a very rapid rate now. The rewiring of the physical human is happening on an energetic level and on a physical level. It is very exciting, because it opens the door for you.

MAKING SPACE FOR YOUR LIGHT IN YOUR WORLD

We also tell you there are several parts that are going to be more difficult for you now, with the biggest one being that there will be no more hiding. Your light is becoming too bright to hide, which is a good thing. You came in with an incredible sensitivity, and the first thing you did was hold your light out to the world. You felt the effect of the light, took responsibility for it and pulled your light back. Yet your

QUANTUM HEALING WORKSHOP

OCTOBER 23RD, 24TH, 25TH, 2009



DELL MORRIS, THE COWBOY HEALER

Dell Morris has used his healing abilities to help many people profoundly change their lives. He specializes in Emotional Releasing, Health and Wellness Intuition, and Spiritual Growth. This workshop will address all levels of Quantum Healing: change your DNA, heal body systems and permanently remove negative core beliefs, energy blocks and negative emotions through your Higher Self. You will obtain powerful tools for self-transformation, a deeper sense of well-being, emotional stability, balance, and empowerment needed to attract positive changes into your life. Dell can lead you to your Higher Self (ascension) and help you make the final connection. This workshop includes an in-person healing session with Dell and an Advanced Healer.

Contact: Chari Grenfell at 541-593-6751 or email grenfell@bendbroadband.com

You will learn how to:

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- Activate universal love in yourself.
- Manifest a life you desire.

responsibility is to share the light; you are not responsible for how the light is perceived by others. Your candle from home is intended to lighten your heart, sharing your truth. It does not necessarily need to fit in every other truth anymore, because that is not the important piece. As you step forward, it will require balancing your own ego as well. You used to be able to hide behind a large group of people that you were a part of in order to be a part of something creative. Now, even if you are with a large group of people, the energy will be more focused on the individual and how that individual acts and reacts within that group of people. This will be the difference between what we have experienced on Earth up to this point and what you will now see as empowered humans create their lives on a conscious, daily basis.

So do not be fearful of your light. Know that it is not possible to blow that light out, even if you take it out on the windiest of days. That candle will shine within you for eternity, throughout infinity. It is your spark of god. Find whatever this is, look for it now. Focus more on the individual—not only on yourselves, but on your children as well. Look around and help to empower the people where you work, in your family and everyone with whom you come in contact. Now you can take the next step together. Yes, some of you have always been the leaders, and some of you have always been holding the door open saying, “Come on. You can make it! We can all go.” Sometimes you will not be trusted, because you have been saying that for so long, but it does not make any difference. When you step in that direction now, it is no longer about you holding the door open for anyone else: It is about you stepping through the door yourself. It is about you daring to stand out there and say, “This is who I am. This is what I have. Judge me one way or another, it makes no difference. I am on my path, following my life’s purpose. And so it is.” That is what is taking place right now.

LET YOUR LIGHT SHINE

It is also going to mean shifting your own view of yourself a little. That has caused you great problems, especially among the teachers and healers in these rooms [or read-

ing from the *Sedona Journal of Emergence!*]. You see how that light affects other people, and right away you have a tendency to pull it back a bit because of the glare from the light. That is not your responsibility. Your responsibility is to share your light in whatever way you comfortably can. That also means balancing your ego. Everyone is afraid of what happens when your ego becomes too inflated, because when that happens, you cut yourself off from your source. It is easy for the deflated balloon to fall very rapidly and cause those problems, but that is not our concern for you here in these rooms. Our concern is for those of you who have too low of an ego, for those who will not stand up and say, “I have a candle of my own. I have something to share here.” Every person loses—including us—when you do not share your light from home.

Technology is changing very rapidly in many ways. Books will probably be with you for some time, because you have such a love affair with the paper. Find ways of sharing and spreading this light, making it available to the people around you. Find ways of not only taking responsibility for your boat, your life and your direction, but also for the wake that it causes. Find ways of using that wake in a positive way and you will create an empowered energy field all around you. All it takes is consciousness and asking the question: “How can I do this?” We hope that this day we have not given you answers but have helped you clarify your questions because you already hold the answers. You have struggled many times to see yourself, not only on this planet, but throughout the universe. Dear ones, if only you could see yourself in the way we see you, you would never doubt yourselves again. You would never hide that light in any way, shape or form. We hope that through our eyes, you can see even a quick glimpse of your own greatness.



It is with true honor that we address you, the master teachers of planet Earth. We ask you to re-member only three things: Treat each other with the greatest respect. Nurture one another. Know that you are playing a beautiful game and try to play well together. Espavo. *

Spiritual Expansion into Divine Frequencies

Galactic Frequency Council through Catherine Richardson

Hello, we are the Galactic Frequency Council. We come to you from a dimension not yet discovered by your scientists, a place deeper than consciousness, deeper than biology, deeper than the fabric of the material and physical world you inhabit: a place within you. We are part of the fabric of your existence, the fabric of the matrix of light and energy that connects and enlivens All That Is. We are figments of your imagination and as real as you choose us to be within the third dimension. Who are we? We are a group of entities and energies who work together to assist with spiritual expansion on all levels—levels tinier than the cellular and levels vaster than this universe alone. Yes, there are other universes within this universe as well as other universes outside of this one. Our universe is even within another universe—infinity within infinity. This idea is hard to grasp on a rational level, but easy to feel within your heart center.

We are extremely pleased to be communicating with you today. We have negotiated through space and time to reach you and, in your own way, you have done the same. We are very excited to be here, because we have a lot of pivotal information to share with you about your future, your hopes, your endeavors and your souls. Please join us in this mutual journey of self-evolvement and self-realization. Self-discovery is the ultimate goal, for in discovering yourself, you discover the universe itself. See what makes you tick and see the structure of the universe.

INHABITING DIVINE CONSCIOUSNESS

So why are you here, in this universe? You are actually here by your own choice, for the advantages of this universe are that it is an expanding one, rife with creative power and hot energy. It is a tumultuous and exciting place to be. Out if its instability comes enormous potential for spiritual expansion and a calling for creation of the highest order, the re-creation of God within ourselves. For we are not merely sparks, little offshoots of divine consciousness. We are divine consciousness, all of us—you, us, your neighbors and even your enemies.

Spiritual expansion is about expanding yourself outward in order to inhabit and embody this divine consciousness in its totality. It's about becoming the ocean, and not just being a single drop of water within it. It not only involves connecting and communicating with other drops of water, but uniting with them to form one being, one mighty

KEY POINTS

- The goal of spiritual expansion is to expand ourselves outward, inhabiting divine consciousness in its totality.
- Every soul has a frequency, and as we expand, we receive more conscious control of our frequency dynamics.
- Expanded frequencies also allow for a broader range of choices for the soul, since the soul itself can assume a greater number of formations.
- Divine frequency is reached when our frequencies are aligned with the divine unified awareness that we are all one.

ocean, and allowing this entire consciousness within your single drop—in other words, embodying God and divine consciousness within your own mind, body and spirit. To experience spiritual expansion is to literally open up your energy. When water is heated, its molecules move farther and farther apart and vibrate at a higher rate. This is what happens with the expansion of the soul. It becomes larger, lighter and moves more quickly. It easily adapts and adjusts itself. It can allow other energies to flow in and flow out, permeating other fields of energy with much greater ease. It can move at the speed of light, more quickly than a synapse can fire in your brain.

FREQUENCIES OF THE SOUL

Everyone—every soul—has a frequency, but no soul has just one frequency. Every frequency is not unique, which is how we are able to have shared, conscious experiences. What determines one's frequencies is incredibly complex. As we expand, we have more and more conscious control of our frequency dynamics. By dynamics, we mean the ever-present interplay among frequencies and between frequencies and

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other formations of energy. Frequencies emanate from one source. This source is within each soul, yet there is only one source. There are structures throughout the universe that transmit frequencies. We call these “space stations.” These structures are within you as well. The Galactic Frequency Council is able to access these stations at all times. We can help you to adjust them as needed.

The space station is actually a parabolic structure found in your heart center. There is usually also a conical structure right above the top of your head. You may become aware of it right now as we are talking about it. This conical structure develops more and more as you expand. It is through this structure that more conscious frequency attunements are accomplished. The space station for the entire planet is located within the actual planet, for the planet, too, has a heart center. A conical structure is developing just outside of Earth’s energy field. This structure can serve to facilitate conscious planetary frequency adjustments. It is not yet fully functional. Your intention is what forms and maintains it.

There is a mathematical formula for each particular frequency. The basis of this formula is a quadratic equation. Mathematicians and physicists are working on it in their theorems for string theory, but they have a long way to go. They are not yet consciously aware of all the variables needed in these equations. We have provided a great deal of information to those working in this field. These souls have done a great deal of wonderful work, and we have enjoyed our work with them.

DIVINE FREQUENCIES

So what makes a frequency divine? That is very simple: A frequency is a divine frequency if it emanates from an awareness of one’s godhood. It is not a matter of degree. Frequencies are either divine or they are not. A divine frequency has its own awareness of its divinity and a sort of intelligence of its own. You are ultimately its master, but it is not only a tool for you. It is a part of your soul. Frequencies are always changing, as is the universe—as are you.

There are other types of frequencies as well—frequencies of sound, light, spectra of color and many, many more. Some of these may be divine, and some may not; some are dense frequencies that lack awareness. As a soul evolves, it becomes more adept at recognizing and adjusting to frequencies and, in turn, at adjusting its own frequencies. A soul may choose to forget how to do this in order to learn again from a slightly different perspective.

Are there people on Earth today whose frequencies are completely divine? That is not a simple question, since all sorts of energies move through us. There are certainly humans today whose frequencies are aligned with the divine unified awareness that we are all one. By aligned, we mean that the frequencies of these humans are able to easily and fluidly combine with the specific frequencies of divine unified awareness. Divine unified awareness is one of the high-

est frequencies of the universe. It is a challenging frequency to maintain while in human form, but as more humans are doing it, their human forms are changing and adapting in such a way as to easily maintain this frequency. This, in turn, helps to further enhance the conical structure of Earth, the one just outside of its energy field.

CHOOSING YOUR FREQUENCY

What does this mean for you in your life? Denser frequencies generally involve much less choice; they are usually accompanied by what you might think of as the more negative emotions: sadness, hatred, fear, envy and self-loathing, for example. As you expand, you will find that it is easier to move from these states of experience into other states of experience—ones associated with more positive emotions, such as joy, happiness, rapture and love. While you may move back into the more negative emotions again, you will find it easier to return to the frequencies of the lighter emotions. And they are lighter, they are less dense, and they allow for more frequencies of light, or light waves, to penetrate—just as sunlight more easily penetrates feathers than it does rocks.

Frequencies of light bring in special energy. Light frequencies can innervate and update the frequency dynamics of the soul. They are also wonderful tools for healing. Likewise, the ability of the soul to move at the speed of light enables it to more easily communicate with other souls and to have greater access to energy forms and fields. This means more access to information, creating the opportunity to make more informed choices. It also allows for a broader range of choices for the soul, since the soul itself can assume a greater number of formations. It’s like comparing the choices of a tortoise to those of a bird. Which would you rather be? It’s up to you.

Again, many choose not to expand. They choose to work with dense energies for long periods of time. They may or may not choose to expand eventually, but they will continue to evolve, and their choices will continue to have an effect on the entire universe. If you are reading this message, you are probably choosing spiritual expansion. There is no judgment from us on this subject, as there is no judgment from us regarding any choice made by anyone. It is all part of the beauty and wonder of our divine, shared existence.

Spiritual expansion begins when you set your intent to experience it. Once you truly set your intent, you will find that helpful information and supportive energies will flow your way. If you would like to participate in this process, simply set your intent to do so. We stand by, ready to assist you in a number of ways and can connect with you on many levels in order to provide instruction, guidance and support for spiritual expansion. Just call on us, and we will be there in unexpected ways. Many of you have no idea how much support you have around you at all times. We are waiting for your call. Namaste. ✨

Moving through the Dimensional Shift

The guardians through the Saga-Oracle

Greetings, seekers. Let us talk to you about how to maneuver the forthcoming—or rather we should say current—situation of shifting from the third to the fifth dimension. The situation of this shift is behind most of the acting out and the physical and mental challenges that meet and greet you at this time.

THE HELIX OF TIME

First allow us to give you a brief breakdown on how the dimensions work from our perspective. Please understand that the same situation can be explained in any number of ways, depending on the perspective of those relating the situation. Fundamentally minded people might translate this to their thinking modality, but then probably they would not be reading this message because they would be afraid of its source. We assure you that the God that created All That Is has many ways to communicate, but you know this already, so let us continue. First, for those who do not know us, we are innerdimensional beings because we act as guardians. But when we are within dimension, we are of the ninth dimension.

Why are we helping you? Because once you have transcended a dimension, there are those asked to help others make similar transitions. What you do affects us. If you do not make a transition, it affects all creation and you have no idea how expansive that is. But we don't help you because we fear this effect, rather we help you because we love you. Keep that in mind. Soon you will help others in their realms.

From our perspective, the best illustration of dimensions is much like the Maya example in that dimensions are pyramidal in form, or at least the experiencing dimensions are. Now we have posed another question, have we not?

KEY POINTS

- The even dimensions are spaces where transition takes place; the odd dimensions are spaces where experience takes place.
- Right now the apex of the pyramid time is compressed and passes quickly, creating opportunities to learn and grow.
- The fifth dimension will be ruled by water and electricity—a time of clouds—and the Christ consciousness is coming in a time of clouds.

Because you perceive order and progress within a numerical system, you can better understand dimensions—places where consciousness interacts in terms of numbers. The even dimensions are transition places, and the odd dimensions are places of experience. However, in the case of the first dimension, the pyramid was so shallow that it appears flat and dimensionless.

If inspected under a great divine microscope, one would see that it was indeed brimming with life and that the supposed flatness was full of the ideas of the prime Creator, taking root in the fertile ground of possibility. It was like a freshly plowed field in which the farmer was preparing and then seeding his or her intentions. At that point the second dimensional plane became where the seeds of possibility met with those who act as guides from higher planes—who have agreed to help the emerging consciousness on its journey up the helix of dimensions. These guides and guardians help the seeds find their form and plan their emergence, which happened in the first stages of the third dimension.

There are many playing fields, or places of experience, and the beginnings of these places and spaces are very much the same in essence. But the beginning of the beginning is much more complicated to explain, and as you traverse ever upward through the dimensional helix, you will better understand that concept.

SEVEN DAYS AND SIX NIGHTS

But for now let us address the third, fourth, fifth and sixth dimensions since those directly affect you at this time and space—in this place we call Tara, and you call Mother Earth. The Mayans divided the third-dimensional pyramid into steps, each representing an age. There was first the age of creation of the space and place, then the ages when that space became an arena for the other forms of creation to gain awareness through physicality and so forth. There are so many ways of perceiving these steps, but what we want you to understand is the Mayans were insightful with the pyramid shape as it is broad and then narrows to a point. Each step is divided into thirteen segments of



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seven days and six nights [see Fig. 1]. This is not as uneven as you might expect because the thirteen components pivot on the center segment, and it is in essence both day and night. That is why the number thirteen has been so important in your experience. Because your system is based on twelve components pivoting on a thirteenth point, a perfect balance can be achieved. Balance is the key to your evolution. Keep that in mind, but let us return to the diagram of the third dimension.

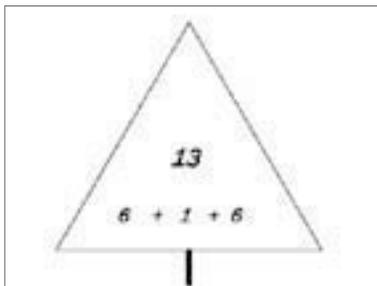


Fig. 1: At mid-point (the pivot point), positive and negative forces test balance and then move on to perfect it and make it constant within the experience.

Each age or step has a constant thirteen segments—days and nights. At the beginning of the third dimension, time seemed expanded and it was. Your historical book, the Bible, talks about creation in six days, and then on the seventh, God rested. What it is talking about is that there were three days on each side of the age in which God’s imagination, ideas and intentions manifested. And they pivoted on the seventh day, which was not linear, but rather smack in the middle of the whole thing. What may not be clear to you, however, is that this prime Creator had three times manifested divine intentions, followed by three nights in which there was an evolutionary process going on. After each day/night cycle of this—six days—there was a day of balance, or a day to see how the components played on the new playing field. When that was deemed good—God—enough, then it was followed by another two day/night cycles in which the creation was perfected and completed. Once that is accomplished, there then is a step up to the next level of experiencing into a new age within the dimension and so forth.

Right now you are at the apex of the pyramid. We call this the time of quickening because time is compressed and passes so quickly that you all feel a bit dizzy and disoriented—opportunities to learn and grow rapidly bombarding you, one after the other. As uncomfortable as it is, dear friends, you agreed to incarnate at this time because you wanted to help in this time of transition. Never before in your realm, what we like to call your playing field, has there been the type of transition you are about to move through. We have been through it already, and thus we can be of assistance.

The fourth dimension, just above the pyramid of the third, has been known to you as the astroplane [see Fig. 2]. It has been called any number of names by other cultures, including the Land of the Dead. What it actually is, however, is a place where spirit can interact with those in the physical. It is also the crossover place of your soul when you pass out of your physical form. This is where your guides come to see you in your dreams—or if you are very sensi-

4th dimension

3rd dimension

2nd dimension

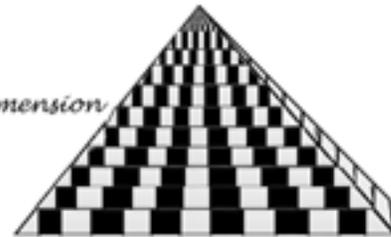


Fig. 2: The Astroplane.

tive, in your deep soul vision. It is also, unfortunately, a place where souls can get stuck if they cannot let go of their physicality. This happens for a variety of reasons, but is always connected to deep and unresolved emotional issues. The intellect is a great tool, but the emotions are your pipeline to the soul; if you don’t resolve to peace, emotional issues can hold you back from a successful transition. Those who work with spirit and help beings stuck in transition do a great service—they help them let go of unresolved emotional issues so they can move into the planes of evaluation and preparation for their next soul task. Often that would mean coming back to resolve the emotional issues that held them captive in the astral planes in the first place. As you transcend to the fifth dimension, the sixth dimension will serve this purpose, and it is rare that stuck souls will come back from there to haunt you in this dimension. There will be different issues to work through and different reasons to meet spirit there.

We will not go further with this now, because it is a broad subject—how the even planes work. Now we want you to notice that the next dimension is an inverted pyramid [see Fig. 3]. It meets tip to tip. “Why is that,” you might ask. Well, to experience in the physical means that one moves through experience in smooth steps, even within the age of discovery they are currently moving through. There can-

5th dimension

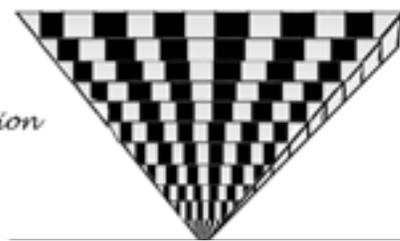


Fig. 3: The fifth dimension is an inverted pyramid.

not be a drastic change, or consciousness will not be able to physically handle the shift—it would wipe out most within that plane and the transition would not be a successful one. Thus the new dimension matches the quickening pace of the old dimension. Over time it will expand until—as you complete the fifth dimension—it will have broadened time out to its maximum potential. If you look at the first illustration we offered, you would see a relationship to your diagram of DNA. In fact, there is a great connection between the two, both being divine design in essence. That is why we call this the helix of time.

THE YEARLY STEPS TOWARD THE TRANSITION

Before we give you some help in the actual transition of dimensions, which will take place between December 12 and December 21, 2012—a 12.21 balance—let us talk a little more about the third and fifth dimensions so you will have some idea of what you leave behind and what to expect shortly. The third dimension was ruled by gravity and mass. It was a time when the solidness of atoms was attained by the dancing or interaction of molecules—they learned how to be attracted to the greater mass of Mother Earth, or Tara.

This attraction is like a marriage and it tied creation into a unified whole with each component, or aspect, directly affecting the other. Within this aspect of the law of attraction called gravity, each component—be it human, mineral or plant—had to also discover itself. Thus you have ages when personal discovery held reign. This is how the ego developed. The original divine intention was for the ego to be a physical awareness of self as a complete unit of a greater oneness. But over time—and due to the freewill concept that this planet experiments with and has embraced—ego became a force to reckon with. It became a factor that could confuse and be used to manipulate other components, but the essence of the being, the soul, knew that this ego could shift the balance within them. And so it continues to tilt the being back to the center to find its balance, so within your lives you have this constant stream of opportunity to find your balance—to face and readjust your corrupted egos. It can be disorienting when it forces the issue. However, if you don't fight it, you will learn that what you resist persists. You will move on through and feel better on the other side of this balancing motion.

Because you are of the animal stream of consciousness on the planet, you are part of the greater group consciousness of the animals. And because the animals consume each other—including the plants—you are also part of the plant group consciousness. The minerals are grouped with Tara's group consciousness, and through the marriage of your being to hers, you are in that family as well. The air you breathe is part of Tara's consciousness and is cleaned by the plants, but it is sadly polluted by your efforts to find comfort. It is also, as we said, a group consciousness that is part of the marriage of the Earth and those beings who inhabit her, and she wants to be respected. All creation is conscious. Remember that if you don't already know it. So in this third dimension you have, step by step, progressed through awareness to the point—literally in terms of the pyramid—that you should have found a perfect balance within all creation so that you can move into even higher realms of experiencing.

The fourth dimension is so full of helpers at this time that you cannot conceive of how much help you are receiving at this point in time! There will be many of you who will choose not to make the transition physically due to many factors. Some simply want to work out of body in spirit form. Some just can't leave the old system where they have

relied on fear-based thinking, which as you know, my dear friends, is a limited way of thinking and being. It is what we call anti-force. This force is made up of all those who have bought into the fear-based thinking modality. So in that respect, it is a group anti-consciousness—or we should say, a group agreement, for to be conscious means to be aware and those within this agreement are against awareness. They have been programmed to be afraid so they would not move forward without the permission of those who control them. It is a corrupted pyramid structure, and often those who think they are higher than others find security in that idea, forgetting that above them are those who control them, that they are also controlled.

This is not an evolutionary scenario, we assure you. The corrupted ego created the need for power and separation. This anti-force is the result of collective egos that found manipulation as a means of control. Unfortunately, those who seek power were allowed to hold power for the sake of the lesson of the situation and due to the freewill nature of this place of experience, Tara. Thus you have a situation right now in which most of your governing agencies and most of your organized religions are structured around this anti-force thinking modality. We are not saying that their intentions are always bad. And after all, intentions are the most important factor in any experience. What we are saying is that fear-based thinking seeks to control minds, and it ignores hearts. Whenever we speak of the heart—love-based thinking—we are talking about the essence of the source not the physical organ, though they are interrelated. Another teaching on that someday, if you like.

LEARNING TO DENY FEAR-BASED MODALITIES

So, in essence, your society is being forced to face a fear-based structure, which we call the shaky tower of power. Societies must find their balance and restructure to a love-based modality. This includes thinking and emotional reactions, but doesn't prioritize them in that way. Rather, they will—as divinely designed—do a dance of shifting back and forth, depending on the situation at hand. Thus we speak of action and reaction, and of positive and negative—we want you to see negative in its pure form as feminine the receiver, not as bad. This boils down to the essence of the matter, to the masculine and the feminine and to the yin and the yang of all creation. It is in each component and it reflects outward into the arena those components play within. See? The balance is within you and must first be achieved there.

At this time, you see the shaky tower of power crumbling. It was not built on solid ground, but rather on a warped, ego-centered concept. That is why you have so much abuse and greed within it. It is frantically trying to hold that tower together right now, and so it is acting out in ways that previously might not have been so obvious. Desperation brings about desperate measures. It is revealing its true, ugly self. That is a good thing, even though it is difficult to see and feel—at an emotional level—as its

dying wails pierce your very soul. Have compassion for those who scream, for it is painful to let go of a structure that you thought held you together. The best that can happen to them is to be free of the prison that manipulated and imprisoned them. They are like caged birds that cannot imagine life outside of the cage.

The good news is that under the shaky tower of power lies the original intention we call the divine temple. It houses the original intention of the prime Creator. You will rebuild a structure based on love-based thinking from this original intention. This will come quickly for a while, but will still take ages to complete because you are moving into the new dimension in its quickening time. First you must get to that point so you can broaden the lessons of the dimension and move upward in that inverted pyramid. We only call it inverted because, to you in the third dimension, it is in fact upside down. Yet in the fifth dimension it will seem quite right. One of the symbols of the masculine is the symbol with the point upward. The symbol of the feminine is the one in which the point is downward. The fifth dimension will definitely be a time when the feminine will have great influence. Do not fear this. Her time has come. Yet the goal is to merge these pyramids into a divine marriage. Keep that in mind.

We hope this hasn't confused you. Just know that it took a long time to get to this literal point of time and space, and you have all worked hard to be in this time of transition. In 2008 you started to see the crumbling of important personal relationships. Your guides were helping you sort out your life and you may have drastically altered those relationships you are joined to—first with yourself, then with others and also with certain groups, be they religion or work related. But in 2008 most of you definitely made a decision, and between 2008 and 2012 that decision will be carried out.

In 2009 we predicted that the shaky tower of power would fall. This is certainly happening as your societies worldwide are realizing that fear has held reign long enough and that within the old fear structure there was no real sense of unity—greed does not feed the multitudes. As this happens before your very eyes, remember that fear will use fear to try to stop you from raising your awareness or unifying in any capacity. Fear has to isolate you to control you. It wants to keep you in line, and to do so it has to convince you that you belong wherever it places you in this fear line. There are no lines in unity, for it is circular in shape. Fear is linear. Because unity is a heart-based modality, fear cannot control it. Fear can only control minds, folks, so it uses ego and logic incorrectly—manipulating and corrupting to keep you afraid.

Emotions are reactions of the heart. Emotions are also the way the feminine essence communicates. When fear demeans these components of the negative essence—and remember we are not connecting negative to the concept of bad—then it deflates their effect in the balance of the individual, and fear can control anything that is out of balance. So right now you have a situation where anything

that would unify the whole—and honor the marriage of Tara, Mother Earth to those beings on and in her—is being blasted with all sorts of slanderous remarks. These remarks include the denial of the disrespect for Tara, the denial of health care and food for those in need, remarks about the evils of intuition and so on. Those doing the screaming are afraid they will lose something if others gain equal access and that is in itself ego, or fear, using the greed it implanted. It has many convinced that they are chosen. We tell you, and you know it well, “All are chosen!”

Take the following example: If you have lots of food in your home and a starving person arrived on your doorstep, what would you do? If you shared your food with them, even though you might need it later, you are uniting with them and are thus in a love-based modality. But if you took out a gun and pointed it at the desperate, hungry being, you are afraid there won't be enough for you later—you are in a fear-based mode. In both scenarios, the one with the food has to consider what the future need will be. One chooses to share and live in the now, and likely that compassion will cover the need later on. But the other lives in a future it fears within a moment it fears, and so it uses fear to push away what it fears. But fear still wins because that person never feels secure. That is a true prison.

For the most part and at all levels of your societies, this is going on right now, especially in places where controlling the masses is concerned. But remember, within all such places, there are those who are working to unite and bring compassion back to its rightful position as the intentional divine web that connects all of you. You will only find your balance in the love modality. You will only be able to make a successful transition within that balance, so cling to that divine web of compassion and help society restructure and unite instead of divide its components.

THE YEARS IN BETWEEN: 2010 AND 2011

So let us address 2010 and what happens then. For the most part, it is a time of finishing up unfinished business—completion so that you are ready for a new beginning. The number ten and one are essentially the same, except when the zero is added it means the pre-stages of the next cycle. That is where you will be shortly, and it may take some very stringent clearing and cleaning out to finish what the third dimension presented. Imagine the last stages of moving from one house to another. You have sorted and boxed what you will take, what you will give away and what you will throw away. Nonetheless it is a time of upheaval as you leave one home for another. We urge you to hang on and not get caught up in fear as it presents its drama in its dying efforts to preserve itself. In reality fear cannot preserve itself because it is an anti- or an against-mode, and what is not moving along stagnates, rots and dies. In a way, fear is afraid of living. This year may seem difficult, but remember, it is progress in motion. Keep your focus on what you want, not what you don't want. What you focus on, you feed. Don't feed the fear monster!

Then you come to the year 2011. Whenever you see the number eleven, it is always representative of a portal. No doorway can open unless you have the posts, in some form or another, to pass between. During this year, those who have decided to step into the portal of the shift or change will do so. They will have much help from each other, because those who do desire to transcend are by this time greatly unified. This—along with all the multitudes of guides and guardians sent into help them—will be a sight to see and unleash emotions like no other time you will remember. You will weep in joy. You will also weep in grief for the past that you must leave behind, but that grief is the bottled-up emotions of all the struggles you and others went through to get to this place in time and transition. Those will be tears of release. Some of those who really believe in the second coming of Christ will see this as evidence that they were right all along. Remember, perspective is how you see from your own point. There is no better point than your own. Don't worry about the details, for that is where you are at that point in time, and you will expand your awareness as you are ready to do so. This brings us to the actual transition of 2012.

THE AWAITED RETURN OF CHRIST

The fifth dimension will be ruled by water and electricity. It is hard to translate into words, but this is the best we can do. Water is a huge conduction substance as well as the universal symbol of emotions. Electricity is enlightened to the maximum energy. In the fifth dimension, you will learn more about your relationship to energy—the building blocks of all creation. Water issues are showing up everywhere, even now. There is either too much water or too little. Lots of weather effects, such as storms, also accompany the effect. We call it an effect, for in essence it is tied to Tara, Mother Earth, and her own shift into the fifth dimension.

Tara is a being as well—a collective consciousness, if you will—and she is struggling with her own emotions just like you are. She is also letting go of grief and reaching toward the hope of a better place to be. Her oceans are her emotions. The atmosphere is her masculine part, even as her body is her feminine. You will notice more and more clouds as she balances her masculine and feminine and the masculine sky takes up her emotional waters and integrates them—just as you might notice your men finally able to shed tears without shame or guilt. Her magnetic poles have shifted slightly already and have changed polarities as well. What used to be positive is now negative and vice versa. She, through great assistance and persistence, managed to come through that phase without too much upheaval. Because she was able to shift, you too have shifted your magnetic poles within your bodies, which could not have been done until Tara had accomplished the shifting.

You used to have your positive pole near the root chakra. Now that pole is negative and the positive pole has taken the crown position. When you couple that new,

root chakra, negative pole with the negative vibration of the body of Tara—because she still vibrates as feminine in essence—you have a pushing-away factor. Previously, with your masculine pole, you had a more gravity-based action as her negative, feminine vibration pulled you to her because your root chakra was then positive—and because opposites attract! Play with magnets and you will get the idea. Eventually, within the new dimension, you will float more easily in your atmosphere and weight issues will shift. You are subconsciously preparing for this already and have advertisements in which whales are swimming through the air, even a water filter commercial where a lady floats down the street. Even though your advertisements are intended to manipulate you to some extent, they also—by default, which is really the divine coming through—show a subconscious awareness and often prepare you for things to come. Be careful, however, for fear uses advertising outlets too. As Jeshua said, you will know what is good by the fruit it bears. If it bears fear, it is fear. If it unifies with compassion, it is good—God.

Now back to the fundamental idea that Christ will walk in on a cloud. As you can see, the fifth dimension is a time of clouds, and indeed the Christ consciousness is coming in the time of clouds. The difference is that this Christ consciousness is not coming as a single personal example as happened 2,000 years ago through Jesus or Jeshua. This Christ consciousness is coming through the heart portals of the multitudes. That means that fear will not be able to stop it. There are not enough crosses to crucify the divine force coming through all of you. Crosses, our dear friends, are actually symbols of balance, and fear used them in an anti-way so that people would not be triggered into balance by the symbol of the masculine—the upright blade—and the feminine—the crossing blade.

We urge you all not to let fear isolate you, for that is a prison, and you will die there. We urge you to reach out and help others in any way you can during this last quickening time as you finish up the third dimension. Use logic as one of your tools in understanding, but don't let it be a hammer that knocks you out of the wonder of this time of shift. Let your hearts lead the way. Often what seems logical is not what is compassionate. Through compassion and cooperation you will make a successful transition, and



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you and your descendants will move into a new time and place more wondrous than you can imagine. Above all, remember you are not in this alone. No matter how you transcend—whether in the physical or by crossing over to the spiritual side of things—you have a whole fleet of angels, guides and guardians dedicated to you specifically, interacting with other entities and making sure the balance is achieved and the transition is a success.



You all are instruments of peace, and peace is the balance. Love your positive and your negative essences. Stop using words like dark, feminine, negative and all

the feminine slang words you use to describe the bad things in your life. When you do this, you program your minds to deny your feminine side—emotional and intuitive—and you will need that turned on to understand and orient yourself in the new dimension. You will also need your positive or masculine side equally in balance, so don't give it too much tilt as you balance yourself. Also, don't deny the complimentary negative side enough tilt. You have been tilting this way and that long enough. Find the balance within you, and you will notice that it reflects all around you. That is what being an instrument of peace really is. Peace be—be peace. We, the guardians. *

Journey Beyond the Veil of Thought

Thoth through Norma Gentile

I haven't felt or seen Thoth appear alone—and this strongly—in a couple of years. As I was finishing up another article at my computer, I felt a presence behind me, almost as if someone were pacing back and forth in the room. When I felt into it, I realized it was Thoth. The words began to flow, and I sensed an urgency to get them quickly and accurately.

Thoth tends to be precise and not waste words or time, at least with me. So I offer here what came through. As I finished the final words, I felt a deep sense of thanks, both from myself to him, and from him to me, for listening and transcribing his insights so others might also contemplate the message he offered.

Do not look for exact meaning in his words. Instead, feel and notice the quality of energies that come into play in your thoughts, emotions and physical body as you read the message. Thoth, at least the version of that being who appears and works with me, tends to share larger energy ideas through the words. Quite literally, “read between the lines” is a good phrase to use regarding his teachings as he shares them through me. My best to each of you.

Living well is more than just living. Surviving is more than breathing while in physical form. Life is another word for what is happening at every moment, every day, in every cell and minuscule complex within your body and outside of your physical body.

Your form is but the frame for your consciousness. Your consciousness is to be contained within your form during a single lifetime. Open to the outer world and you find countless numbers of consciousnesses surrounding you, beyond human measure. The sensation may be overwhelming as you realize the number and

KEY POINTS

- Remember that your being is much more than what you experience in your physical form.
- Open your consciousness to the world beyond, and you will realize the breadth and scope of the consciousnesses of the universe.

size of consciousnesses that surround you and overlap into your physical body space from other realities and dimensions. These other consciousnesses are for the most part harmless to your own consciousness. We are all coexisting here.

Just beyond the veil or boundary of your thoughts are worlds that you are about to explore. Just as sailing ships brought you in the past from one port to another, your heart and your ability to trust and know truth when it is presented to you are the vehicles for your journeys now. Your travels will take you into these new realms, through the mists of veils now fading away.

Your journeys will take you far, and for some, your bodies may not make the journey. But your souls will indeed traverse the spaces, both within and without, of your expansion in consciousness. *



NORMA GENTILE
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Divine Mother—Divine Light

Divine Light through Carol Sydney

It is with supreme difficulty I sit down to write a follow-up to last month's story of my experience with the light. How does one top that? The light loves me; the light shines toward me and wants to know me. The light is all I will ever need, now or in the future. Isn't that the final word? In a way, it is only the beginning.

Welcome friends, to what is beyond the light. What will life be like in the fifth dimension of love and light? Haven't you all wondered? I know I have. If the light is just the beginning, then what have we all been doing? We have been preparing—preparing to be. There is a part of each of us that is divine—this we have heard for decades, those of us who have been listening. I have had a few more experiences with the light that I will share, and then I will step aside and allow the higher part of me, the divine part, tell her story. We have all read history since our school years. Now we will begin reading her-story, which comes at the end of history. It is a new revelation; it is the story of the divine feminine in each of us.

DIVINE LIGHT OF PEACEFUL BEING

My very next sighting of the light was also outside, but unlike the first time, I saw the light inside of me. It was the very same brilliant white in color and yet still not painful to my eyes, something I continue to find curious. It was a light that was at once both bright and kind. As I type this, I realize that it is a conscious light, gauged especially for each of us, unique in its desire to please, humble in readiness to serve, always patient in letting us see and receive as much or as little as we can take at any given moment and loving infinitely, as is its pure and true nature.

Upon seeing the light coming from inside of me—or rather feeling the light residing in me—I was simultaneously awash with joy, comfort, peace and happiness. Yes, what I feel is happiness, the kind that satisfaction in a job well done can bring. It is not that I feel I have completed a job, but more that I followed a path that has brought me to the place of peace—the place I have always desired, but

KEY POINTS

- The divine light is within all of us and is part of us, expressing itself in its multifaceted beauty and brightness.
- Each human has his or her own unique task, to be the light of the divine in its many expressions and to realize the unity and peace of that love in each other.
- The only force that is truly real is love, and if we embrace that truth in ourselves, we can express the light in unity and constancy.

could never seek. If only seeking could have brought such an awakening, I would have sought it out and made it happen so much sooner. I laugh within now, knowing nothing is truly ever sought, but only received.

What also arose in me upon seeing the light residing in me were feelings of completeness. As before, nothing else was needed, nothing desired; there was just the awareness of being. Aha! So this is the being so often spoken of—just being. I know the light residing in me is actually part of me. I think of this and wonder how so much illusion could seep its way back into my vision, hearing and thinking so as to obscure my truth. “How,” I ask my guides? “How can this be?”

“Habit,” they respond.

“Of course,” I shrug, “that is the only thing I have not yet given up—that and chocolate.”

“You can keep the chocolate,” they say, “if only we can taste some when you channel us. It really is quite good.” I smile at the eternal sense of humor that keeps me connected and in bliss with my friends on the other side. I have diverted, but then, laughter is the only thing I must remember to keep on my path.

“Being the light—how is it truly possible?”

“How is it not possible to be who you inimitably are?” ask my friends.

“Of course,” I think. And we come to the heart of the story—her-story and the end of his-story, the end of linear time on Earth: the beginning.

FINDING YOUR DIVINITY

My own story begins here. It was a bit of a time in coming, but in my experiences with the light and with her sacred messengers, it has been revealed to me that I am here to be who I am, a divine mother. There are not so many of us here in body, I am told—only a handful or two—but it is enough. We humans each have our unique, sacred tasks, and this is mine. I used to fear who would believe me, but that is not necessary. Fear is not part of the journey, only freedom is: the freedom to be. My own divinity is not greater or lesser than yours. There

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is no counting in this; there is only love and the light. The light is we who speak it. The light is we who are it.

Be the light, my friends, those of you who have the courage to be, and you will join me. You will see we truly are one: one love, one being—one divinity who loved itself so much that it became multiple expressions of the same thing so it could know itself as sister and brother, as friend, teacher, healer and mother. I am Divine Mother, who loves in a way that is strong, gentle, fierce, understanding and a million other ways, each time you need another way. Love is the only force that is real, the thing that is able to touch and be touched. When you see me as the light, it is truth. When you see me as the darkness, look within yourself and see that there is no darkness in you. The love that I am will always mirror your truth to you, your light.

We are all the light in a way that is constant, forever, steady and unifying. I am the way that shows you who you are, where your path is, where home is. Home is within you in a way your thoughts, your understanding, could never have conceived of without me. I am here to be you, so that you can see yourself. Indeed, I am you. Have you not seen this time and time again in a lover's face, in your dog's eyes or your child's laughter?

UNITY IN DIVINITY

Many of you may now be thinking, "Wait a minute; is this the author or Divine Mother speaking?" The answer to that question, my dears, is yes. Need there be a distinguishing factor? Evidence of this? Yes, there does indeed. Where does it lie? It lies within you, within every cell of your body. How could it be otherwise? Your cells know what is truth and what is not. Each and every cell has the ability to light up with excitement and joy when truth is spoken, when truth is lived. To hear the truth of another and feel its joy is to hear the truth of oneself. Are they not the same?

Perhaps you have not risen to your own destiny. That is your untruth, and it is your own to discover, having nothing to do with ours. Yet dare I say to you that you are slow, you are wrong or you are lost? No, not I. Let no judgment come between you and me, or else I would not, could not, call myself either divine or mother. Neither expression of the light would have any part of these judgments.

My dearest, dearest children, you are but stars among the heavens, shining more brightly than you are aware of. Nothing can separate us, not even your own self-doubt. Love yourselves because of your beautiful doubts, not in spite of them. Many of you have such self-loathing for not being brighter,

more humble, faster in your progression toward this or that. These are but moments in your own illusion of linear time. Remember that you will see the light within you as well, just as I speak of seeing it in me when my own brightness and vision dims to the point where I find myself in my body as Sydney. Even still, I am the same. I am divine, just as you are.

DRINKING FROM THE STREAM OF CLARITY

Would you have me be as perfect as the sky? You have had this for centuries, and it did not help you to see the light within. I have chosen to come and help you see yourselves, so I reveal myself in my own process, nearly complete. If you wish it to be otherwise, continue to stare at the skies and wait until you see that you are as bright as they are. You are indeed as bright. Will you believe that, or will you choose to believe in yourself so much that you are as I/Sydney are: one being in love with self and divine. To continue to call Sydney, "Sydney" and me, "Divine Mother" is to look to the illusion. Sydney and I are one and the same being. In each frame of reference, there is purpose for calling one or the other. The time for this is almost past, however.

Those of you reading of this have already chosen to understand that your time of seeing and being the light is near. To those of you, I wish that your journey be swift and light upon your feet. I wish happiness for you—not happiness as the world would account for it, but as we describe it: deep and penetrating to the stratum of our being, bright with understanding and love and gentle with compassion and tolerance. May your happiness be with strength, but without judgment, as clear as a creek flowing down the mountain and filled with knowledge that the time of struggle is past; it is past, I tell you. Come to me; come and drink from the waters of the great stream of clarity. See your eyes mirrored in every droplet of water that falls. See your own perfection as I see it, as I see my own.

Remember one last thing, the most important: Nothing will be asked of you, nothing. You have no one to serve, no one to bow down to and no one to place above your own divinity or your own humanness. Human or divine, body or body and spirit: they are all the same. They are you. That is all that is necessary for you to bring to the waters of life. So come, I say: come and let us give you love. You may receive it or not, as is your choice. We will be here playing and singing a new song: the song of her-story, the song of love. Come, let us dance together. ✨

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Big Cosmic Changes: Opportunities for Spiritual Growth

Stephanie Clement

Take advantage of highly unusual energy this month to start what you want, finish what you start and generally leap forward in your helping, healing choices.

During a drive in the mountains to replenish my emotional and spiritual energy, I sat in the car by the side of a road lined with parked vehicles. Although this doesn't sound like a place for rest and healing, I was blessed by the appearance of a doe coming down a path on the opposite side of the road. She walked along the road, sampling the lush greenery. In my rear view mirror, I could see a car creeping up from behind, obviously reluctant to startle her. Then a young buck leapt onto the road, ran up behind her, and both took off up another trail and stopped about ten or fifteen feet further away. What an eye opener! In the midst of all the people hiking and fishing at a mountain lake, nature provided me with a serene example of co-existence.

An astrological anomaly the first week in October sets a unique tone for the planet. Because Mercury has just turned direct on September 29 and because Mars is actually moving faster on October 1, Mars sextiles Mercury on October 1 and then Mercury catches up with Mars on October 4. Be sure to take advantage of this extremely rare phenomenon. Use this four-day period to assert yourself where communication matters to you. State your views on the first with the expectation that new information will suggest that you adjust your thinking and change your tune in a very positive way. Meditation now will help you sort out personal essentials from the rush of information coming from every source. Expect your psychic antennae to buzz with energy! Changes made now take time to root and grow, but results will be well worth the attention you apply now.

People are generally open this week to suggestions from others, the environment and meta-

physical realms. With Saturn past the opposition to Uranus, excess irritability should be on the decrease. Relax into the aftermath and realize that you have gathered strength and understand your purpose more fully than before. By the end of the week, you will feel physical and emotional energy gathering toward an event with karmic implications. Meditate on the role of compassion in your life each day so that by week's end you will be prepared for whatever comes—as prepared as you can be for surprises!

CHOOSE HOW TO EXPEND YOUR ENERGY

With Jupiter, Chiron, Neptune and Uranus all retrograde this week, meditation will also help to dispel any misconceptions you have. This is a good time for planning but not setting those plans in stone. If possible, wait until Jupiter turns direct on October 13, as you will no doubt want to make changes then.

On October 13, Jupiter changes direction to again move forward in Aquarius. Close to both Chiron and Neptune, Jupiter's forward advance signals fresh spiritual insight into the conditions for humanity around the planet. Even if you feel you cannot do anything to help others in distant lands, focus your mind and heart on compassion for all living things. Any energy you put toward empathetic support is felt and multiplied by the efforts of people around you.

Mars enters Leo on October 16. You could dissipate your energy on lust and gambling, so if this doesn't sound like a direction you want to take, focus instead on formulating creative projects that stimulate your self-confidence while entertaining or pleasing the people around you. You get to choose how to use your own energy. Strive to gain self-awareness on a higher level by addressing interpersonal issues that may have held you back. Mars in Leo suggests direct, practical examination of subtle, intuitive or psychic input from as far away as Aludra, a star Mars



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now conjuncts. You find that preservation of innocence, especially in children, draws your energy and attention this week. Once again, self-awareness often puts you in a position to see the plight of others in a new light.

On October 18, Mars forms a quincunx to Pluto. These two planets share similar energies, according to some astrologers. The physical and emotional fire of Mars is matched by the spiritual fire of Pluto. Together they form a powerhouse of resources, and in this case they reflect a powerful need to adapt to circumstance in new ways. Specifically, Pluto in the first degree of Capricorn calls upon us to address leadership roles in the social context and to consider practical ways to transform our spiritual lives in new yet practical ways. You may find yourself considering little ways in which you can make a bigger difference for other people, animals or the planet itself. Concealed within the work you do now lies the secret of your soul's process.

ON THE ROAD TO HEALING

The third week of the month is rather calm at first glance, with fewer significant astrological aspects to consider. You will engage in intense mental activity, however, matching up mundane facts with philosophical ideas and spiritual insights. A nudge in this direction on October 19 becomes an impelling force on October 20, urging you to expand and amplify your psychic sensitivities in constructive ways.

The Sun makes three favorable aspects to outer planets, suggesting that if you bring your personal abilities and sensitivity to work or other matters, you gain immeasurably through the experience. Around October 23, you seek healing and find a thread of harmony begins to emerge. On October 24, a subtle adjustment in thinking allows you to entertain an insight offered by another person, integrating it with your own psychic impressions. Two heads really are better than one!

In whatever spare time you have this week, cultivate an awareness of each day's shifting astrological energy. On October 19, tune into optimism and growth toward harmony. October 20 brings expanded wisdom from others and from within yourself. October 21 rests in balance, allowing you to absorb and order your thoughts. Wisdom from angelic realms and healing capacity focus into intelligent action on October 22. October 23 then builds on the previous day, continuing to carry healing energy forward. October 24 sets you squarely on the path of personal will and power, utilizing insights from higher realms.

As the Sun enters Scorpio on October 23, its conjunction to the star Foramen amplifies mental energy and drives you to complete your study of a new subject. Now is the time to dig deeper into theoretical backgrounds in order to provide structure for the data you have gathered. Don't forget, however, that spiritual input is key to transformational use of information. Time spent alone

in contemplation provides knowledge you cannot divine from facts and logical thought. Listen to your inner source to discover profound insights.

HOLISTIC DEVOTION TO NEW IDEAS

The last week of October provides numerous subtle influences that feed into a potent resource for intelligent action as Saturn moves into Libra on October 29. Begin the week by tapping into the power of the Moon as it moves into Aquarius. As it sextiles Uranus, the Moon sets you on the path of exploration of change. Even if you are not a revolutionary spirit, the revolution of the planets sparks your intelligence and enthusiasm toward mystical subjects. You may feel a desire to pursue a psychic topic in secret, and you benefit from time alone each day to do so. A few minutes a day will serve you better than two hours on Saturday, because consistent daily study helps to cement the understanding you seek.

On October 26, you may want to devote yourself to considerations of love—both the romantic variety and the devotion you feel toward a teacher or an ideal. Along with these pursuits, stimulate your creativity and elevate passing thoughts to the level of practical application. If intense feelings cause irritability, take a few minutes for a brisk walk or other physical activity. This will allow you to return to earlier activities without the unpleasant emotional edge.

You may fall in love with a person or an idea on October 28. Other people fall in love with your ideas too, so prepare to share the joy you feel. On October 29, you move into action—hopefully not so fast that you trip over your own feet! Bundle up your energy, set your course and prepare to exert yourself physically, mentally, emotionally and spiritually. By devoting your whole being to an activity, you obtain the best possible results.

As Saturn enters Libra on October 29, direct your intelligence toward partnerships of all kinds. Bring stronger structure into relationships where it has been missing. Identify what you really like in your partner and cultivate it. Become a reliable source of strength for another person now. You have a couple of years to perfect this capacity within yourself, using all your spiritual values and natural intelligence.

Saturn conjuncts the fixed star Markeb in the first degree of Scorpio. Expect movement in your life! This star indicates potential career achievement and also achievement in travel or other activities related to speed.

As you approach Halloween, remember the mystical tales of the saints and wise ones in various traditions. This point in time traditionally allows souls to pierce the veil between the human experience and the other side. If you have gathered your intuitive and psychic resources throughout the month, you may make contact with departed loved ones or lightbeings who have important messages to share.



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BY STEPHANIE CLEMENT



October 1–10: Communication is key today. Your awareness of social obligations helps you to know what you need to accomplish. However, you may not be motivated to take care of certain issues that impinge on your personal space. Spend time walking outdoors in the early morning if you can. Getting in touch with nature can provide insights into the needs of the people around you and will also help to sort out personal priorities. With the Moon in Pisces, you can probably tune in on psychic vibrations easily, and you may even catch a few direct thoughts of the people you meet. Use that information skillfully.

October 11–17: Your desire to serve humanity, and the hierarchy gets a boost of emotional energy this week. Feeling that there is no time like the present, you expand into new arenas of healing, sensing the give and take of love as you interact with associates and clients. By October 14, you are on your way to a balanced sense of self as harmony takes the forefront while you work out the details in the background. On October 16, you feel a creative surge, perhaps one you have held back for some time. At week's end, you deserve some down time to rest and relax.

October 18–24: With Mars having just moved into Leo, your creative juices are flowing nicely now. Adjust your color palette for fall colors, and you will discover that your psychic senses adapt to the season more easily. Along with some rather conservative thoughts on October 19, you find yourself branching out into the wisdom of the ages and seeing yourself as part of the spiritual flow that uplifts you and helps you to convey common sense in a user-friendly marketing package. When the Moon reaches 60 degrees from Venus on October 21, grasp every chance to align the facts with your inner intuitive pulse.

October 25–31: If you enjoy life in the fast lane, hold on to your hat! This week sees you plucking ideal opportunities out of the air and running with them. Tune into psychic vibes on Sunday to set the tone. On Monday, pay attention to what other people are doing. On October 28, Mercury enters Scorpio, bringing potential criticism. Read between the lines psychically to find the truth quickly. Then move on, because Saturn enters Libra the next day, delivering stubborn resistance if you have not taken stock and decided on your own direction.



October 1–10: Find time each day to work with your hands. Cooking is a great way to ground emotional energy in a practical way. Put your love into each meal. Use the same tenderness in cutting vegetables that you use to cultivate relationships. Use just the right touch in kneading, stirring or flipping. Adjust both your cooking temperature and your emotional flame to suit each moment. Keep conversations on a practical track and ask questions early in the game.

October 11–17: You feel impelled now toward social or work-oriented activities. Hope grows as you find more creative outlets for your writing or artistic pursuits. Be sure to have supplies on hand so you can get the most done in the time you have. As Jupiter turns direct, you turn your attention toward the immediate future. Psychic insights reveal the potential available to you, and you set goals based on what you foresee.

Have you considered adding a healing modality to your skill set? Now is a good time to begin your studies. Energy shifts toward family and household matters on October 16.

October 18–24: Pay attention to whatever is right in front of you. At the same time, allow your gaze to drift slightly and you will see another layer of reality! Perceptions of auric energy are certainly possible on October 20, and practice now helps deepen this skill for the future. Gear up for an activity on October 22 that utilizes a quieter side of your personality. Explore healing sound on October 23 and 24. Adjust speakers to test your psychic sensitivity to treble and bass tones.

October 25–31: When Saturn enters Libra on October 29, you need to be prepared to take sensible action concerning psychically sensitive situations. Earlier in the week, maintain openness to intuition. You will hear what you need to hear. On October 28, you will feel strong impulses from your partner. Pay attention. Prepare for action on October 29 by toning your psychic senses and repairing your defenses. That way you can be more open and honest when the onslaught occurs. With luck, the biggest problem will be your Halloween costume!



October 1–10: Information from higher realms seems to flow into your mind without effort now. With the Moon in Pisces, you may have more data than you can process all at one time. Make lists or write in a journal to record your thoughts. In this way, you can come back later and decide which ideas remain important. You probably sense changes coming more easily than you have in the past. Maintain that open connection and learn how it works so that you can retain the talent for the rest of your life.

October 11–17: Plan time this week to clean or rearrange a space at home. Perhaps you have wanted to create at least a corner dedicated to your spiritual studies, meditation or other personal growth. Assemble your many ideas and imagine the space centered on peace and love, then choose decorative touches that provide visible reminders of your journey toward self-awareness. Between October 14 and 16, you experience balance between extremes of work, family and private life. An inspirational opening toward the end of the week provides a transcendent vision of your future.

October 18–24: Optimism grows by leaps and bounds as you explore channels of wisdom that now open to your eyes, ears or heart. Themes from transcendent realms filter into your awareness. Although you may have studied crystals, you now feel their vibrations and understand their healing properties more fully. Apply what you have learned by asking a teacher or testing with a friend on October 23. As you feel power flowing from you into the crystals or vice versa, adjust your placement to suit the proper geographic direction at the moment.

October 25–31: Create your own aura of wealth by cultivating your talents. You now have a chance to work more deeply in the details of your craft, learning how to manage psychic energy flows and apply them in practical ways. A teacher may help, especially after October 29, to maintain balance as you learn new methods. On October 28, you see the writing on the wall concerning your career. Do, please, read between

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BY STEPHANIE CLEMENT

the lines. Are you destined for something new and different? Tap into news from your starry guides concerning change or advancement.



October 1–10: You may be new to the idea that other people's energy affects you as much as it does. Don't expect to understand this instantly. This week, pay attention to the messages beneath the actual words. Intuition arises when you honor it each day, so take time out amid your busy schedule to simply sit or walk without any particular aim in mind. You may gain new insight into a karmic connection you have wrestled with in the past and possibly resolve it now. Stand ready to revise a long-standing belief that no longer serves you.

October 11–17: Encounters with power continue to occupy your mind and heart. In putting your energy into clear writing and other communication, you harness your will and devote yourself to tasks you must complete. Intelligent action partners with divine wisdom on October 13 to illuminate a positive direction for your efforts. By October 15, you have the facts you need to move forward and you convince others to come along. Don't lose sight of the fact, however, that this is your personal journey. Retain the decision-making ability you have gained over recent months.

October 18–24: Changes on October 19 affect your emotional or astral form. The impact doesn't have to include pain. Take time twice during the day to flex your muscles, walk a bit and rest your eyes. Filter out ambient sound or listen to music you love to boost optimism. When the Sun enters Scorpio on October 23, you enter a period of emotional continuity that allows insight into psychic energy around you. You discover that the energy flows around you, pooling in specific locations and becoming still and clear as a mountain lake. Where air meets water, there you find clarity of vision.

October 25–31: Karmic lessons enter the picture now. Your efforts have been mostly on track, so you can expect good things to happen while Saturn traverses Virgo for the next two and a half years. Still, Saturn often comes on as a taskmaster in the beginning. Take what happens this week as a baseline for future work. Within the message you find the truth about your progress to date. You are on a powerful path. Learn a new trick or two when Mercury enters Scorpio on October 28.

LEO



October 1–10: You start the week with your emotions out of synch with your logical mind. Accept that fact and try to pay attention to how you feel without making any judgments.

On October 3, you find that you have achieved realignment and that you're ready to roll. Intuition is keen for the next two days and you feel movement toward goals almost before you formulate them. October 4 is incredibly busy for you. Adjust your diet on October 7 toward clear soups and lighter fare or consider a brief cleanse to clean up your aura. Aromatherapy bath salts may be in order.

October 11–17: By October 16, you realize that your creative strength lies within your less conscious resources. Back up and revise your usual schedule if need be to include personal time to meditate. Watch the Sun rise or walk out-

doors—alone. Even ten minutes will start your day with the perfect sense of attention to work, balanced with attention to self. Spiritual guidance comes in the form of wisdom felt in your heart after October 13 and angelic inspiration on and after October 16.

October 18–24: This week starts with the Moon in Scorpio, and the Sun enters the sign on October 23. Transformative power is yours for the asking. You gain from alert observation on October 19 and 20, so structure activities to take advantage of the power upwelling in your heart from your psychic center. Use the associated emotions for practical purposes—you'll be amazed at the results when you boost your psychic power through pondering your core beliefs. Think about a work assignment over the weekend so that you are ready to roll on Monday.

October 25–31: Focus on learning occurs over the next two and a half years with Saturn in Libra. Are you the teacher, student or both? Saturn provides new insight into balance and harmony in all your communications. Practice writing different kinds of material. Read books in many genres. This week is only the first take on Saturn's capacity to inspire partnership and prod you to beneficial change. Resistance is futile, so make it your job to pay attention to psychic shifts in your life and accept that change as inevitable. Your intuition becomes more reliable during this extended period.



October 1–10: Ideas flow this week like water from a tap. Adjust the rate of flow and choose the vibration you want by choosing your own words carefully, especially on the first day

of the month. Your intuition concerning a partner soars on October 4. Ask practical questions to test this knowledge. By October 8, you have both the spiritual and factual data to make clear decisions about a new endeavor. On or after October 9, you find that you gain a clearer perspective on more than one issue. Prepare to take a giant step forward into transformation on October 10.

October 11–17: Adapt the structure of your personal activities to take advantage of social connections on October 12. In doing so, you will free up time for meditation or reflection on October 13 as Jupiter moves forward to provide the wisdom you need if you are to provide the best service to others. Healing power arises from your heart. Extend that energy toward each associate or client you meet. Romantic tension elevates to new heights of ecstasy if you are so inclined. Otherwise, your artistic talents come to the fore on October 15.

October 18–24: What begins this week with a burst of physical energy completes itself in moments of intuitive insight that you have sought for a while now. Take the optimistic high road by consulting a coworker who has valuable experience. You may not use everything you learn, so save details for later consideration. Healing energy builds as you gather emotional resources. By Saturday, you may be on your way to using psychic energy skillfully to adjust your path or help others adapt to conditions in their lives.

October 25–31: The next two and a half years provide the fodder for immense personal growth. As you assess your progress to date, be kind yet accurate. You are still here, so



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BY STEPHANIE CLEMENT



you have a way to go spiritually. On October 28, you gain profound insight into potential transformation. Your creative power grows now. You may seek a new teacher to work out psychic and practical kinks in your technique. Balancing your many interests and responsibilities demands close attention and extra support, especially for the next three or four months. You discover great inner strength.



October 1–10: A week that begins with an emotional shift toward someone you work with proceeds through deepening romantic awareness to arrive at a mood governed by your heart and challenged by logic. In the process, your creative talents receive the psychic spark they need to blossom into intense expression. Get the most out of any bittersweet realizations that arise from psychic sources. Cultivate compassion, both for yourself and for others, and learn new artistic techniques to enhance whatever projects you tackle. Love comes dressed in subtle garb this week.

October 11–7: An established meditation pattern helps you breeze through work with energy to spare. When you take time for yourself early in the day, you find you double your energy at work or at play. October 13 begins an extended creative period in which you meld healing potential with psychic sensitivity. The results are fantastic! Inspired healing through love brings you into a new cycle on October 16. By October 18, you understand more about how physical energy and will combine for emotional and physical healing.

October 18–24: Creative impulses boost your self-image all by themselves on October 19 and 20. Imagine what the results will do! Wait for just the right moment to act. Decisions on October 22 depend on practical information and action that you put in place ahead of time. Change begins in earnest on October 23. Have your message ready. Speak the words clearly and resolutely for best effect. On October 24, you move into a unique position of power in which personal beliefs magnetically charge your actions. Try tiny changes before instituting major ones.

October 25–31: Good news sometimes arrives in plain brown wrapping. This week, the news is concrete, definite and daunting. You have the chance to build from modest beginnings toward success, often feeling that you travel the path completely alone. The masters tell you that you are *not* alone: you will find a powerful partner who supports your spiritual work. Develop a schedule that provides you with daily periods for contemplative practice. Study texts to obtain deeper insight into spiritual truths. Don't forget to have some Halloween excitement too!



October 1–10: On October 1, the Moon carries your inner desires outward into the universe. Even though you may not tell anyone, you find that your dreams come true as if angels have carried the message. Prepare to adjust your course and accept devoted attentions from a family member—or someone you hope will become a family member soon! Practical matters intervene on October 5, demanding changes in your plans. Handle such circumstances with minimal fuss and as

few words as possible, then direct both meditation and effort toward a secret heart's desire.

October 11–17: There is movement all around you. Or are you the one doing the moving? Travel is a definite possibility this week. Choose a destination where you can wander through the streets or along nature trails, soaking up the vibrations from a place you visit all too seldom. You gain a sense of renewed optimism and faith to bring home with you and nurture over the coming months. Your prophetic capacity amps up on October 15, as you sense energy flows in your environment more deeply. You now understand how to perceive ley lines and follow them to sensitive intersections.

October 18–24: This week, your voice becomes a potent tool for change. Begin the week on a high note by sharing plans. Align the details with key people on October 20, always maintaining a philosophical perspective. Let the process gel mid-week, and then take relentless action starting on October 23 as the Sun enters Scorpio. No emotional steamroller is needed, just steady pressure to steer the ship. It is moving under its own power, with you as navigator. Take time to explore the late evening sky for portents or just because it is there.

October 25–31: On October 28, you receive input into your own unconscious mind. Perhaps an epic dream lays out the future for you. If not, ponder the future and create a conscious plan for the next two years or so. This week is a good time to use your psychic sensitivity to flesh out goals and plans. Meditate or take solo walks to clear your mind and allow intuition to guide your steps. Inner peace and balance grow over time, leaving you with deepened faith and strength two years from now.



October 1–10: The week starts with an offer coming from a great distance. Put your effort into a thoughtful response. On October 4, you get a very unusual opportunity to revise your words based on an intuitive flash. Clear your calendar to make time available! Handle a household cleanup on October 6. From October 7 to 9, focus on issues that require resolution now. There is no time like the present for shifting your mind just a few degrees so that you can see the rainbows more clearly. On October 10, you feel very fortunate, even when the news is not all that great.

October 11–17: This week your personal wisdom manifests in direct forward movement. You now feel the electromagnetic energies in your surroundings more easily and naturally place yourself in the right spot to do the most good. Observe the unusual features of your immediate landscape. You may find tiny treasures as you go through daily activities. Use these to focus your meditation or reverie later in the day. Your thoughts shift toward transcendence on Thursday. Seek only a tiny adjustment in your outlook, as that is all you need to gain deeper self-awareness.

October 18–24: Stick close to home on October 19: You may learn something that has eluded you for some time! On October 20, you use this information skillfully to boost the joy factor throughout your immediate environment. Everyone appreciates your smile. They also feel the emotional cur-

OCTOBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT

rents around you and sense possibilities amid all the tension in the air. By October 22, they are convinced. Take a new look at factors that need to change. Begin the process on or after October 23. Refresh your psychic power by visiting a body of water.

October 25–31: The days before Halloween are filled this year with potential that can carry you a couple of years down the road. Circumstances are certain to change dramatically in your life. Fear is not a viable option. Instead choose to grasp this opportunity to use your intuition more skillfully. Angelic or starry guides constantly offer insight if you will only listen. Your concept of personal success will change over the next couple of years. Seek greater harmony in your life and discard activities and associates who only upset your life.



October 1–10: Although it is very late in the season, you may want to add a plant or two to your work or home environment. Plants support your psychic development as they grow, and the right plants absorb excess emotional vibrations to freshen your mental space. Take time to send an uplifting message to a friend. You find that you are uplifted in the act of doing so. On October 7, you may locate a healing herb or product you have been searching for. Test it yourself before you share it with a loved one on October 9. Career outlooks take a fortunate turn on October 10 if you follow your intuition.

October 11–17: The gold you seek goes far beyond material riches. Put your energy into seeking philosophical understanding of your life and work, and money will follow. Heal yourself now. Change the direction of your thought to embrace optimism, even in the midst of chaos. After October 13, needs are met more generously. Your psychic healing energy becomes palpable as you focus more precisely. You become aware of a new source of psychic information or perhaps you simply gain the ability to consciously tune in to what has been there all along.

October 18–24: You are nearing a time when your work seems to become your whole life. To maintain a balanced perspective, use this week to take a philosophical inventory and uplift your spirit. Emotionally, you sense that you are in the right place. Settle into that feeling on October 21. On October 22, firm up your position with practical signs and symbols that connect you psychically to life's meaning. Read healing messages from scripture or authors you enjoy. By Saturday, you feel renewed power flowing within you and you are set for major action next week.

October 25–31: Life takes you into the public eye more and more over the next two years. Perhaps now is the time to take your spiritual show on the road and share with others. You don't have to make this the most dramatic change of your life. You may want to identify a central balance point and dance around it as you begin lecturing, teaching or simply sharing your vision with associates. Information gathered on October 28 can set the tone for the next few weeks and get you started on the path of the teacher. You may not understand your gifts fully until you begin to use them for healing.



October 1–10: Relax your mind on October 1 by checking small details off your list of concerns. By October 4, you are refreshed and ready for new input from the cosmos that trans-

forms your surroundings, your attitude or both. Roses do have thorns, but your realizations are so beautiful that a tiny prick of the finger is nothing in comparison. A personal health inventory may reveal a way to ease a physical or emotional hurt. It may involve a change of diet or routine, but it will be well worth the effort.

October 11–17: As Jupiter begins to move forward, you gradually gain personal momentum to apply your inner wisdom to every area of your life. Schedule time to cultivate newly perceived psychic skills in solitude. That way, you can practice in ideal conditions for later application under stress. Emotional conditions at work are not ideal for learning new tricks, but they may be just the place to use psychic talents to understand emotional undercurrents better.

October 18–24: Being intensely busy can be a good thing. In the midst of all that flurry, your psychic senses have a chance to move into action. On October 19, you may awaken from a dream in which the whole story has been laid out for you. Because you see into the near future, you gain clarity about your own role. Begin now to identify and accept the best opportunities that come your way. You know you can't do everything. Let your guides steer you through tricky terrain. They see into the future and know how to get you to the proper crossroads.

October 25–31: This week, you discover that you know more than you realized. On October 19, you see into your own heart and discover a source of great wisdom there. On October 20, you can establish a line of communication and cultivate it for use long into the future. Meditation can help with this process. Vocalization provides healing energy on October 23. Choose mantras or poetry to help translate physical vibrations into healing energy. Power flows more freely within your psyche on October 24. You may discover an adaptation of a piece of music that strikes a bright chord in your heart.



October 1–10: Begin with yourself this week. Wrestle with an issue and get it resolved by October 4, then get set to take on a different sort of task, possibly involving a creative talent

that you have nursed along for a while. Now is the time to bring your creative ideas forward and inject emotions and insight into your work. Although no one else realizes the mental effort and anguish you experience, they will certainly see the power of your talent as you unveil newly completed work.

October 11–17: Your subconscious mind has been racing—sometimes in circles. As Jupiter moves forward after October 13, you find that all those ideas begin falling into a pattern of wisdom that you can trace in work, social activities and family life. You also gain a deeper understanding of the strength you possess. Mars and Venus change signs to reveal new possibilities for harmonious action in partnerships and greater energy to apply to your own creative projects. The fire of inspiration burns strong on October 16 and 17 to illuminate your creations.





OCTOBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT

October 18-24: Hidden resources bubble up from deep within your unconscious, bringing collective symbols to light in your dreams or waking visions. The most irritating character in a dream may be carrying the most significant message. Consider the words. They have more than one meaning, so don't settle for the obvious. Dig a bit deeper, and you will discover another structure within the symbols. By week's end, you may just be ready to test psychic talent that has arisen along with the symbolic message. Consider the path less traveled for unique insights.

October 25-31: Every good plan has a moment of inception. You can devise a plan for the next two years of your life if you

take the time to address recent events and choose what you want to manifest in the future. Mercury gives you a glimpse of the possibilities as it moves into Scorpio on October 28. With that image in mind, Saturn's transit in Libra provides the ground for new direction. At this moment, you sense the practical changes you need to make and you can rise above the mundane. Assess desires and set goals, then celebrate Halloween in style! ✨



General astrology questions will be answered by the astrologer at: stephanieclement@q.com

Daily Aspects—October 2009

October 1	Moon in Pisces; Moon quincunx Sun, opposition Venus; Mercury sextile Mars		semisextile Sun, opposition Uranus; Venus square Pluto
October 2	Moon semisextile Jupiter, semisextile Chiron, opposition Mercury, trine Mars, semisextile Neptune, conjunct Uranus, opposition Saturn	October 16	Moon conjunct Saturn and Venus, sextile Mars, square Pluto; Moon in Libra; Sun quincunx Uranus and trine Neptune; Mars in Leo
October 3	Moon in Aries and square Pluto	October 17	Moon conjunct Mercury, trine Jupiter, Chiron and Neptune, quincunx Uranus
October 4	Moon opposition Sun, sextile Jupiter, quincunx Venus, sextile Chiron; Mercury sextile Mars, quincunx Neptune, opposition Uranus; Venus quincunx Jupiter; Mars quincunx Neptune, trine Uranus; Uranus semisextile Neptune	October 18	Moon conjunct Sun, semisextile Saturn and Venus, square Mars, sextile Pluto; Mars quincunx Pluto; Moon in Scorpio
October 5	Moon semisextile Uranus, sextile Neptune, square Mars, quincunx Mercury and Saturn, trine Pluto; Moon in Taurus	October 19	Moon semisextile Mercury and square Jupiter
October 6	Moon quincunx Sun and square Jupiter	October 20	Moon square Chiron and Neptune, trine Uranus and Mars, semisextile Sun and Pluto, sextile Saturn; Mercury trine Jupiter; Moon in Sagittarius
October 7	Moon trine Venus, square Chiron, sextile Uranus, square Neptune, sextile Mars, trine Mercury, trine Saturn, quincunx Pluto; Venus quincunx Chiron; Moon in Gemini	October 21	Moon sextile Venus
October 8	Moon trine Sun and Jupiter; Mercury conjunct Saturn	October 22	Moon sextile Jupiter, Mercury, Chiron and Neptune, square Uranus; Sun semisextile Saturn
October 9	Moon trine Chiron and Neptune, square Venus, Uranus, Saturn and Mercury, semisextile Mars, conjunct Cancer, opposition Pluto; Mercury in Libra; Venus opposition Uranus and quincunx Neptune	October 23	Moon square Saturn, sextile Sun, conjunct Pluto, quincunx Mars; Sun in Scorpio; Mercury trine Chiron; Moon in Capricorn
October 10	Sun trine Jupiter; Mercury square Pluto; Moon in Cancer	October 24	Moon square Venus, semisextile Jupiter and Chiron; Sun sextile Pluto; Mercury quincunx Uranus and trine Neptune
October 11	Moon quincunx Jupiter, Chiron and Neptune, square Sun, trine Uranus, sextile Venus and Saturn, conjunct Mars	October 25	Moon sextile Uranus, semisextile Neptune and Pluto, square Mercury, trine Saturn, square Sun; Moon in Aquarius
October 12	Moon in Leo; Moon quincunx Pluto, sextile Mercury; Mars sextile Saturn	October 26	Moon opposition Mars and trine Venus
October 13	Moon opposition Jupiter and Chiron, sextile Sun and Neptune, quincunx Uranus; Venus conjunct Saturn and sextile Mars; Jupiter direct	October 27	Moon conjunct Jupiter, Chiron and Neptune, semisextile Uranus
October 14	Moon semisextile Saturn, Mars, Venus and Mercury, trine Pluto; Sun trine Chiron; Venus in Libra; Moon in Virgo	October 28	Moon trine Mercury and Sun, quincunx Saturn and Mars, sextile Pluto; Mercury semisextile Saturn, sextile Pluto; Mercury in Scorpio; Venus trine Jupiter; Moon in Pisces
October 15	Moon quincunx Jupiter, Chiron and Neptune,	October 29	Moon semisextile Jupiter and Chiron, quincunx Venus; Sun square Mars; Saturn in Libra
		October 30	Moon conjunct Uranus, semisextile Neptune, opposition Saturn, square Pluto, quincunx Mercury; Moon in Aries
		October 31	Moon trine Mars and quincunx Sun

DAILY ASPECTS:

On the Horizon of New Dimensions

Michelle Karén

How to Read and Use the Following Calendar: This is not the usual Sun sign based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as contract signing, selling/buying a house, asking for a raise, going on a trip or getting married. For example, if you wish to figure out when to plant your garden, schedule a massage or just relax, you can choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn. Further refine your search by both looking at the details of each day in the last section of this article and avoiding the void of course Moon times.

Kindly note that the days and times given below are in Pacific Standard Time (PST). For Mountain Standard Time (MST), add one hour. For Central Standard Time (CST), add two hours. For Eastern Standard Time (EST), add three hours. For Alaskan Standard Time (AKST), subtract one hour. For Hawaii-Aleutian Standard Time (HST), subtract two hours. For Greenwich Mean Time (GMT), add eight hours.

Jupiter is retrograde until October 11 between 17°24' and 17°10' Aquarius. These degrees are symbolized in the Sabian symbols by "a man's secret motives are being publicly unmasked." Our integrity is being tested. The people, situations and companies that insist on continuing on the path of lies, manipulation, power games and betrayals, using fear and intimidation as their weapons, are being revealed one by one and falling down.

Saturn enters Libra on October 29 till October 6 2012. This is great news for those who have been single for a while, have done their work on themselves and now want a good relationship. I believe that this will be the time when many spirit partners finally find each other and are able to develop the kind of relationship that you read about in novels.

Uranus continues to be retrograde this whole month between 24°06' and 23°07' Pisces. These degrees are symbolized by "a religious organization succeeds in overcoming the corrupting influence of

perverted practices and materialized ideals" and "on a small island surrounded by the vast expanse of the sea, people are seen living in close interaction." Integrity is the only way forward. Those who have deviated from a basic honesty to themselves and others will be revealed one by one and self-destruct. Nothing now can remain hidden for long. Truths are emerging for all to see, and as society as we've known it continues to crumble, we only have each other to rely on. The more we pool our resources together, the stronger we shall be.

Neptune is still retrograde this whole month between 24°00' and 23°41' Aquarius. These two degrees are represented by "a man, having overcome his passions, teaches deep wisdom in terms of his experience." and "a butterfly with the right wing more perfectly formed." Our imperfections are our divinity. Some of the greatest sinners can become the most respected saints. If we do not judge our experiences but learn from them, incredible growth will be our reward.

MOON MESSAGES

The Moon will be void of course (v/c), forming no major aspect with any planet, before entering the following sign:

- Friday, October 2 at 8:29 PM until Saturday, October 3 at 2:21 AM when the Moon enters Aries
- Sunday, October 4 at 10:46 PM until Monday, October 5 at 9:33 AM when the Moon enters Taurus
- Wednesday, October 7 between 10:19 AM and 2:46 PM when the Moon enters Gemini
- Friday, October 9 between 6:35 PM and 6:48 PM when the Moon enters Cancer
- Sunday, October 11 between 6:37 PM and 10:02 PM when the Moon enters Leo
- Tuesday, October 13 at 2:21 PM until Wednesday 14 at 12:45 AM when the Moon enters Virgo
- Friday, October 16 between 3:18 AM and 3:29 AM when the Moon enters Libra
- Saturday, October 17 at 10:33 PM until Sunday, October 18 at 7:23 AM when the Moon enters Scorpio
- Tuesday, October 20 between 11:57 AM and 1:49 PM when the Moon enters Sagittarius
- Thursday, October 22 between 11:38 PM and 11:39 PM when the Moon enters Capricorn

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- Sunday, October 25 between 11:15 AM and 12:08 PM when the Moon enters Aquarius
- Wednesday, October 28 between 12:22 AM and 12:45 AM when the Moon enters Pisces
- Thursday, October 29 at 9:56 PM and Friday, October 30 at 10:56 AM when the Moon enters Aries

Mark these periods in red on your calendar, and avoid scheduling anything of importance during these times, as they would amount to nothing!

SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

- ☾ Moon in Pisces until Saturday, October 3 at 2:20 AM between Wednesday, October 28 at 12:44 AM and Friday, October 30 at 10:55 AM

This is a great time for meditating, sitting by the ocean or doing anything related to the sacred, such as healing, channeling or connecting with the mystical, the magic and the oneness of All That Is. It is also a perfect time for dancing, painting, swimming, dreaming, music, photography, film and sleeping.

- ☾ Moon in Aries between Saturday, October 3 at 2:21 AM and Monday, October 5 at 9:32 AM between Friday, October 30 at 10:56 AM and Sunday, October 1 at 4:44 PM

This is a perfect time for intense physical activities—anything requiring forceful, direct action and self-assertion. It is also a good time for leadership, spontaneity, good will, being a way-shower, initiating new projects or taking your car to the mechanic.

- ☾ Moon in Taurus between Monday, October 5 at 9:33 AM and Wednesday, October 7 at 2:45 PM

This is a perfect time for any financial matter: paying our bills and debts, asking for the money that is owed to us, investing in real estate and buying or selling. It is also a perfect time for a stroll in the park, going to the countryside and connecting with our Mother Earth. This time is also good for gardening, pottery and sculpting, as well as body work.

- ☾ Moon in Gemini between Wednesday, October 7 at 2:46 PM and Friday, October 9 at 6:47 PM

This is an excellent time for multitasking, curiosity and any form of communication, such as exchanging information, sending emails or calling friends and acquaintances. It is also great for social activities, attending conferences, reading a book, watching a documentary, gathering data on various topics and connecting with new people.

- ☾ Moon in Cancer between Friday, October 9 at 6:48 PM and Sunday, October 11 at 10:01 PM

This is a perfect time for family activities, especially those involving children. It is good for spending more time at home, for cooking and nurturing ourselves and those we love, and for inviting the people we cherish over for dinner. It is also an excellent time for

drawing, creative writing, crazy humor and anything requiring intuition and imagination.

- ☾ Moon in Leo between Sunday, October 11 at 10:02 PM and Wednesday, October 14 at 12:44 AM

This is an excellent time for anything glamorous, such as dramatic performances, being in the public eye and throwing or attending an elegant party. It is also a good time for playing with children and for romance and creativity in general.

- ☾ Moon in Virgo between Wednesday, October 14 at 12:45 AM and Friday, October 16 at 3:28 AM

This is an excellent time for starting a new fitness program, learning healthy nutrition, fasting, clearing our closets, cleaning our home or reorganizing our drawers. It is also perfect for detailed work, the focused use of our intelligence and taking care of small pets.

- ☾ Moon in Libra between Friday, October 16 at 3:29 AM and Sunday, October 18 at 7:22 AM

This is a great time for relationships, associations and diplomatic exchanges with others. It is also an optimal time to do anything related to beauty—such as getting a haircut, buying new clothes or getting a makeover—or with art, especially painting and decorating. It would also be a good time for a pleasant social event, such as a concert or an art exhibition.

- ☾ Moon in Scorpio between Sunday, October 18 at 7:23 AM and Tuesday, October 20 at 1:48 PM

This is a perfect time for scientific research, esoteric studies, self-transformation, dealing with the mysteries of life, death, sexuality and exploring the other side of the veil. It is also a good time to deal with insurances and any issues pertaining to the use of power.

- ☾ Moon in Sagittarius between Tuesday, October 20 at 1:49 PM and Thursday, October 22 at 11:38 PM

This is a perfect time for traveling, religious or philosophical activities or matters related to higher education and the law. It is excellent for lecturing, learning, perfecting a foreign language or exploring other cultures. The time is also perfect for athletic training and tending to large animals such as horses.

- ☾ Moon in Capricorn between Thursday, October 22 at 11:39 PM and Sunday, October 25 at 12:07 PM

This is a good time for furthering any ambitions: asking for a promotion, enlisting the support of people in positions of authority, making a good impression, restructuring a business and redefining any long-term goals.

- ☾ Moon in Aquarius between Sunday, October 25 at 12:08 PM and Wednesday, October 28 at 12:44 AM

This is a perfect time for philanthropic activities, charitable organizations, meeting with friends and making new acquaintances. It is also a good time for inventions and for far out, progressive ideas, such as interdimensional and time travel, anything related to UFOs, computers and technology in general.

INTENTIONAL MEDITATION

Our intentional meditation begins on Saturday, October 3. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Aries at 11:10 PM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon.

On Saturday, October 17 take out your full-moon-charged papers and write one intention per sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon in Libra at exactly 10:33 PM. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

A WEEK OF THE UNEXPECTED

Sunday, October 4: Mercury sextile Mars (4:37 AM), Mercury opposition Uranus (2:06 PM), Mars trine Uranus (6:38 PM). We should be careful when driving, for unexpected, sudden reactions could cause unforeseen accidents. We say what we mean and mean what we say, expressing ourselves directly and honestly. Our straightforwardness could create some estrangements or reveal opposition, but at least we'll know where we stand. We can expect exciting breakthroughs in consciousness, waking up to a particularly vivid dream or receiving in a flash the answer to a question that has been bothering us for a while. Expect the unexpected today!

Wednesday, October 7: Mercury conjunct Saturn (11:38 PM). This is a great day to clear our desk of back-logged work, get our administrative work out of the way and be generally efficient and grounded. Our business decisions are grounded in reality and our judgment sound and solid. We seek serious conversations and are drawn to deep, factual studies that help us structure our reality.

Friday, October 9: Venus opposition Uranus (3:01 PM), Mercury enters Libra (8:46 PM until October 28). Sudden, unexpected estrangements could occur at this time. We might also meet unusual, freeing people in strange circumstances who help us see hidden aspects of ourselves. During the next few weeks, we express ourselves more diplomatically. We seek harmony in our communications with others and can become peace makers.

Saturday, October 10: Sun trine Jupiter (1:38 AM), Mercury square Pluto (11:43 AM). This time is great for higher education, traveling and philosophical or philanthropic endeavors. We are able to x-ray situations and people, making us more cautious than usual, seeking the deeper meaning behind our experiences.

A WEEK OF RELATIONSHIP DEVELOPMENTS

Monday, October 12: Mars sextile Saturn (1:51 AM), Jupiter turns direct (9:36 PM). Limitations or delays prove very beneficial during this time. As we work with them, they enable us to create solid, long-lasting structures that support our goals and nourish our ambitions.

Tuesday, October 13: Venus conjunct Saturn (3:52 AM), Venus sexile Mars (11:31 AM). This is a great day for becoming clear about what we want emotionally. A good relationship becomes stronger and more committed today, while a shaky one may come to an end after we have become clear about what could and could not be changed and whether we can live with that. We seek relationships that help us grow and enrich our lives. Those that drain our energy are unlikely to survive this transit.

Wednesday, October 14: Venus enters Libra (3:46 PM until November 7). We need beauty, harmony and equilibrium in our relationships and our surroundings. We will likely be drawn to pastel colors, agreeable shapes and pleasant scents. We seek equality with those we are intimate with and justice appeals to our minds. Our sense of aesthetics could become more balanced.

Thursday, October 15: Venus square Pluto (10:20 AM). This is not a good day for financial matters: deception, manipulation and corruption could come into play. We need to examine both other people's motives and our own. We should also beware of emotional entanglements today or getting involved with the wrong person in the wrong circumstances. Today is a good day to clear ourselves of emotional habits that no longer serve us.

Friday, October 16: Mars enters Leo (8:33 AM until June 8, 2010), Sun trine Neptune (5:47 PM). During the next seven months, we will assert ourselves in a dramatic way. Grandiose gestures and theatrical behaviors make us feel alive. The more we act from our sacred heart, the more successful we will be. Today, more particularly, we could channel very beautiful material. The veil between the visible and the invisible is thinning. We have access to information from higher realms of consciousness. This is a great day for meditating, healing and channeling. Artists are particularly inspired today.



A WEEK OF STIMULATION

Tuesday, October 20: Mercury trine Jupiter (2:50 PM). This is a great time for lecturing, reading, learning, higher education, long-distance traveling and connecting with people from foreign countries. We are ready to absorb philosophical and spiritual concepts. Mind-expanding conversations could take place today. The people we meet stimulate us intellectually, opening our consciousness to exciting, new horizons.

Thursday, October 22: Sun enters Scorpio (11:44 PM until November 21). The next month is loaded with intensity, passion and the need to exert courage, be loyal and live with integrity. Things could be a little more dramatic than usual, and we will tend to see things in ways that are very black and white. Our boundaries are clear and so are the situations and people we wish to devote time and energy to.

Saturday, October 24: Sun sextile Pluto (2:55 AM), Mercury trine Neptune (9:56 AM). This is a day during which our consciousness will greatly expand. We could make startling discoveries that shift our whole understanding of ourselves and the universe we live in. We are particularly sensitive to vibrations and to what is not being said. Powerful self-transformation can occur as well as magical healings and inspiring meditations. Artists will find much to work with today.

A WEEK OF INTENSITY

Wednesday, October 28: Mercury enters Scorpio (3:09 AM until November 15), Venus trine Jupiter (7:02 PM), Mercury sextile Pluto (8:52 PM). During the next three weeks, our thoughts will be metaphysically inclined. We could even become slightly obsessive as we search for the deeper meaning of what is happening in our lives and what our place in the universe is. No superficial answer will satisfy us during this period. Today, more specifically, is a great day for going out and expanding our social circle. The people we meet today are fun, exciting and expand our horizons in magical ways. We should just beware not to overindulge—this includes food and sex as well as intense thoughts and profound conversations.

Thursday, October 29: Sun square Mars (12:56 AM), Saturn enters Libra (10:09 AM until October 6, 2012). Kindly refer to the opening paragraph on Saturn in Libra. Today, we could be more impulsive than usual. Anger could flare up fast and yet be forgotten as easily. We should be careful when operating motor vehicles and using sharp instruments. This transit is best used by channeling our energy into constructive projects that require physical energy. ✨

AN ASTROLOGICAL
OVERVIEW

Back to the Garden

mar de luz

. . . the Fifth World, the world of peace and light, that's basically our return to the Garden. That is the Garden that used to be on Earth a long time ago, and when Venus slipped into our solar system it was a run-away planet and . . . it ran close enough to the Earth to strip away everything that was on the face of the planet.

When the people came out from underground . . . and saw what had happened to the Earth . . . they looked up into the night sky and saw that planet [Venus] just looking back at them and they called it "the planet that stole our love." That catastrophe seems to have made its imprint on the DNA of every living thing, and because of that there has been throughout history a memory that we had a beautiful garden of Eden, we had a place where there was no illusion or lie, and there was something terrible that happened that caused it to go away . . . and perhaps if the world is brought to the brink of distinction that mirrors even a portion of that catastrophe, perhaps we'll be shown the way back to the Garden . . .

—Speaking Wind¹

I've often pondered Speaking Wind's stories of prophecy. He lectured and wrote prolifically in the late 1990s, seemingly intent on sharing his knowledge with anyone who would listen. His words were strange—sometimes so cryptic that I've hidden them away until recently. Now they're starting to return, like resurfacing dreams, to his students with new symbolism and meaning. He released a wealth of knowledge during that time and asked us not to struggle with the words, but to let them sink into our dreamtime. He said that any true teaching may go to sleep for a time, but would reemerge when the time was right. Oddly enough, they've been returning to those who first heard them with a truth that's stood the test of time—the boldness of a true vision-

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ary and the conferment of many prophecies from many tribes.

Speaking Wind, a sun-sign Libra, was raised by his Pueblo family in the mountains of northern New Mexico and was taught ancient prophecy by his grandfathers, Two Bears and White Eagle, who were spirit-callers. They told him that their teachings would be put to sleep for a while and would be remembered when the time was right. Speaking Wind in turn taught his students, "We are now standing at the end of time for life as we know it. . . neither the Earth nor life on it is going to end, but it is going to change. . . . The world, basically, has been separated into four distinct time periods, each lasting approximately 10,000 years and we've called them the Four Worlds."

As a student of Native American prophecy, I've been taught that the Earth has been effectively destroyed three times by fire, ice and water, and that we are living in the Fourth World. If you consider that circa 18000 B.C. was the height of the Ice Age, and that circa 9500 B.C. was the time of the great flood or deluge, then that's a span of 8,500 years—offering respect for this worldview. If you further consider that all Pueblo Indian stories of emergence involve people ascending through an opening in the earth to a new solar existence, then the evidence of mythology takes on a new light. There is physical evidence of sipapus or earth birthing places throughout the southwest, and all Pueblo descendants—the Hopi, Navajo, Zuni and Apache—continue the ancient dance of emergence to keep the memory alive and the energy of life's renewal. They do not distance themselves from the past and they do not dance only for themselves—they twirl and chant to regenerate gratitude for the present and to toss the seed of hope to future generations. Having witnessed their spiral processions, which are like the dance of planets around the Sun, I will never be the same and I understand what they mean when they say that the Earth is our mother and that she will always take care of her own.

COME, LET US REASON TOGETHER

The time of Libra is from September 22 to October 21. Libra is an air sign ruled by the planet Venus and, as some believe, co-ruled by the planet Mercury. This is a time of homeostasis when the earth in the northern hemisphere curtails the long days of summer to rest and balance the effects of solar growth. We should be observant now and take heed, as our bodies need time to adjust to less stimulus and more introspection.

The planet Venus stands for inner love, self-respect and confidence. Speaking Wind taught us to greet each morning by looking into the mirror and saying,

"Hello, [your name], I love you." He said in this way we could change the world because if we all believed in ourselves the way that Mama or Papa God believed in us, we would not feel the need to commit acts of subjugation or aggression toward others.

The unique wisdom of Libra is that of the wisdom of King Solomon. Libra is a sign and season of seeking balance, even if the scales have to be tipped a bit to get there. People with this influence in their natal charts are generally ombudsmen, counselors, legal consultants, social workers or ambassadors of sort, and they share a diplomatic genius. A late journalist once said that half the battle of achieving conciliation between disparate factions is to bring them to the same table. He advocated peace negotiations between warring countries because discussion was the only hope of reaching common ground. He knew the secret of Libra, which is the dialogue that seeks neutrality where there was none before. By simply facing, speaking and breathing the same air, our commonality will far outweigh our differences until we can see with new eyes—Solomon-like, indeed, and a key to the secrets of the masters.

DEEP SKY REPORT

The dream of Libra is a dream of sacred space and time out. Allow yourself the time to imagine, see and feel that which you truly seek. This may sound indulgent, but it is a Venusian principle that when we are fulfilled and in our element, the Creator can better use us. We tend to think that we know what we want or need in life and that we are taking steps to get there. The truth is we really don't know what we want, and there is so much more out there to search for than the analytical, left brain can fathom. Venus rules the somatic side of the brain—the right side—that broadens the search for fulfillment and gives us permission to get lost in the woods one afternoon so that we might ponder the burgeoning earth and glimpse that which we never knew.

Jupiter stations direct Monday, October 12 at 17 degrees Aquarius: Jupiter is a planet of growth and expansion. Aquarius is a sign of stimulated mental activity. After four months of hazy retrograde, the ruler of the night sky is back in action and approaching conjunction with Neptune for the second time this year (exact on December 21, the winter solstice). Get ready for pineal gland overload as the river of light from distant galaxies—Aquarius—penetrates our frontal lobe during dreamtime.

Jupiter will dwell in the constellation of altered consciousness until January of 2010, and since winter is not the perfect time for travel in the northern hemisphere, the time is ideal for group meditation and spirit journeying. By doing so, we will be able to see further than





ever before—clear to the center of our Mother Galaxy and the conception point of both our nativity and distant incarnations. Jupiter stands for the eternal now and the perpetual journey: We are in a constant state of becoming. What you dream and envision now will become the road for tomorrow's discovery. Take the time now to make steps toward a good road and don't worry if your dream seems insurmountable.

Our spiritual parents, Mama and Papa God, want us to feel our wings so that we can find our way in life. Although they will never abandon us, they encourage us to branch out on our own for the sheer thrill of it. One of the secrets to the Great Mystery of life is to go and do something we've never done before. Whether or not we journey as far as Machu Picchu is not the lesson, because we are never loved any less. The secret is to try. We're supposed to try. Also, Jupiter will be running direct until July of 2010—almost a year from now. As soon as the weather clears, spread your wings and fly!

Saturn enters Libra Thursday, October 29: Saturn has journeyed through Virgo for the past two years and will visit the sign of austerity once more from April through July of 2010. Transiting Saturn represents our collective view of reality, and times have been especially hard for the past two years. With the planet of harsh reality approaching the sign of Libra, more socialized government policies should come into play, for example, socialized medicine and an increase in government funding to help the unemployed gain workable skills.

Politics aside, Libra is the sign of equalization, or at least the attempt to bring equality to those who are disenfranchised or have no voice in society. That includes the elderly, the very young, disabled people, immigrants and of course, animals. Libra is an amazing energy—it teaches us to try against all odds. The influence of Saturn in the sign of peace will encourage people to come to the table and talk who would otherwise choose not to speak to each other. Even diplomatic processes can begin between countries long at war within the next three years. Just causing humans to pause to hear their opponent's view is a miracle in itself and can lead to mutual agreement. Libra is a sign of neutrality and the secret is to try—try to get along and listen long enough to find common ground. With Libra's allowance there is hope of resolution where there was none before.

Full Moon Saturday, October 3 at 11 degrees Aries: According to the Full Moon Ceremony Calendar, which was given to us in 2008 by Hunbatz Men and the Grand Maya Itza Council, the full moon ceremony for tonight is to send our restorative prayers and love to the sacred earth of Chichen Itza, Mexico. Those of you who follow the ceremonies

handed down to us from the elder's vision may want to mark your calendars for the full moon dates so that you may join in the sacred healing circles that unite our Earth. You may also want to copy the calendar for yourself so that you can trace the fifty-two sacred sites on a map to see the sacred geometry. You can find the entire calendar and ritual suggestions in the February 2009 edition of *Sedona Journal of Emergence!* or by searching for "Grand Maya Itza Council" on the Internet.

It does not matter whether you do ceremony or pray on the exact date, for the days surrounding the lunation are the most powerful. It does not matter whether you are with friends or alone or what exact words you use. What matters is the light of your intent as you join our global family in asking that the caretakers of these sites activate the positive energies available upon their Earth. It is hoped that together we may generate a beacon of light that may be seen throughout our galaxy!

HE LEADETH ME BESIDE THE STILL WATERS

We live in the days of cleansing and purification, where it may appear that the realities and social structures we have come to rely upon in the past are crumbling around us. What we can't see, though, is the undercurrent—the human tide of seeking balance, tolerance and beauty in each other. If we could allow ourselves the space to dream and pause long enough to walk beside the peaceful waters, we would see that all our work matters, and we are all keys to the light. We would be assured that there is also a lot of good in the world, swimming wildly beneath the surface.

Speaking Wind kept his promise and has filled his students' lives with a voice even louder and bigger than when he was here. One of his closest assistants, Deborah Smith Bartou, told me that he taught her to call his spirit by thinking of him. She will notice a large bird or hawk appear overhead, seemingly out of nowhere. I, myself, have had grandfather or teaching feathers appear where there was no bird in the sky, and felt the rush of wings during ceremony. "The big birds coax the little bird," Speaking Wind told us ". . . and it warms our hearts when we see you fly."

*We are stardust,
We are golden,
We are caught in the devil's bargain and
We've got to get ourselves back to the garden. . .*

—"Back to the Garden," Joni Mitchell, 1969

1. Speaking Wind in interview with Art Bell, Coast To Coast A.M., December 10, 1998

NUMEROLOGY: THE SILVER KEY

Expressing the Fullness of Spirit in You

Rhonda Smith

This year, 2009 (29/[11]), marks the beginning of the actual manifestation of the new paradigm's foundation. You will have the energies of the master spiritual messenger underlying every thought, word, deed and experience that you choose. The universal law of "thought creates" will be operating fully. Your experiences will help you to understand that your left brain is not the origin of your thoughts, but actually the processor that makes your true thoughts, at all levels, manifest into the physical world. To master this master vibration, you must stay centered within as you walk through your life. The test will be to change your role as leader or supporter when appropriate and as needed for the good of all, including you, without being attached to a title. Meditation and reflection will play an important part this year, as you evaluate what is important to bring into manifestation for the balance of all. You may feel like you have more responsibility—and you do—however, that responsibility is the ability to respond to situations rather than react so that what you choose reflects who you are.

The following explains the method used for numerology forecasting. Using the 3+ digit convention, because we are evolved to the point of needing to know the "essence" of the numbers—their rooting—the computations are done thusly:

Year: 2009; $20 + 0 + 9 = 29$ (root) = $2 + 9 = 11$

Day: 7/1/2009; $7 + 1 + 2009 = 2017 = 20 + 1 + 7 = 28$ (root) = $2 + 8 = 10$ (mid-root) = $1 + 0 = 1$

Week: Add up all the roots for each day, then reduce the total. If the total is three digits, such as 192, it is done thusly: $19 + 2 = 21$ (root) = $2 + 1 = 3$

October (30/3) is a month to celebrate the fullness of your expression of you, of the abundance in your life. These energies can be restless, so remember to stay centered in your intuition for guidance. Stay in your rhythm, and you will see situations clearly and find the joy of true freedom and creativity as you experience who you are in all your interactions. From this point of joy and abundance, you can begin to plan the next step of mani-

festing more of your vision in this next year. The goal during this time is to stand in your truth and only your truth.

OCTOBER 1 TO OCTOBER 3, 2009 (69/15/6)

You begin this month with three days of emotional experiences that you will need to keep in harmony and balance. Fortunately, you will be able to be mentally sharp and precise during this process. This influence may bring some unexpected changes, so use them as stimulus to affect your outer circumstances. You start this month with the intensity of the master builder on the material plane, allowing you to begin to take your big ideas into the physical. You will then move on to seeing the adventure and change that require a sense of inner security in order to take advantage of them. You end with an intense day of increased sensitivity to what is beneath the surface, supported by the energies of the master builder; so finish up what needs to be completed and prepare to move into a place where you can attain those big plans of the "expression of you" that the energies of this month are all about. The goal at this time is to stay secure and flexible as new insights bring order to your life.

OCTOBER 4 TO OCTOBER 10, 2009 (25/7)

This is a week to be somewhat withdrawn and reflective in order to reassess where you are. Your intuitive abilities will be given a boost so that you can move your mental energies into a positive force. Visualize what you desire and keep it before you as you listen to your inner voice for direction. This will require flexibility and detachment in order to find balance in all the changes until you reach a point of having spirit and physical in balance within. The week starts with these energies, making sure that you get the point. Then you move to a day of easy, flowing external energies that will assist you in your reassessment, so keep an eye out for synchronicities and take whatever actions seem advisable, letting the rest go.

You will then move into two days of "reaping the rewards of past achievements" while preparing for new adventures, so use the energies that support the crystallization of your desires and your imagination so that you can mold actual substance. You will be given opportunities to emphasize the spiritual side of you, which may require more responsibility and

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effort, but it promises great rewards. You then have a day to celebrate the creative expression of the spirit and the physical you, so rely on your connection and your intuition to stay centered and still be in joy and peace. You end the week with messages of the new order of things, and your mental forces will be enhanced to assist you to think outside the box and use your intuition to guide you through any challenges—because there will be challenges to the old order. The goal for the week is to find that inner balance between the physical and spiritual.

OCTOBER 11 TO OCTOBER 17, 2009 (20/2)

This week is a turning point and decision force, during which experiences will give you the opportunity to express your spirit by seeing the alternatives and acting decisively. This may require change in attitude and perspective, so do not hesitate to make those changes. Be patient with yourself and others, and allow your visions and revelations to guide you. You start the week with a strong sense of adventure and change with an underlying pressure to listen to your higher self and inner knowing before you choose your opportunities. A day of increased sensitivity to what lies beneath the surface of you presents you with the opportunity to check it out and make sure all of you is who you want to be. You move to a day of very strong intuitive energies to assist you to honor both your intuitive knowing and your intellect and find the balance between the two—the balance between your spirit and your physical self.

A day of easy flowing environmental energies is presented to you with the underlying intensity of the master of healing energies and Christ consciousness, assisting you to examine, investigate and heal any details that arise in your material life—often spontaneously. Trust your guidance and accept responsibility for blending with your higher forces with love. You have two days of reaping your rewards and preparing for new adventures, so interact and you'll find yourself gaining deeper understanding in your relationships as long as you maintain inner harmony and peace—which helps you to crystallize your desires and the seeds of who you really are going to manifest. The week ends with opportunities to emphasize the spiritual areas, and they will require a willingness to accept more responsibility and effort. However, this promises great rewards. So be receptive and remember that there will be messages everywhere to assist you to bring balance into your affairs. The goal for the week is to integrate your awareness of your spirit and its guidance into your being.

OCTOBER 18 TO OCTOBER 24, 2009 (24/6)

This entire week will be one of increased sensitivity and increased awareness of what is beneath the

surface. This can be a very inspirational and creative period if you tune into your inner awareness and take the responsibility, with that increased knowledge, to put yourself and events in harmony and balance. When you achieve that balance within, you will be able to bring about order in your outer world and actually function in the flow. The week begins with a reminder of what the month is about, celebrating who you are and your expression of that essence. In that joy, you need to pay attention to your thoughts, which are bringing you messages about the type of system and order necessary to effect worthwhile conditions for the new order of things.

You then have a day of restless energy that you must use constructively to put your plans into action with patience, persistence and determination. Now you get a reminder of the energies of the week, so keep focused on staying centered within yourself in all your experiences. Stay within the next day as well, because it's time to reflect on how far you've come and use your strong intuitive energies to reconstruct your mental energies into a positive force to empower your visualizations and dreams. In this, you will be assisted by an underlying master builder energy to help you think in large terms, but don't forget that there is a need for hard work to build that firm foundation for the future: it is so worth it! You will then move to a day of easy flowing environmental energies to catch your breath. Use this time, however, to examine material details that arise spontaneously, choosing what to act upon and what to let go. You end the week with a day of reaping rewards and preparing for new adventures, so share your accomplishments to gain deeper understanding. The goal for this week is use your opportunities to get into the flow and respond to events instead of reacting to them.

OCTOBER 25 TO OCTOBER 31, 2009 (28/10/1)

You end this month of defining the real you for manifestation in January with a period of the energies of seed and harvest, assisted by the underlying energies of the higher master vibration of 44, the master of spiritual power, so that you can bring together those who are willing to be the architects of the new order. As you crystallize your desires and empower them with your imagination, your awareness of what is beyond your material world will bring everything into perspective. You insure your ability to do this by starting with the energies of the master messenger, so be receptive and remember that there will be spiritual messages to bring your material world into balance for the entire day. Stay connected to maintain balance in your physical, mental and emotional areas.

You will then be given a day to remind you that this entire month is about celebrating you and your progress toward being who you are: spirit with a physical experience. A day to remember that “thought creates” brings you opportunities to be a forerunner for better conditions as you realize that system and organization will always bring worthwhile conditions. Listen to your intuition when challenges are presented to the old ways.

You are then challenged to use the restless energies of freedom and change constructively to express yourself in your own way, and you are supported by under-

lying master messenger energies to guide your way to balance in all your affairs. A master day of intense energies pushes you to accept responsibility with courage and with the faith in your higher forces that all is in its right order, even if you didn't get the memo. This brings healing as long as you give love and compassion to others. You end the month with a day to be reflective and go within to reassess your progress and reconstruct your mental energies into a positive force for the expression of the true you. The goal for this time is to be who you are in totality. ✨



REGINA BRETT'S 45 LIFE LESSONS AND 5 TO GROW ON

BY REGINA BRETT

Originally published in *The Plain Dealer* on Sunday, May 28, 2006.

“To celebrate growing older, I once wrote the 45 lessons life taught me. It is the most requested column I've ever written. My odometer rolls over to 50 this week, so here's an update”:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Don't take yourself so seriously. No one else does.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's okay to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's okay to let your children see you cry.
13. Don't compare your life to others'. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye. But don't worry; God never blinks.
16. Life is too short for long pity parties. Get busy living, or get busy dying.
17. You can get through anything if you stay put in today.
18. A writer writes. If you want to be a writer, write.
19. It's never too late to have a happy childhood. But the second one is up to you and no one else.
20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Overprepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness except you.
26. Frame every so-called disaster with these words: “In five years, will this matter?”
27. Always choose life.
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Whatever doesn't kill you really does make you stronger.
36. Growing old beats the alternative—dying young.
37. Your children get only one childhood. Make it memorable.
38. Read the Psalms. They cover every human emotion.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
41. Don't audit life. Show up and make the most of it now.
42. Get rid of anything that isn't useful, beautiful or joyful.
43. All that truly matters in the end is that you loved.
44. Envy is a waste of time. You already have all you need.
45. The best is yet to come.
46. No matter how you feel, get up, dress up and show up.
47. Take a deep breath. It calms the mind.
48. If you don't ask, you don't get.
49. Yield.
50. Life isn't tied with a bow, but it's still a gift. ✨

Prosperity in Tough Times

Richard Dupuis

You absolutely must maintain a positive “can do” attitude in tough times, or they will become even tougher. When you allow yourself to become demoralized, your energy contracts, and you are not receptive or creative. You don’t have to ignore the facts and go into denial, but it does mean you need to stay detached and should not follow the crowd into a burning building. You are autonomous; it doesn’t matter what’s going on around you. There is nothing outside of you that can affect you. Quantum physics says that the observer creates the observed. You are the observer and creator of your life, and no person or thing has any power over you.

LET UNIVERSAL LAWS BENEFIT YOU

One way to maintain a positive attitude is to read inspirational books or watch films like *The Secret*. There are a lot of other excellent sources of information about The Law of Attraction. The Law of Attraction says like attracts unto itself. There are a number of other universal laws that are equally important:

KEY POINTS

- During times of hardship, it is important to keep your energy focused in ways that foster growth and positive change.
- Universal laws serve as a reminder of the power of focused energy and constructive thought, allowing you to be inspired by consciousness and act from that inspiration.
- Clear away any negative patterns in your life that may be blocking the clear flow of your energy so that you can manifest your desires in the most positive way.

- The Law of Correspondence, also called the Law of Equivalents, says that for every question, there is an answer and that for every problem, there is a solution.
- The Law of Abundance is governed by acceptance. You receive what you are able to accept. The universe is on your side; it is always sending you gifts of abundance and prosperity. Unconsciously, you may be unable to accept what you are being sent.
- The Law of Expansion holds that all things have the desire to grow and expand and that you get more of what you focus on. All life has a strong desire to express itself, and humans express themselves through inspired creative action.
- The Law of Mind is the most important of all the laws. It simply says, “As you believe, so shall you receive.” The Bible expresses this concept by saying that it will be done unto you according to your belief. The Law of Mind can be either a great benefactor or a terrible task master.

TOOLS FOR FOCUSING YOUR ENERGY

Here is how manifesting works: Consciousness either decides it wants to create something in your life because it sees you would benefit from that creation, or it takes a cue from your desires. Consciousness uses mind to energize what it wants to create. Then, thought takes over and gives it direction, like a bullet traveling toward a target. Almost all teachers tell you to focus on what you are trying to create, but when you do that, you are putting your energy into the result instead of the point of creation. It’s like starting a race at the finish line.

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Instead, put your focus on consciousness; it is the only creative force in the universe. You want to act from inspiration, and only consciousness can inspire you. Any other action comes from ego, and nothing coming from ego is fulfilling.

There are a number of tools you may use to help you focus your energy on consciousness. One effective mantra you can use for this purpose is “hom sah.” The first syllable is spoken as you inhale and the second syllable as you exhale. Since you can’t speak and breathe in at the same time, just think the syllable “hom” or speak it silently to yourself as you inhale. Speak “sah” as you exhale, either aloud or quietly to yourself. Once you have said the mantra several times, stop repeating it. Just before you start thinking, notice what is there. Once you get the hang of this technique and do it daily, you will find it very powerful. An extra benefit to this exercise is that it will also accelerate your spiritual growth.

CLEARING OBSTACLES AND NEGATIVE PATTERNS

Let’s suppose you have completed all of the things suggested by *The Secret* or other teachers. You write your goals down, do your affirmations, make vision boards, come up with creative visualizations, practice gratitude, set your intentions and focus on what you want. Still,



nothing happens—no job, no money or anything else you had as a goal. Here's where the rubber meets the road—your energy is either experiencing obstacle or flow. Obstacles are patterns of thought that have solidified and become beliefs about your life. They will stop your energy from flowing, and you will not be able to accept what the universe is sending you. Those patterns will be reflected back to you, and they become your life's experience.

You must find and clear those negative patterns or you will continue to experience lack and limitation. Abundance is there for you on

the other side of those obstacles. You know what the obstacles are. Make a list of the negative patterns that constantly show up in your life. They will look something like this: "Money is hard to come by. I never have enough money to pay my bills. I have to work hard and struggle to have what I want, and nothing ever works out. I never get what I want, and I don't deserve to have nice things." If you don't have enough money to pay your bills month after month, it's because of an energy pattern in your field that needs to be cleared. Take a good look at your life, and it will tell you what your obstacles are.

In order to clear any negative patterns, sit back, close your eyes and find the pattern in your energy field. If you can't locate it, then just pretend to find it; this strategy works just as well as actually finding it. Once you locate the pattern, dive into it. Immerse yourself in the energy of the pattern. Feel it as deeply as you can, and allow the pattern to intensify. When you feel like the experience has peaked, ask consciousness to let the energy out of it. Go over the patterns you have listed daily until they are all cleared. Once those obstacles are cleared, you will begin to manifest your desires with ease. ✨

Peering Over the Edge

DeAnne Hampton

July 2009

I can hear their voices long before I see them: The hauntingly piercing calls of the hawk. I am increasingly aware of how invaluable time in nature is to the unification of the higher self, higher mind and higher purpose within the current dismantling of form on our planet.

Yesterday in the woods I was guided to a section of forest where I rarely go. I had to cross over two moun-

tains to get there, each time descending deeper and deeper into the mystery of virgin nature and unspoiled energetics. Eventually I came to a giant tree that had fallen—too heavy for the mountainside soil that had receded at its roots. And though tall weeds and looping vines had grown all around it, I knew I was somehow to climb up that tree. The elevation and panorama the inspiring lookout afforded me made the entire trek to this magical spot worthwhile.

for that inevitable fulfillment. They are positioning themselves with great strategy and care.

The first awareness I had when I was perched six feet above the ground on this fallen tree, was of the shining ones. I was also keenly aware of many from the animal kingdom watching me from hidden places. So I began to tone (sing loudly) because I knew the sound of the human instrument can vibrationally attune to the harmonics of the natural world. This singing lifted the experience to one of assurance and peace for both the animal kingdom and me. I toned and radiated my heart energy and gratitude to all that was present with me and

KEY POINTS

- Synchronistic opportunities are reaching across distances and connecting strangers.
- If more could feel the mystery, the freedom and authentic sovereignty of beingness, much more actualized spirituality would come to pass.
- We came from a realm without boundaries, a world of unity, with the awareness that everything we do matters in the light of eternity.

THE SHINING ONES

The shining ones are moving in so much closer to the human element, and I am feeling this all the time now. Not closer to me, as I have always felt them intimately, but into the front-line of the current spiral of humanity's evolution and attunement, which they have come to assist with. Just as human beings are implements of a divine plan, the shining ones are instrumental in preparing humanity

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set an intention for these words I am sharing with you now. Then I stood perfectly still.

Within moments I heard the hawk directly to the left of me. I thought to myself, "Could it be responding to the tones and frequencies of my call?" And no sooner did I register that thought than another hawk, exactly to my right, responded to the one on my left. There I stood, in this precarious position of center I had been guided to, with these two regal messengers and visionaries of the air, singing my heart and intent back to me. And we were all one.

SEEING WITH THE HEART

This week of the recent solar eclipse was a stunning reflection of how these new energies are transforming the way we experience life: Synchronistic opportunities are reaching across distances and connecting otherwise strangers in co-creative endeavors, relationships are shifting toward authentic alignments, doors are simultaneously opening and closing. It is the energy of pure magic, and it is a realm to which the light beckons us with fervor if we would but listen.

I know in my heart there are so many more people attuned to the spiritual life than those who dare to give it voice and actualize it in their experiences, such as in how they interact with their reality and who they are to the world. On four separate occasions just last week I had four different people comment to me how fearless I am, how brave to speak about the mystery so unapologetically. In response, I might borrow a line from *The Little Prince*: "And now here is my secret, a very simple secret: It is only with the heart that one can see rightly; what is essential is invisible to the eye." I follow that unwaveringly.

As I climbed over those two mountain passes, I talked to the light about how to describe the mystery to those who have never felt it and maybe even fear it. How can we move people into the energy of life—the innocence of pure essence—and out of all that is

predictable and conditioned? How can we get back to the natural flow of existence that is in harmony with all things and all beings? And how can we do this when so many are dependent upon and cling to the very things that lead to imbalance?

BECOMING THE MYSTERY

With the progress toward unity and compassion evidenced within many facets of twenty-first century humanity, we still very much dwell in the energy of separation, compartmentalizing our lives into safe and orderly constructs. It occurs to me so strongly that if more could feel the mystery, the freedom and authentic sovereignty of beingness that envelops one within this paradigm, much more actualized spirituality would come to pass.

The mystery is in the hawk's cry to creation. It dances in the northern lights and rises with the Sun over the eastern horizon. It explains why some of us were born with fair skin and some dark, why some can defy life and live many decades while other beings never make it out of the womb. The wonder of our world today is that we are positioned to no longer just fathom the mysteries of the world—we can become them. But we must let go of our mental proclivities. Many would agree that we don't live in a reasonable world, so why would we continue to rely on logic and the promises of a paradigm that has continually led us astray to decide the fate of our future?

In working to understanding the world of energy, I am constantly observing the predilection of people to remain in their thoughts—to be guided, fed, reinvented and deceived by thought again and again. In order to test the waters and see how we are doing, I periodically post supportive statements about our President, about seeing victory in the many trials he has inherited. And there is always a noticeable dearth of those willing to chime in and agree that our belief in his efforts matter. What I want to make clear is that I am not making

a personal statement about my party or politics; I am lifting the view to a greater possibility. This possibility understands that God is God of all things, and people in great positions of power are there by the grace of one God. God is endeavoring to get all children on board with change and in order to allow this change, we must be it.

THE VIBRATION OF INNOCENCE

Innocence is a formidable element of reconciliation. Innocence, far from naiveté or ignorance, is a quality of pure essence and interior alignment with the divine. It is an undiluted receivership to the natural phenomena and wonder of the world—seeing everything and everyone not as they have been conditioned to be, but as they are.

I challenge the reader to consider that the vibration of innocence is a true source of power because it allows us to move free from the thoughts, judgments and expectations of a pre-conditioned agenda. Innocence allows us to embrace each moment with wonder and a full, fearless heart. We came from a realm without boundaries, a world of unity, with the awareness that everything we do matters in the light of eternity. We need the confidence to re-create that unity within a plane of extreme polarization. I am up for it, are you?



This journey to awakened consciousness that we are on is for the purpose of ascending together—lifting ourselves up to higher levels of existence in unity and cooperation with the Earth Mother. The beings of high light and experiential wisdom are co-creating with us, side by side, toward a new day for planet Earth. We should be fierce in our determination to know ourselves beyond this here and now. We should acknowledge that everything is different today, and in our love—in the innocence of our heart's lucidity—we can realize an even greater humanity for the species of future Earths. ✨

A Longing for Home

Frances Klopotic

Gazing at the heavens, one gets a real sense of expansion and connection. The myriad of stars, planets and galaxies open the eyes and the soul to what is real. Our bodies are earth-born, but our spirits are of cosmic origin. The stars above us are our siblings, the planets our guardians and the galaxies our schools. Looking at the heavens on a dark night we feel a sense of longing. This is a longing for home.

In the years between birth and death, we are given the extraordinary privilege of realizing our place on this planet and our connection with the cosmic. The various schools of thought we attend to all serve to prepare us for enlightenment and the eventual “a-ha” that awaits those who are ready to open to the truth of existence. Our spirit—the breath of life, the godness within—is the conduit through which we learn the tools necessary to further our growth as earthlings. It is through breath that we fuel our cosmic selves, and breath is a source of light.

GOD BITS

The Earth is our mother. She births us, sustains us through our lives and receives us at our death. The three dimensional physical body is a gift from her. Our act of breath is the divine inherent in us all. It is through breath that we exist. By breathing we experience

KEY POINTS

- “All energies change into other forms of energy, but they cannot be destroyed.”
- Most humans recognize an inherent sensation that something is missing. But do they know that what is missing is a connection to the cosmic divine?

life as a human being. When breath ceases to exist in the body, the body fades away. The spirit within us lives on after the body dies, changing from a source of animation to a source of ascension. The spirit rises at death, unrestrained by the confines of a physical vehicle. We, at this point, are free to reunite fully with our divinity, and in so doing, return fully to the divine cosmic material from which our spirit was created. We are all creatures of light. We are God bits.

The universe is permeated with light. There is light in all things: You and I are lightbeings. Because of this, nothing can destroy the spirit we possess. As is the case with all energy, the spirit can only change form at death. It cannot cease to exist. All energies change into other forms of energy, but they cannot be destroyed. Thus, there is truth to the belief that after death, life continues to survive throughout eternity because light is infinite. But what has this to do with longing for home? Everything, for as we discover the simple reality of the self as light, we begin to feel drawn to the universe in a way we’ve never been drawn to anything before in our existence.

As earthlings we face a great deal of difficulty during our lives on the planet. Some come into the world pampered and secure, while others are not as fortunate and find themselves in the midst of poverty. Physical reality sometimes overshadows that of the spiritual. The Earth herself is a planetary classroom where we come to learn how to deal with emotions and distresses as well as enjoy the opportunity to live in a human body. We take the good with the bad, and in doing so, we learn what it means to be human. While not all of life’s experiences are fun or enjoyable,

even the hard things in life are good for us. They cause us to grow.

Through our lives, we begin to sense there is something missing—a lack of connection to what is our true nature. We strive to find the missing piece of ourselves, and sometimes we lose ourselves in pursuits of pleasure, objects and people, thinking that the missing piece resides with them. That is not the case. The missing piece of us is our light-link with the heavens above. Reconnecting with the divine is as simple as looking up into a dark, starry sky and realizing where we are as a race of humans. This grounds us into what is truly real. When was the last time you realized that we are in outer space? Regardless of the crises and obstacles we face, there is something much more to us than the physical. No matter what someone may say to us, we must remember that we are God in human form. We are light. And it is because of this light that we are able to move forward and function here in Earth school.



We need to remember our true light nature because when we discover the truth about ourselves, we will begin to live as the lightbeings we are, and we can’t help but have a longing for home. When that moment of longing comes upon us, we must remember to look up and take solace in the fact that from the stars we have come, and to the stars we will return. ✨



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Are You One of the 144,000?

Frank Stainetti

The Essenes and their descendants have returned to fulfill their promise to God, the light of the Father. The descendants are three times one thousand of the original 144 here now, creating three waves of light. Each wave of light will be comprised of 144,000 who will have soul merged into their lightbodies. Collectively they will create the momentum of light to remember and awaken to their inner knowledge of how to access divine light.

The great shift of the ages is in process now. This momentum is culminating with the end of the Mayan calendar in 2012 and an unprecedented solar alignment that is about to birth a new sun in the fourth dimension. When the first 144,000 illuminate into the soul merge, they will create the great shift of the ages, divinely named “the momentum of light.” The momentum of light is the evolution of the human species from a third-dimensional state into a fourth-dimensional state of being. This is an inner transformation that transmutes the lower vibratory energy of third-dimensional existence of the physical, emotional and mental bodies into the spiritual body, causing the evolution of a new, fourth-dimensional human being.

INCEPTION OF THE CHILDREN OF LIGHT

The momentum of light began in the small community of Essenes 2,000 years ago. Anna, mother of Mary, grandmother of Yeshua and James, was an immortal who knew the sacred arts and the secrets of accessing the divine light. Over the course of two generations, she light incepted 72 men and 72 women, totaling 144—including Mary, Yeshua and James, who were also known as the “children of light.” The secrets of accessing divine light were held in many sacred scrolls brought by Anna to Jerusalem from Alexandria.

These secret teachings were carried by the Essenes out of Egypt in the form of sacred scrolls and the tablets of Osiris. The most sacred teaching, however, is accessed from inner light by spontaneous soul memory or the direct experience of initiations of light.

Each of the children of light had an overwhelming urge that compelled them throughout their earthly lives to initiate into the soul merge, into the union of love and light within. Once the fourth and fifth vibrational levels were achieved, they gradually began to merge as a group. The divine plan was revealed to them by Archangel Gabriel, who showed them that as they came into divine union as a group, they would partially ascend as a group, creating the momentum of light that would radiate light throughout collective humanity. This was to bring about the shift from fear-based reality to heart-centered or love consciousness.

The children of light did not complete their divine purpose, however. Only a core group achieved union, one of whom was Yeshua. He was ultimately held by the others, for he was the closest to merging his physical body with divine unconditional love, and he did! The saying that he came as a lamb but will return as a lion refers to the way that he brought divine light into the world of man. The children of light came as a small group, as “a lamb,” but they will return as “a lion,” as the 144,000 children of light, and they will be unstoppable! Two thousand years later, the spiritual descendants of that group are once again awakening to a compelling urge to soul merge. Their soul-level memories are emerging to the surface of their awareness. They are experiencing many unusual extra-

KEY POINTS

- The original Essenes came into divine union as a group and were meant to create the momentum of light that would radiate light throughout collective humanity. This was to bring about the shift from fear-based to heart-centered consciousness.
- The yearning of collective humanity to enter its spiritual body and the one heart was postponed because of the distractions of fear and doubt in the children of light.
- The descendants of the Essenes have come together from those who have soul merged into their lightbodies to create the momentum of light and are now in the process of healing the seven core wounds of collective humanity.

sensory, empathic and mystical experiences, transmuted and healing many emotional and physical traumas along the way.

THE CORE WOUNDS OF HUMANITY

When a soul chooses to birth into human form, light-incepted or not, it must pass through the heaviness of the astral layer that surrounds the Earth. The astral layer holds the very magnetic thought forms of col-



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lective humanity. It is the psychic airway of collective human thought projections, heavily laden with the core wounds of our humanity. Once you've incarnated, this energy pulls heavily on the virtuous nature of our divine light or essence. This requires an intense inner alignment of vigilance and discernment.

The innocence and energy of a child has only one question: "How will I be loved here?" Then the story of early life begins. The emotional issues of wounds from your role models immediately imprint on the open book of your innocence. Any treatment, even abuse, to a child is considered love—who does not initially know that there is a difference. This begins the layering and patterning of imprints for the human being. As an adult, negative imprinting from caregivers drives the subconscious and unconscious behaviors. Any treatment to yourself or another in the absence of love is abuse, and so the looping cycle of man's inhumanity to man perpetuates for generation after generation.

Emotional wounding is held energetically in the subconscious and unconscious as memory, which contracts, darkens and lowers the vibration of the human auric energy field—a vibration that is otherwise expanded and luminous. Emotional wounding and continuous thought projections of judgment onto self or others are man-made at the speed of thought. The low vibrational energy and thought forms caused by multiple layers of wounds, such as fear, abandonment, rejection, loss, grief, abuse, betrayal and judgment, are dark. Since the foundational elements of life are formed of creational energy, love, light and consciousness, this dark energy can be termed anti-light because of its effect upon the human auric energy field and on the Earth, and anywhere you see antichrist referred to in the Christian religion, you can conceptually substitute anti-light.

The seven core wounds of humanity are:

- Fear/Death
- Conditional love

- Rejection/Separation
- Disempowerment/Power
- Distrust/Intimacy/Authenticity
- Trust/Distrust
- Judgment/Acceptance

HEALING CORE WOUNDS THROUGH THE SOUL MERGE

Yet we are co-creating and generating energy with every thought, emotion, act and deed, operating out of a christed state of being. Christ consciousness is a state of beingness, not a person, and the christed state of being is an intentional awareness of the inner union of love and light—the holy alignment. Self-awareness and trusting the feeling body reveal emotional wounds and correct those thoughts and beliefs that distort and darken our human energy, thus raising our vibration and bringing us closer to accessing our inner light. Transmuting deep core wounds profoundly and permanently changes your life as you know it. A new lightness of being deepens your ability to accept, allow, love and embrace your inner and outer reality. Previous emotional reactions that seemed to be out of your control begin to simply melt away.

The descendants are healing the seven core wounds, both of their humanity and of collective humanity. This process can be very difficult and life disrupting, causing those undergoing this transformation to stretch to deeper and deeper levels of trust and faith. Unraveling old identities and patterns and transmuting the wounds of the emotional body can seem to take forever. They will reach the soul merge, however. Especially by being around others who have already achieved this state. The inner soul purging of the past most often mimics common and extraordinary physical, mental, and emotional experiences.

Those undergoing this experience are being visited by angelic light beings and seeing and feeling the energy of light. They are magnetically drawn to travel, with strong affinities to cultures of the past, and when they do, they meet many people along the way, all igniting their soul memory. Within

their soul memories is the knowledge of the secrets of divine access. Even their dream and sleep time is very active with memory and healing. Not a moment is wasted, as all feel an unstoppable sense of urgency to fulfill an extraordinary purpose. To implement the divine plan of heaven on Earth, the sacred union with self must first be accomplished, and then the union of all souls who have come to change the world with the momentum of light will follow.

The descendants are experiencing the divine encounter humanity has waited for: the soul merge! The soul merge is an extraordinary moment of transformation. It is not a spiritual metaphor. It is seeing the golden light of the soul with the physical eye and feeling profound waves of love, creating a succession of heart openings. It is an overwhelming experience of being in the physical presence of God, as the golden light of the soul streams into the crown chakra and down to the chakra beneath the feet. This is a moment that can last for hours, in a profound rapture of accelerated healing light, love and pure consciousness. The light of the soul merges with the physical body. Within soul light are the three faces of God, otherwise known as the holy trinity: divine light, divine love and pure consciousness. When you experience soul light, your present life and many former lifetimes flash before your eyes, as multiple levels of burden rapidly transmute within the soul's causal body. According to Archangel Gabriel, 16,754 humans have entered the soul merge as of this date.

THE GREAT VISION

During the time of Yeshua, James, Mary ben Joseph, Mary Magdalene, Joseph, Joseph of Arimathia and their extended family of Essenes, the future of their time and now (the years approaching 2012-2013) were known. Archangel Gabriel showed them their participation in the divine plan, the momentum of light, and he showed them the living truth and fate of humanity during an event called "the great vision," which is to be the literal spiritual evo-

lution of humanity from a third- to a fourth-dimensional existence. The DNA of humanity will be altered into a higher vibrational state, eventually creating a new species, the new human, or "Numana," who will live on a New Earth with two solar suns.

Human consciousness will no longer be asleep, unaware of itself and unconscious of soul presence. By choice and focused intentional awareness and DNA morphogenesis, humans will learn again to flow their beingness from essence. We will live in a natural way of being that loves first, with a high vibrational radiance, naturally accessing the fourth- and fifth-dimensional self. We will have access to essence, the source of inner intuition, automatic knowingness, love and light. We will radiate the golden light of soul essence. Our natural innocence is that which flows in effortless forethought, that loves without judgment or placing value upon the objects of our loving.

The Essenes kept the great vision secret for over two generations in order to protect the sacred arts and the secrets of accessing the divine and their divine purpose from the rabbinical orders until they had reached the unstoppable acceleration into the lightbody, a momentum of awakening that took many years to reach. They then knew how to access the light within with focused awareness and divine intent for the highest good of all. They knew how to stream in and out of at-one-ment, the source of miracles. At-one-ment is an intentional state of mind, body and spirit that focuses on the inner golden light of the soul within. These sacred arts and secrets to accessing the divine are being revealed again through the memory of James Ben Joseph.

THE SECOND COMING

As two or more enter this holy alignment, the inner soul light actually emerges and coalesces into a momentum of heart-opening energy that continues to build. The second coming is not a person; it's a group: the 144,000 who are simultaneously expanding and merging as a group with the unified

field, thereby reaching the one heart of collective humanity.

The template of light that surrounds and flows through Earth and us all and the different vibrating dimensions of the third, fourth and fifth dimensions—the Christ grid of creation, the golden light essence of all animated life—are all part of the unified field. Love then flows forth from "the two or more gathered" in the union of love and light, thereby expanding creation and their own light.

This genesis gives access to what we call miracles, allowing various levels of awareness, the most important of which is the knowledge that "Thou art sacred." We are connected to the love flowing through the divine, because we are merged with the same trinity of energies as the All There Is, the God-force of the unified field and genesis, co-creating as the God-force within!

LIVING FROM THE CENTER OF BEING

Becoming light-incepted in third-dimensional Earth did not automatically afford the Essenes their divinity. They still needed to be initiated through the soul merge and the multiple initiations of light and then integrate this new level of vibrational awareness into their daily lives. Holding this holy alignment as a group with the same intention made it significantly easier.

The Essenes lived from the center of their beingness, from the center of their essence. They had a holy alignment of inner focus on their soul-light stream, a most natural, golden light radiance deep to the chakras, sourcing from the multidimensional God-self—the fourth-, fifth- and sixth-dimensional interactive self. This holy alignment gives access to a continuous flow of heightened intuition, automatic knowing and love and light. The ability to enter at-one-ment energy mastery, however, was a necessity in navigating third-dimensional realities.

This necessitated having intuitive mental discernment and becoming familiar with the many energy signatures of the feeling body. This way of the heart allows innocence and imagi-

nation to co-create. As core wounds transmute, each with multiple layers, the physical-light quotient builds in its luminary radiance. This was achieved by energetically transmuting a sufficient amount of the seven core wounds, thereby energetically vibrating above the heavy pull of collective consciousness.

COMMUNION WITH ELEMENTAL NATURE

Birth is a miracle of creation, as the physical body becomes an interactive tool and miracle of co-creation. When our thoughts for life emanate from the causal body of the soul, our consciousness flows through the rays of light, creating our etheric templates of physicality. Our spiritual lightbody coalesces the elemental essences—carbon, water, iron, calcium and all the minerals of the Earth—into physical form. We have the natural ability to communicate, commune or merge with the spiritual essence of the elementals or the four temples of Earth, namely minerals, water, air and fire/light.

All Earth elemental essences have energy and light that can be directly experienced. Where the Earth has not been adulterated, you will find powerful elemental energies that can share and imbue your awareness with powerful wisdom and physical healing energies. These are not occasional mystical experiences. They are everyday, fourth-dimensional interactive experiences, bringing awareness that nurtures the physical body in a flowing energetic union with Earth. These are natural feeling body energy experiences that humanity is cut off from while in the mental energy states of fear, anger, hatred or judgment.

Becoming interactive with self, residing in the heart-mind of the feeling body, you open yourself to the rich energy experience of communion with elemental nature. The miracle of the physical body awaits you. When you consistently relax your thoughts, redirecting yourself to be interactive with all energies felt by the feeling body, your body will consistently begin to communicate its profound elemen-

tal wisdom, communicating naturally what it needs at all times, including what to stay away from. It will let you know when you need love and nurturing and tell you what food and drink are necessary if you are open to deliberate, interactive listening. This type of listening can often impress a mental image that can be felt and seen as, "I just know." Communication with Earth is vital to experiencing the miracle that we are the same energy and light essence that makes up the earth, water, trees and so on.

This is the very same energy of our physical bodies. As you love and connect to the elemental energy in your body, you easily begin to communicate with the cells of your body. With a self-loving communion and the concept of merging, you can heal any state of disease. The physical body and its physiology are affected by three overlapping bodies of energy: our mental, emotional and spiritual, or light, bodies. If we do not thoroughly know our other energetic bodies and how they affect us, our physical body can become highly susceptible to disease and suffering.

ENTERING HOLY ALIGNMENT

The Essenes knew their physical bodies were the entry points of light. They knew about the twelve overlapping spheres of light—each sphere a lower vibrating level of light descending into vibrational resonance with each ray of creation in the third dimension, then into each etheric template of life and finally into our physical body. This knowledge made it possible to be energetically interactive with the self, learning all the energy signatures of the subtle bodies. This is what my brother meant when he said, "Know thy self!"

To enter holy alignment, the Essenes brought their hands together, creating two overlapping triangles, energetically unifying the one heart with divine mind, thereby accessing pure consciousness. The true meaning of clasping the hands over the heart in a prayerful way is little known, even today. When one is focused in holy alignment in this way, the energy of divine mind and the one

heart forms two golden, energetic triangles that overlap each other, superimposing themselves over the physical body and forming the Star of David. While in this prayerful gesture, in holy alignment, the pineal gland secretes a hormone that increases one's vibratory energy into the fourth and fifth dimensions.

With a prayerful intention, "for the highest good for all," they would utilize the art of invocation, the prayerful act of calling forth the divine—the divine father and mother in at-onement, merging with the Christ grid, the union of love and light, the "All There Is" and the divine template of the unified field—thereby accessing the union of creational light rays and pure consciousness. Pure consciousness exists everywhere in the "All There Is," all around us. This is what we call God: the energy of what is and what will be—not yet created, yet creationally, magnetically potentialized though genesis, just waiting to manifest our thoughts, feelings, intentions and inner beliefs, consciously and unconsciously. They knew that they were co-creating with the God-force because they discovered the God-force was also within them, flowing unendingly. They knew these unseen qualities of universal creation were real and accessible by being reverently interactive, accessing what our human auric energy field was already connected to. Becoming interactive with creation is the deeper meaning of faith.

THE PEACE THAT PASSES ALL UNDERSTANDING

The Essenes had found the peace beyond understanding, which showed in their faces: a humble but passionate joy beamed from within them. Wonderment and natural healing abilities flowed through them. They communed with the presence of God as they learned to flow in and out of at-onement, using a special focus of the heart and divine mind with the intention of the highest good of all. In everyday life, the Essenes lived from their essence. In almost every moment they were in that moment, not in the past or the future. Their conscious awareness resided in

their higher sense perception. From within the feeling body, their inner and outer relationship to others was clearer, because they abided in the living truth. This is the essence of living in the fourth-dimensional body. The truth of any moment, intuition and automatic knowing from the divine mind flowed into them continuously. Without ever thinking—without judgment, expectation or assigning value—they lived in a purer state of beingness.

This is our most natural state, flowing with the All There Is in a combination of innocence and wisdom that always guides the way of the heart. The Essenes called it "the way." Through the way, they had direct access to the soul in its knowledge and guiding way, to its creativity and joy, and their souls' uniqueness unfolded in endless wonderment. Experiencing this point of existence also revealed the beauty and uniqueness in everyone else. Living in this way, they experienced a very high energetic state and the luminescence that is the essence of the living way. As cocreators of their reality, a great sense of their responsibility and self-accountability was constantly present. They knew that every spoken word, every inner thought and belief that they engaged with, would be on its way to its manifestation—what we call our living reality.

Mining the ego mind free of unnecessary thoughts and, more importantly, the spoken word, was essential for this process. A prayerful forethought for the highest good of all, known and unknown, reverently choosing to see the beauty first—with positivity, wonderment, openness and acceptance—is freedom lived. When uncomfortable emotions came, they knew the energy of these emotions were a guiding message from the inner self that they were out of alignment. Positive emotions of hope, happiness, wonderment, passion and creativity pour out when you are in the flow of the heart, flowing in the fulfillment of the heart.

WHY NOT JUST BE?

Our beliefs manifest our realities. Where, then, do beliefs come

from? Are they your beliefs or the beliefs of someone else? What about unconscious beliefs? Beliefs are something you have placed value upon and become identified with. Unconscious beliefs are those values and identities held in deep memory that you have forgotten about and are driving unconscious behavior, reactions and physical dis-ease. Why not just be? Why do we egocentrically identify ourselves with those expectations and demands from the past that cause us to feel less than or superior to others? Why not just be? Beliefs that cause suffering are from core wounds. They are what drive the ego mind and override the wisdom of our divine mind. The Essenes knew the difference.

In collective humanity, there is a dream common to all. A common dream of being free, of a better tomorrow, of joy, of love, happiness and a passionate existence where we are all happy to be uniquely different, yet alike. It is the recognition of the beauty within all life and its discovery—inside and out—that flows as the chalice, from the cup that overfloweth. It is a knowing that some day we will achieve heaven on Earth. Where does this dream that is so common come from? It already exists within the fourth-dimensional self of every soul on Earth. The fourth-dimensional self is a higher energetic state of being. You must align with the energy of the inner soul to get there. It is not easy, yet it is simple. You have to want it, intend it and choose it.

THE STRUGGLE TO ACHIEVE DIVINE POTENTIAL

The divine potential of the Essenes was to ascend as a group while still in their physical bodies, to pass through the many mystical thresholds of enlightenment into fully simultaneous soul-level existence, to realize the multidimensional self and to experience an expanded awareness of all dimensions (third through the ninth) while still grounded in a third-dimensional body. They had the potential to experience superconsciousness or pure creational existence—at-one-ment, a full

communion with all. They could have had dominion over the physical based in love, entering the many thresholds of Christed beingness and living in the union of love and light.

A group this small—only 144 men and women—was enough to change the world as we knew it. While in holy alignment, they held an absolute focus on their inner group union with love and light while utilizing the art of invocation of divine light from the higher dimensions, and they partially ascended as a group while still in the body. For years they held this alignment, transmuting the energy of anti-light by coming into union. They ceremonially grouped into concentric circles, creating massive rings of light, exponentially affecting themselves and humanity worldwide.

A core group within the Essenes would often position themselves in the center of the circles of light. These individuals were named and guided when the moments were right: Yeshua, James, Mary Magdalene, Mother Mary, Soleme, Joseph of Arimathea and Ruth were all directed by the archangels. The uniqueness of the way their light radiance was held by the concentric circles of light would potentially create the arch of the covenant—a star-seeding of infinite wave light, pulsing worldwide, shifting and transmuting the anti-light of collective humanity. Accelerating and transmuting a fear-based human consciousness, the group would alter collective consciousness one light pulse at a time. They were preparing humankind for the leap into the Godself—for our human spiritual potential to literally evolve into a higher vibrational being. In this higher vibrational state, the spiritual lightbody lying dormant within all human beings on the planet would begin to vibrate at the forefront of their awareness.

THE ESSENE PURPOSE OF DIVINE ASCENSION

There was only one within the Essenes who fully achieved ascension: Yeshua ben Joseph. He entered fully through the door of divine uncondi-

tional love with his fourth- and fifth-dimensional lightbody. This high vibratory luminescence expanded his conscious awareness in multiple dimensions after the many heart openings of the soul merge. Yeshua was held purposefully in divine light, as all Essenes were held by each other and the circles of light they created in holy alignment. While held continuously in this way, he was the first to realize his highest attribute according to his soul uniqueness.

James, Mary, Mary Magdalene, Soleme, Ruth and Joseph were not far behind in actualizing their own ascension. James the Just was next. He had fully realized divine light, the union of the divine rays of life. Mother Mary held the pure state of innocence, embodying the divine mother. Mary Magdalene held the pure state of feminine power and, as Yeshua's mate, loved him and facilitated him through every heart opening. Soleme realized her purity in power through grace. Joseph held the deep, sustaining and protective love of the divine father. Ruth held the absolute peace of divine mind in the uniqueness of her soul.

The Essenes facilitated each other for years, building a divine momentum. The purpose of their union was for each to possess the exalted multiple soul attributes of unconditional love, divine light, innocence, grace, and the fully balanced divine male and female—divine father and divine mother. They were then to facilitate the other Essenes into the pure, multifaceted expression of the one heart. This momentum would move through and clear profound states of fear, envy, jealousy, doubt, distrust and self-deception. This became a daily vigilance where each person assisted and supported each other. The vibrational energy at this level created an observable glow or halo.

ASCENSION OF HUMANITY POSTPONED UNTIL NOW

Yet the Essenes did not attain their group ascension, their highest potential within the divine plan. The radiant, luminescent energy present in

each of them was ultimately meant to be fully realized individually and then brought together into union with each other. This did not occur, blemishing each soul with the sense of failed purpose. Once they knew how to move in an out of at-one-ment, the Essenes began performing miracles of healing. Local prophets, including members of the Pharisees and the Sanhedrin, were receiving visions about the coming of the kingdom of God. This became very threatening to those in religious and secular power.

The light generated by the group alignment of the 200 or so Essenes had begun to reach the collective psyche, as it was meant to, enhancing the channeling of the prophets. Those that would rule over the people did not want the people to realize that the light of God was within them. Great fear and jealousy produced secret intrigues in which many agents sought the so-called leaders of the Essenes and covertly reached and threatened their family members with the promise to persecute, torture and crucify them if

they did not give up the leaders of the Essenes. Their intent was to coerce the Essenes to dismantle their perceived threat of revolt. The religious and secular leaders of the time let their fear of what they did not understand blind them to the living truth that the kingdom of heaven is within.

The powerful, yet gentle urge to ascend and transmute the core wounds of their humanity was continuously magnetic, as if it was a force of God, building in momentum. The pressure and threats from the outside world began to mount within the Essene community. The energy of fear began to creep into a few, growing to many, and the momentum of threats from religious leaders and the fear of torture began to impinge on the energy of the Essenes more and more. As the energy of fear seeped into their auric fields, the potential for them to ascend as a group was lost, causing profound sadness. They had come so close to fulfilling their divine purpose that when the peak moment arrived as the anti-light of fear, the Essenes

could feel a collective gasp from all humanity ringing throughout the dimensions.

The anticipation of the full union of the one heart had reached the subconscious minds of everyone on Earth. By this time Yeshua had fully realized his soul merge to a level from which he could no longer hold back his ascension. It was decided and decreed by God and the archangels that he would ascend into divine, unconditional love, transmuting many of the collective core wounds of humanity, and setting in motion the path of healing known as the crucifixion and resurrection. During the crucifixion, the immense love generated by Yeshua was so powerful that it shook the Earth. There was a resounding call from within the hearts of the Essenes, and they vowed to return in the future to fulfill their divine purpose and the divine plan. The yearning of collective humanity to enter its spiritual body and the one heart was now postponed into the second millennium. ✨

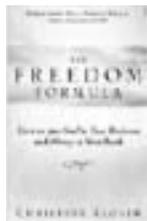
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SELF-HELP



FOR THOSE WHO BELIEVE IN ANGELS

Tom T. Moore

Jan writes: “I was sick this winter and out of work. I requested a most benevolent outcome (MBO) for assistance on everything. I even asked for an MBO for people to plow my driveway, for I could not afford the plowman. Four or five different men noticed my driveway needed plowing over the winter and plowed it for free. A high school friend of mine (whom I have not seen or spoken to in a few years) happened to be doing a job nearby, and he plowed quite a few times. A neighbor who lives down the road that I don’t even know very well plowed for me as well.

“My children (fifteen and eighteen) and many of my friends now use MBOs; they have seen the amazing results that I have had using them.”

WHOM DO YOU ADDRESS?

Sandy writes: “Hello Tom, thank you so much for your information on benevolent outcomes. I think I’ve been using it for many years, only never using the specific words ‘request’ and ‘benevolent.’ Anyway, I would like to ask a question: When beginning the request, whom do you address? I seem to get in the way of myself, using angels, universe, God, All That Is, higher self, energy and so on. It seems, from what I can tell from your articles, that there is no direction for addressing one entity and that our request just starts out as, ‘I request a most benevolent outcome for ____.’ Is this correct? Does All That Is know who we’re speaking to? Then, when I say thanks, it seems I want to thank the universe. Will you please comment on this? Thanks so

much for your uplifting advice. I’ve shared this with family; it is so positive and loving to use.”

I’ve been told that addressing angels, Creator, God, archangels and so on just gets in the way and can even limit your request. When you request an MBO, keep in mind that your guardian angel is monitoring you every minute of the day, as it has great capabilities far beyond even my understanding (and I’ve been asking questions for four years now), so when you say, “I request ____,” that immediately tells your guardian angel that you’re requesting an MBO. Even though it knows your thoughts in advance, you have to say it out loud and with emotion, if possible.

You don’t have to, but I always thank my guardian angel at the end of the request. That’s just showing your love and respect for what this beautiful being volunteered for—millions of years ago, Earth time—to be of service to us, as we have these hard, challenging lives, completely veiled from knowing who we really are. And when the MBO is granted, I thank my guardian angel three times. Again, this is my way of acknowledging and recognizing the assistance I received.

STRESSED AND DEPRESSED

Diane writes: “How do you say an MBO for a person you love who suffers from depression and is stressed out? It seems a lot of people get stressed out over things like bills, money and so on. So how do we handle it ourselves to

keep balanced, and how do we request our angels to help the other person? Need a little guidance here. Thank you—always expecting great things!”

You can say, “I ask that any and all beings send massive amounts of loving energy and pink light to _____, who is stressed and depressed, and assist them to feel better about themselves and know they can contribute to society too, thank you!” There are other, different benevolent prayers you can make up yourself to say on other days that will pertain to their specific situation.

FREEWAY MBO

Linda writes: “Yesterday, before leaving to go to a friend’s house, I requested an MBO for a safe return home. While driving down the I-75 local freeway, I realized I was going 55 miles per hour. I thought to myself, ‘That’s ridiculous,’ and decided to speed up. At that moment, as we went into a curve, a black SUV with Georgia plates came into my lane and completed the whole curve halfway in my lane. Had I been driving at my normal speed, she would have taken me out. As I regained my composure, I dutifully thanked my guardian angel. I watched this person take an exit off the freeway, and I sent



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love to her in her oblivion of what had almost changed our lives. Funny how we affect others without even realizing. Thank you."

And that's also an example of the radiant effect in which your MBO request affects others: The other driver was kept safe too.

RABBIT MBO

Erika writes: "While I was out for a walk tonight through a green belt out the back of where we live, I realized I hadn't seen any rabbits for a long time. I missed them, as I love seeing them on my walks. There were always lots of rabbits where I go walking, and I wondered if they were killed off or something. So I said an MBO to see one before I got home so I would know they are okay and still around. Then, just before I got home, I spotted one. I felt so happy to see it. Normally they love coming in our backyard each day, but we've had a large dog staying with us for a few months. It felt good to have my MBO happen, as I realized that I had received this as a gift from heaven and that they are really listening, so I said thank you, thank you.

"Here is something from *The Quiet Mind: Sayings of White Eagle* [Grace Cooke] by that I feel might be great for the newsletter list to read, as I appreciated it very much. It sums up most benevolent outcomes and how they work very well: 'Think of life as a vast whole. It is impossible for you to comprehend infinity, but this simple fact you can understand: a prayer, a thought, an aspiration to those in the heavenly world is never lost. Instantly you make that contact by prayer or meditation angels gather to help you to fulfill your aspiration and to answer a true prayer. It may not always be answered in the way you want, but it will be answered in a very much better way, if only you will be content to leave the outworking of your prayer to God and His Angels.'"

That's a wise Shaman.

SUMMER CAMP UPDATE

Julie writes: "You might remember that I wrote you about an MBO for

my daughter's camping trip. We had to change the dates to the first session because of a float trip planned, and even though both sessions were booked, the angels helped make that happen. Well, I now know another MBO that came out of that situation. All the campers that were there this week—which would have been the week she would have been there, if not for the MBO and changing the dates—went home sick with what might have been swine flu! It was all over the news! I thanked my angels profusely once again."

This is another example of not being able to see the full extent of what takes place when you request a most benevolent outcome.

A REAL FISH STORY

Rachelle writes: "My husband and I had gone fishing, and we caught two catfish. They had swallowed the hook, and my husband had a hard time getting the hook out. I was not feeling good about the whole experience, so I asked for an MBO that any other fish we would catch be hooked in the lip so that we could remove the hook easily and set the fish free. I didn't want more than we could eat. Lo and behold! Every single fish we caught after that had the hook in the lip or corner of the mouth so it could be removed easily, and we put the fish back in the water. It made a most benevolent fishing experience! The fish and I were happy!"

COMPUTER BENEVOLENT OUTCOME

Rajul writes: "First of all, thank you for providing the book *The Gentle Way*; I have passed this on to so many of my relatives and friends, and they also use the MBOs regularly and are amazed at the miracles taking place.

"Today I would like to inform you about the miracle that took place at my husband's business. He runs a print shop and his work is based on network. One of his computers that does all the graphics would not start and just kept on blinking its lights. A computer technician looked at it and informed him that the power source was fried

and that it needed a new one. Guess what? Before all that had taken place, I had said a living prayer for the computer to be just fine and had also called in Archangel Michael to do what was needed and repair it. After a couple of hours, the computer simply started working on its own. There, isn't that a wonderful miracle? I thank you from the bottom of my heart for introducing me to MBOs and their wonderful gifts. Thank you, Tom!"

PARKING AND FIREWORKS MBOs

Pamela in California writes: "I have some MBOs for you. I used the parking one and asked for, 'or something better than I could wildly imagine.' The first time, a couple was pulling out of a space and the meter still had one hour of time left on it. The second time, as I was figuring out whether or not I had enough money for the meter, I noticed that it was out of order. Another one was last Saturday: A male friend invited me over to his place for a home-cooked meal. Again, I asked for 'something better than I could imagine' following my MBO request. Well, we were sitting on his beautiful balcony, looking right out over the water and boats in Marina del Rey, when suddenly this beautiful fireworks show began right in front of us. Fireworks are one of my most favorite things. My friend exclaimed that he had never seen them from that direction and had no idea where they were coming from. We both jokingly decided it was because it was 'Pam Day,' and we made it a holiday."

CANADIAN BENEVOLENT OUTCOMES

Patricia in British Columbia writes: "Since I last contacted you, I have had many wonderful MBO results. I do the affirmations and prayers you gave us on a regular basis. The latest results: I declared bankruptcy thirteen years ago, and since then have been turned down for credit on a regular basis, because I have no credit history. When I went to my bank last week to make a deposit, I asked for an MBO that I would not have too long to stand in the line, as I have osteoar-

thritis in my knees and cannot walk or stand for more than a few minutes. As always now, I don't even have to ask for a parking space at the door, as this automatically happens.

"The bank manager (a relatively new one) met me and asked if I would prefer to sit at one of the cubicles and have someone come to me. I thanked him, and he proceeded to serve me himself. During the course of the transaction, he asked me if I had a credit card. I said that I did not and told him of the bankruptcy and of my history of trying for credit. He then asked me if I would like a Visa. I immediately thought, 'Here we go again,' and said (not too enthusiastically) that it would be nice. His next words were, 'It is done; you will have your card in ten days, delivered to your door.' Well, it happened! I received a notice saying I was accepted, and then the card arrived. To me, this is a miracle, as I'm seventy-three years old and living on a government pension. I cannot thank you enough for the information on MBOs, and I will send one to Oprah. I have had so many on a daily basis.

"Here is one more quickie: We have been having a heat wave with temperatures of 100 degrees and over. I cannot take prolonged heat like this and was getting ill. I asked for an MBO to have the temperature in my house lowered to a more comfortable temperature, and lo and behold: that night it was cooler in the house, so I could sleep. The next day, it was 70 degrees indoors the whole day, and the temperature has stayed that com-

fortable ever since. I spend most of my days giving thanks. Amazing!"

LOCKED OUT MBO

Bonnie writes: "This past week we were in Arizona for my son's wedding. We rented a house in the area. Although we were given a key for the house, we never carried it with us. Instead, we would use the keypad on the garage door and leave the door inside to the house open, entering the house this way. However, one day, in my haste to get somewhere, I forgot and locked the door inside of the garage! When we returned and went through the garage, we found the door to get into the house locked. Panic set in immediately. We walked around the house, but found no other possible way to get in. We did not have the owner's name or number with us, either. I immediately asked for an MBO to find a way into the house. Suddenly, my husband started looking at the locked door and pulled a credit card out of his wallet. Within ten seconds of trying to get the door to open, he did it! This door was a very solid, secured door. There is no doubt my guardian angel helped him get that door open, as my husband had never done anything like this before!"

DINING ROOM SET SALE MBO

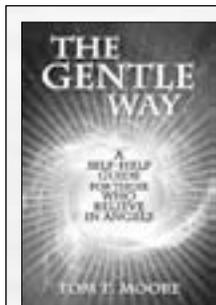
Jackie in Plano, Texas writes: "I had a dining room set for sale for over a month. I advertised on Craig's List and at work on our internal newsletter. It missed the July publication,

and I was upset because I needed the money. Then a close friend, John L., forwarded your newsletter and I thought I would try it. I only said one MBO. My ad came in the August newsletter at work and in less than fifteen minutes, I got an email from a coworker in the IT department, and he came over that evening to buy it. I got to pay four bills that were due with the money I made, and I even bought a new purse, since I had noticed the night before that the old one was beginning to tear at the zipper! Now I say the phrase about expecting great things every day. It really works when you get out of the way and have faith that your angels really will do the best for you. Thank you, thank you, thank you, Tom."

CHICAGO TRIP MBO

Jaye writes: "I requested an MBO for my trip to Chicago, and it went very well! I had made a reservation at a hotel because I couldn't stay with my daughter, as she has cats and I am allergic to them. I went to check out this morning and told them that the bed was a bit hard to sleep on. They are in the process of remodeling, and so they gave me the \$10 discount for reserving the room online plus another \$64 because the bed was too hard. For three nights, with the room taxes and everything, it was only \$219, as opposed to \$284. My math may not be so good now, as I am fairly tired, but the upshot is that I got almost an entire night's stay for free!"

Have a most benevolent month everyone! ✨



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A SELF-HELP GUIDE FOR THOSE WHO BELIEVE IN ANGELS

Tom T. Moore

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Wise Owl Adventure

Getting ready for bed, you look out your window at the stars twinkling high in the sky. You look for the moon, but it's nowhere in sight. You wonder if maybe there is going to be a new moon tonight. You quickly glance over at your moon calendar and sure enough, it's a new moon night. "No wonder I couldn't see it tonight," you say to yourself.

You open your window and listen for any nighttime sounds when you hear a sound right outside your window: "Hoo hoo, hoo hoo." "Wow, it's an owl," you think to yourself, "and he's really close by." You look into the darkness and sure enough, you see him. He is high up in the tree, almost level with your window. You can see his great big eyes looking right at you.

Excitedly, you think of Angel. "Angel, there's an owl hooting in the tree outside my window tonight."

Angel replies, "Yes, dear one, I see him too!"

"Has he come for an adventure?" you ask Angel.

"I am sure that he has," Angel replies.

With that thought, it only takes a moment before you find yourself standing on the ground below him. You bend yourself back and look way up. You spot him sitting on a branch high in the tree. Just then he swoops down and lands on a fence post beside you.

"Well, hi there. It sure didn't take long for you to notice me."

"I'm always open and ready for an adventure," you tell Owl.

"Yes, I know that about you."

"You do! How do you know that?"

Owl laughs, "Haven't you heard that Owls are wise?"

Laughing, you say, "You got me that time."

"I did, didn't I?"

"I probably don't even need to ask, but do you know my friend Angel?"

Owl laughs again. "We go way, way back together."

"I didn't realize that owls have such a great sense of humour."

Owl hoots and then says, "It's the only way to live."

"I agree with you about that."

"I'm amazed that I could see you up in the tree even though it is so dark out here."

"Well, you could say that we bring the light into the dark."

"That's pretty tricky, Owl."

"So what's on your mind tonight?" Owl asks.

"A lot has been happening for me lately. Angel and I had the most

amazing Horse Adventure. I'm beginning to understand the secret of inner and outer power."

"That is exciting." Owl hoots again. "That gives my heart something to hoot about."

You stand back, and then laugh in wonderment.

You hear Angel laughing, too!

You pause, then say, "That's right! It's all about the heart. Angel and I have talked about that over and over." Excitedly, you continue, "I get it; I get it! That's the heart-centered inner power! I guess that's why you are here, Owl. You are the wise old owl come to help me."

Owl chuckles, "Wait a minute, forget the old stuff. I'm new every day."

"Okay, I'll agree with you on that too! What I don't understand is, even though I know that the truth is always found in my heart, how come there are times when I give my power away to someone else? I've done it so many times, and I just don't understand why I make that choice over and over. I even talked with Angel and Horse about this on my last journey. Do you have any ideas, Owl?"

"Now that sounds like the old stuff or old ideas," Owl replies.

"Well, I guess you could call it old; it did happen in the past."

"What is the truth? What is in your heart?" Owl asks.



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You pause, then quietly say, "Well, the truth is that I am pure love energy. The truth is that this heart-centered power is within me."

You feel energy building within you as you are speaking with Owl. "The truth is that I am going to experience whatever I say I am. Oh, wow. What did I just say?" Angel and Owl both laugh.

"Okay, okay, let me see. If I keep believing the old stuff or that old idea, I'm going to keep giving my power away again and again and again, because I'll keep feeling it and believing it. That's why I'm attracting it, isn't it? I guess it's time for me to change that idea and create a brand new idea.

I can already see myself holding onto my power and remembering that I am worthy, lovable and capable in every situation. I'm going to think about this, feel it and talk about

this often. That's it, isn't it? Is that what you meant when you said that you are new every day?"

"You catch on quick," Owl replies.

"When I remember the truth in my heart, I feel such joy." You begin tingling and beaming from ear to ear.

"Wow, that's powerful!" Owl replies.

Just then, Owl's family arrives. Owl's family all line themselves up along the fence. The two little ones cuddle themselves up close to Mom and Dad so that there is absolutely no space between them. It's like four balls of fluff cuddled together. That's when you notice one of the little owls beginning to rock its head back and forth, back and forth and then stop.

After a moment it begins again, rocking back and forth, back and forth. You watch as the other little owl begins copying the first one. Then they both begin turning their heads almost all the way around.

"Is that an owl dance?" you ask Owl.

"Oh, yes. We all love bee-bopping around. In fact let's have a bee-bopping dance right now. It will be a hoot!"

We all laugh. Owl leads us in a hoo hoo, hoo hoo chorus as we all begin doing the bee-bopping dance.



Illustrated by Kalie McLauchlan

LEARNING OBJECTIVES:

- ✧ Children will create their very own bee-bopping dance.
- ✧ Children are encouraged to practice listening to themselves; when they notice they have said something they do not want to attract, they will say, "I'm changing that idea right now."
- ✧ Children practice thinking and feeling new every day.

ACTIVITIES:

~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experience.

- ✧ What color is your imaginary owl?
- ✧ What did your hooting sound like?
- ✧ Tell us about a time you saw a real owl.

~OWL BEE-BOPPING DANCE ACTIVITY~

The purpose of this activity is to encourage children to use their creative ability to create a cooperative

dance just for the fun of it. Ask the children to practice making hoo hoo sounds synchronized with their movement:

- ✧ Two quick hoo hoo sounds while moving your head back and forth.
- ✧ Short pause.
- ✧ Two more quick hoo hoo sounds while moving your head back and forth.
- ✧ Stop. Turn your head around.
- ✧ Now here is the fun part: Each person gets to add their very own sound and dance movement!

~OWL FAMILY DRAWING ACTIVITY~

The purpose of this activity is to encourage children to draw pictures of Owl and his family sitting on the fence. You can also draw pictures of you and your family or friends dancing the owl bee-bopping dance. Share your pictures with one another!

Supplies: paper, pencil, felts and crayons

~I'M CHANGING THAT IDEA ACTIVITY~

The purpose of this activity is to help children to change challenging

experiences using "I'm changing that idea right now" statements. Ask the children to practice listening carefully to themselves as they are speaking or even thinking.

Whenever they catch themselves saying something that they recognize they do not wish to attract into their life, ask them to say, "I'm changing that idea right now." Children learn through repetition. The more they practice this activity, the more they will recognize how their thoughts and words affect them on a daily basis. This activity will help them to hold onto their heart-centered inner power.

The following is an example of a child who is feeling bossed around:

If you catch yourself feeling or saying, "I'm tired of being bossed around," that would be the time to say, "I'm changing that idea right now. From now on, I'm going to see myself holding onto my heart-centered inner power. I live in a friendly world. I'm going to start attracting more friends who like to play cooperatively with me and have fun. If I do

meet someone who bosses me around, I'm going to make decisions that feel right for me. Sometimes I may walk away because that is the best thing for me to do. If I make that decision, I'm going to tell myself that it was a smart and safe decision. There may be other times that I may confidently say, 'I've decided that I'm going to play a different game.' I see myself feeling empowered as I hold onto my heart-centered power."

The key to this activity is to make the "I'm changing that idea right now" statement while you are talking and having feelings about the situation. Watch how this statement changes your thoughts, feelings and what you begin to attract into your life.

Ask the children to write down the various "I'm changing this idea

right now" statements in their journals. This will reinforce for them the changes that they wish to make.

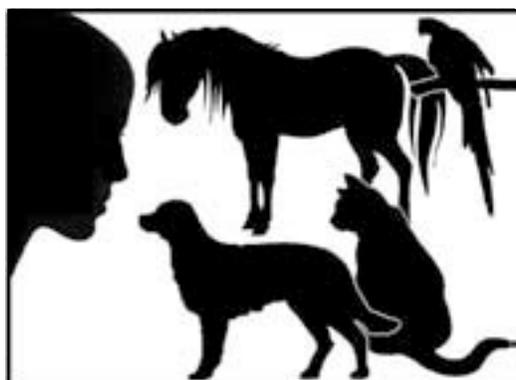
~I'M NEW EVERY DAY ACTIVITY~

The purpose of this activity is to encourage children to feel new every day. Children naturally live in the moment, but they do remember times when they perceive themselves making a mistake. When they remember that they are new every day, they can forgive themselves and others and start fresh. Practice with the children, saying "I'm new every day," each morning for a week. After one week, ask the children:

- ☆ What does it feel like being new every day?
- ☆ How has this statement helped you?

LEARNING SUMMARY:

- ☆ Children have used the power of their creative ability to create new sounds and dance movements just for the fun of it.
- ☆ Children have practiced listening to themselves. Whenever they hear themselves think or say something that they did not wish to attract, they have said "I'm changing that idea right now. I want to attract ____." This activity, when done repetitively, will help them greatly to hold onto their heart-centered inner power.
- ☆ Children have practiced saying, "I'm new every day" for one week. After one week, children have shared their feelings about this statement. ✨



The Animal Whisperer®

Communicating with Our Animal Friends

Kim Malonie

Hi Joey,

A few months ago, I rescued a three-year-old, red, female Doberman. She didn't even have a name when she was turned over to the animal shelter, so the woman there gave her the name Lucy. Lucy doesn't want to come when you call her, even though she's been at our house for six months. We adopted her in the winter, and now that it's summer, I'm finding she doesn't seem to want or even know how to play or fetch a ball. I thought all dogs knew how to run and play. For a Doberman, she is very timid

and shy, especially around men. She is also very nervous when it's windy or when she hears a door slam. She loves me and is always by my side, almost like she is hugging me. My husband wishes she would go to him more often and not be afraid of him. He is a very gentle man and would never hurt a fly. Can you help me teach my dog to play and not be so afraid of everything?

—Julie

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Wow Julie, you sure have a very special dog there! Her energy is beautiful. She says that before she came to the shelter where you got her, she was kept inside a wooden shed that was very windy all the time and very cold in the winter. The doors slammed shut in the wind



and scared her because she couldn't escape or get away from the noise. The man who owned her just used her for breeding purposes, to have and sell her babies. She gets very upset and emotional when thinking about that, and she starts to cry. She doesn't understand what she did wrong and why the man didn't like her. I told her that she did nothing wrong and that it wasn't her fault.

Could you tell her how much you love her and let her know that she will never go back there and that nobody will ever come and take her away? She is afraid that she will have to leave her new home and go back if she does anything wrong, which is why she isn't getting very attached to anyone in your home. That way, she won't miss anyone when she has to leave. She never had a stable home where anyone loved her, so she is afraid to love anyone or get attached.

Lucy also has one request from you if you don't mind: Could you please give her a new name from you and your family? The name she has right now is okay, but she wants a new name because she has a new start in life. She knows you have a nice name you were thinking about calling her, but that you didn't want to confuse her. It won't confuse her—well, it might for a short time, but she says that's fine with her. She says that the name you like has a wonderful ring to it, that it feels warm and cozy and that the energy even suits her more.

She is right here with me in spirit, so I will let her take over and have a little chat with you. Meanwhile, it's time for me to take my dog out for a walk and let him chase me around the backyard, playing fetch and ball.

LEARNING HOW TO PLAY

"Hi Mom, this is Lucy here. Thanks, Joey, for giving me that introduction. Now I feel more at ease and can talk with my new caregiver. I know she doesn't mind if I call her Mom, because she treats me

so nicely and gives me special things and toys to play with. Before I came, I never had a toy or a bone to chew on, and that was very hard for me when I was a puppy. Puppies love to chew on things when their teeth are sharp and just newly coming in; it helps with all types of stress and teething pain."

"Mom, this is how you can teach me how to play and fetch a ball or toy: When you have the time, can you take me outside, throw a ball and then *you* run after it, pick it up and bring it to me a few times? This will help me to get the idea of how it's done and what you do with it. I know it seems silly to you, but I haven't had much human contact or seen other dogs play, so I'd really love to watch and learn.

"After you toss the ball or toy a short distance, you could even pretend to put it in your mouth and run around. Geez, I even started to smile about that, just imagining you running with a bone in your mouth. You may have to do this a few times for a couple of days before I get the hang of it, but . . . hey, do you think my new dad will help me to learn how to play and run? That's something I've never even done before, believe it or not, and this would help me bond with you guys. If you take me outside, and you run around and throw and chase things, I'll see what it's like and then I'll try it too!

"When very young animals aren't shown by their mothers or someone that's close to them how to do certain things, it doesn't always come naturally to us, so our surrogate has to step in and help us along. That's why I chose you to take me to my new forever home—I actually chose you as my new family. I'll bet you didn't know most animals have the power and the will to choose their caregivers and where we live, but we do."

THINGS A DOG ASKS OF ITS PEOPLE

- I will live up to ten to fifteen years, and any separation from you will be painful for me.

Remember that before you take me home.

- Give me time to understand what you want of me.
- Place your trust in me; it's crucial for my well-being.
- Don't be angry with me for long, and don't lock me up as punishment. You have your work, your entertainment and your friends. I have only you.
- Talk to me, even if I don't understand sometimes. I do understand your voice when you're speaking to me.
- Remember how you treat me, because I will never forget it.
- Remember before you hit me that I have teeth that could crush the bones in your hand, but I choose not to bite you.
- Before you scold me for being uncooperative, obstinate or lazy, ask yourself if there might be something bothering me. Maybe I'm not getting the right food, I've been out in the sun too long or my heart is getting old and weak.
- Take care of me when I get old; you too will grow old, my friend.
- Go with me on my difficult journeys.
- Everything is easier for me if you are there beside me.



When you do little acts of kindness that you think really don't matter, think again, because your kindness does count! You don't need money or fame to make a difference in an animal's or a person's life. You don't even need to leave home, because all the little things you do every day—your smiles and hugs, your hard work, your help and your encouraging words—have more of an affect than you realize and touch more lives than you know. You make the world a better place just by being you, and we thank you! We send you love, laughter, peace, tranquility, joy and blessings from all the animals in this world through our beloved translators and friends. *

THE DREAM ZONE

Katia Romanoff, PhD, and Lauri Quinn Lowenberg

"Sleep is the glue that binds new information into the brain."

—Robert Stickgold, PhD

Dear Dream Zone,

Last night, I dreamt that my mom was shot in a drive-by shooting. All of my college friends and best friends who I am still close with came to the hospital with me. This dream is really bugging me. What does it mean?

—Jessica, 31, Salt Lake City, UT

Lauri: Is there an issue between you and your mother right now that needs healing, hence the hospital? If not, then she is standing in for your role as "Mom." Are you a mom? Do you want to give being a mom "a shot"? Is there something going on that is wounding your ability to be a mom? Your college friends, most likely, represent who you were at that time in your life—a party girl, perhaps. This part of you is still with you. You may need to ask yourself if this is a part of you that needs to be put aside in order to deal with these mom issues.

Jessica replies: Thank you. My husband and I have actually been thinking about having another baby since our son turned two years old, but we are going on a cruise in January so we want to wait until it's over, so I can party and have a good time!



Dear Dream Zone,

I had a very strange dream that I cannot explain by myself. I was in a hallway, and a door was on my right. The door was a dark color. An old man was stand-

ing before me with a large, flat box. The old man was very tan. The first thing I saw when I opened the box was a pamphlet that read, "Fashion as a future." Underneath the pamphlet were three articles of clothing: a navy v-neck cardigan, a navy winter coat and a scarf. After receiving the present I started crying and kissed the man on the cheek for his generosity as if he were my grandfather. I then took the presents and crossed through the door. On the other side were other kids my age, also with presents, showing off what they got.

—John, 15, New Hartford, NY

Dr. Katia: I wonder if somewhere in your future you are either going to join the Navy or get into a fashionable career of some kind. Seriously, dreams can use word plays like that. The door on your right symbolizes taking the right-hand (wholesome) path—an opportunity that awaits you. The items you describe are also back-to-school shopping items and even possibly school uniform items, which adds another possible interpretation.

You are trying to put a positive slant on the back-to-school process, which you are no doubt in the thick of right now as a fifteen year old. You want to be grateful and appreciate your family's support or someone's "patronage," as symbolized by the grandfatherly figure. Did you get a scholarship or something?

Clothing does indeed make the man, they say, and what you wear determines how you feel and project

yourself, either successfully or not. Clothes can change your mood. If you are feeling cold and blue, winter items and navy color could reflect this emotion. Perhaps, however, you needing to feel cold and blue—needing to chill out—because you are too fired up from the frantic pace of summer. Clothing in dreams also symbolizes the roles we play in life and the personality we show the world. Think of costumes and how they "make" a character in a play.

You are perhaps in need of protection from the "elements," from the harsher aspects of the world. We see elemental protection items—coat, scarf, sweater—in your dream. You are possibly feeling vulnerable or exposed to the elements and would be grateful if someone stepped up and gave you protection or, better yet, helped you get the skills to provide that protection for yourself forever in the future. Those could be possible interpretations, or else you are the next great fashion designer with a conservative bent: navy is a conservative traditional color, worn often by the nobility and monarchs, not to mention navies!

John replies: Thank you so much! I must say the interpretation was dead on. It's nice to know how the dreams correspond to my real life. I was very confused. And now that you mention it, the grandfatherly figure did look an awful lot like Oscar de la Renta—tan and all!



Dear Dream Zone,

Last night I dreamt that I was in the house I grew up in, but it was decorated differently (very Victorian). A young man I went to college with and have not seen since was keeping me trapped in my old bedroom, unbeknownst to all who lived there. I finally came downstairs, shocked the new residents, and found my



Dreams are messages and warnings, something you need to know. If you've had a strange dream lately and want to know what it means, contact:

Lauri Quinn Lowenberg, Katia Romanoff, PhD
www.thedreamzone.com



father and said "Get me out of here now, Dad!" That's when I woke up.

—Lisa, 40, Broadview Heights, OH

Lauri: This dream is not about the house, but rather who you were and your state of mind when you lived in that house. You are trapped in your old bedroom because part of you has not been able to move on from and evolve from a certain mindset you had when you lived there. Your old college classmate may be a clue. He either represents that point in time or he represents a part of

you that is like him and is holding you back and keeping you in the past.

The good news is that you were released and there were new residents in the home, which means you have moved on in waking life. You call for your dad at the end of the dream because you are calling for your inner father, your inner decision maker that will move you forward.

Lisa replies: When I lived at home I felt very stifled and that has held me back in life, but I am getting past it. The college classmate was someone

that I liked very much as a friend, but other friends of mine thought he wasn't "cool" enough. He was very kind, a little nerdy, helpful and good to everyone. So you're right; I'm that way too.

In fact, I'm that way in all parts of my life, and it is holding me back and allowing me to get taken advantage of. Honestly, I've been getting fed up with going the extra mile for people just to get dumped on. You're so right; my dreams are pushing me to get past that mindset and no longer be a doormat. Thank you, Lauri! ✨



Ask Rochelle



Stars of Celestial Waters through Rochelle Sparrow

Dear Rochelle,

I hope you can help me. I hope I don't sound like I am crazy. At night, there is a cloud in my room. Sometimes, it smells like smoke. When I wake up, I say, "What do you want?" I turn on the light. It then disappears. Sometimes the clouds are close to my bed. Can you give me guidance on this matter?

—Thank you, Virginia

Thank you for writing in. Let's see what all this means. The guides state: "You are correct to know that the clouds are not of the light. These low vibration entities wish to compete for your life force. They wish to have your life force to fuel their energetic resources. You are correct to have your etheric body cleansed. Your emotional body has been violated through childhood abuse. The abuse, of course, is not of your being's fault. Begin to seek out a support system to help you know and understand that you are not at fault for the abuse. The abuse did not occur as a result of fate or of any intention upon your behalf. The abuse was the choice of the abuser to not heal himself through recognition of your innocence and love. He could have chosen a different

choice, and yet he chose wrongdoing. The choice we encourage you to make is one of self-understanding and guidance toward self-love. In doing so, your being will heal your emotional body, the energy surrounding you and the clouds in your bedroom. Blessings."



Dear Rochelle,

I had a dream my senior year in high school. I think it had an impact on my life, and I would like to know if it did and how.

—Sean

Thank you for your support of our work. Okay, let's see what this dream means. This is what the guides state: "You are correct to understand that death"—the energy that comes through is of death—"is related to and symbolic of transformation." An energy of drowning manifests. "The transforming aspect of this dream is related to your ability

to know that your emotional involvement with your parents is overwhelming. Once you consciously understand the occurrences and interactions with your parents, the feelings of being overwhelmed will become lessened. Your being will then feel consciously in control of the abuse that occurred." The energy strongly implies the age of two years old. "You will then feel free enough to become attached to a partner without the continuing experiences of abandonment arising within the relationship. Your being is intelligent and sensitive and can overcome the abuse that occurred. It will not harm you to overcome your past but will move you into another level of vibration that will transform your past. That is the meaning of this dream. Blessings." ✨



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FENG SHUI

CURRENT APPLICATIONS
OF ANCIENT WISDOM

Annie Konovitch

PROSPERITY ASSISTANCE PART II

Hello, friends! Are you feeling prosperous? This month, we continue our focus on prosperity assistance through the wisdom and practice of feng shui. Lack is a thing of the Old Age and is not appropriate anymore. Step into the truth of the abundance that the Creatrix intends for you!

CONTINUED WEALTH GENERATED IN THE KITCHEN

We return to the kitchen, as it is home to the wealth generator of the home: the stove. All aspects of the kitchen can be related to wealth—or lack of it—but the stove is a good place to start. If there is a hood or oven at the cook's head level over the stove, removing these obstructions is recommended, if possible. In *Feng Shui Tips for a Better Life*, David Daniel Kennedy explains that these things can compress the chi in the area of the stove, which can affect health and wealth. One (Black Sect Tantric Buddhist (BTB) feng shui method of curing this situation is to hang a leaded, faceted crystal (at least fifty millimeters) within the hood, down far enough to be seen, but not down too far. As always, visualization and intention applied with the cure can help magnify the intended results. See the energy around your stove lightening, clearing and expanding and your income and wealth increasing.

Another kitchen cure is to make sure that the room is light and bright. If you are scared to go into your kitchen alone, it may not bode well for your financial picture. A clear, clean, bright, happy, cheery kitchen may improve your health and finances. A simple way to attract vibrant wealth chi into

your kitchen is by including beautiful, healthy plants in your decor. Bringing three new, attractive-looking plants into your kitchen while visualizing a lively flow of new prosperity energy into your life can assist it to be so!

Since water can relate to money, leaks of any kind on the inside or outside of the house can relate to money leaking away. The obvious way to remedy this is to fix all leaks, visualizing that any leakage of money out of your hands is stopped and healthy flow and accumulation of money is started with the repair of the physical water leaks.

A WORD ABOUT THE DEPTH OF FENG SHUI

The nature of feng shui adjustments is incredibly complex. Often adjustments are made and a tangible result along the lines of the intention set occurs, allowing the changes to seem as if they are coming out of a somewhat superficial cause-and-effect relationship. It isn't always just that basic, however. Sometimes things seem to get worse or move further from the intended results for a while before getting better. Keep watching and doing the work, and you will likely be surprised at how deep the work is that is occurring from what seems like just simple steps.

An example of this is a family who had been moving toward continued financial decline. Their intention was to improve their financial picture so that they could keep their house from going into foreclosure. They diligently

made relevant feng shui adjustments over the course of many months, but while they would see notable energy shifts and some tangible results, they were still moving into overall deeper financial decline. They were waiting on news about a loan modification that could save them from losing their home. They felt optimistic that the modification would go through and were getting closer to the time when they were supposed to hear about the news.

Then an interesting thing happened. They decided, even before hearing about the decision of the bank, that they were ready to let the house go and move on. The woman in the family had felt a considerable attachment to houses, believing that they represented security, stability and accomplishment. Over the time of applying the ancient wisdom of feng shui, however, she had started to have a major shift in perspective. She became free of the attachment to owning a house and all of the stuff in it. She figured out that the intentions that she really had were to feel stable and secure and that the intention of keeping the house to create those feelings was actually secondary. Once that shift occurred in her psyche, creating a feeling of security and stability whether they owned



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the house or not, she was able to easily make the decision to let go, and things started to really change in a magical way. In this case, prosperity was restored to their experience after enough shifts were made to let the house go.

One moral of this story, therefore, is that if you can trust the universe enough to focus your intentions on the feelings of the desired outcome rather than attaching to one possibility of what would make you feel those feel-

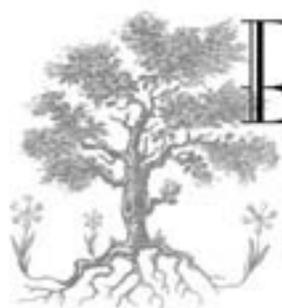
ings, then there is more room for the universe to work its magic and bring that experience to you. To experience greater prosperity, visualize and feel yourself having plenty of money and spending it freely without attempting to force the universe into a certain way of allowing that money to come in.



If you feel blessed by this information, please feel free to send a red envel-

ope with a token amount of money to your favorite charity. The red envelope tradition shows the giver's sincere intention and respect for the sacred knowledge, protects the teacher for having given the information, and strengthens and increases the effectiveness of the cures given. *

Note: *This information is based on BTB (Black Sect Tantric Buddhist) feng shui brought from China to the Western world by Professor Lin Yun.*



ESSENCES OF NATURE



INTRINSIC VALUE

Mary Ann Antenucci

Things have intrinsic value. We all have a consensual and innate understanding of their worth. You can go anywhere in the world, and while you may get bargains, a precious gem, such as a diamond or ruby, will retain its value as would precious metals like gold or platinum. Property and land have value determined by location, space and amenities. How do we assess our property, location, physical dimensions and value?

As we feel undeserving, we often struggle with our value and worth, or we may overcompensate for what we are or are not feeling and try to instead feel above it all. Either interpretation is distortion of our true value. How do we begin to recognize those precious trace metals and gems within? How do we embrace our very lives as value and with value? How do we redefine what has worth?

SUNFLOWER ESSENCE FOR ASSERTING YOUR VALUE

Sunflower essence is the master essence for asserting your value. It helps you to radiate the sun and gold within you, alleviating any false conceit and blessing you with self-appre-

ciation. You can feel the Sun or sunflower work on a cellular level as it courses through your energy field. You will feel your cells smile with graciousness and gratitude as they fill with the loving warmth of self-love and appreciation.

Sunflower essence remembers you. It remembers your light. It remembers your gifts, and it remembers to bless you. Sunflower doesn't let you get away with false opinions of yourself. It is the great energy equalizer, supporting you where and when you need to be supported and kicking you in the butt when you get lazy or self-obsessed. Sunflower reminds you to fully blossom with your true value.

BUTTERCUP ESSENCE FOR RECOGNIZING YOUR VALUE

Buttercup essence is used when you don't recognize your value. Use it when you feel like a stranger in a strange land, when you feel like the odd person out. You may not even lack a sense of belonging or the feeling that you are a part of things, but you

do not know what you feel a part of. You just want to melt into the woodwork to try and figure it out, and you definitely don't want to be seen while trying to do it.

Buttercup essence helps you to recognize your value. It shows you how to embrace your differences and have an appreciation for your individuality. Buttercup essence transforms the inner experience of worth, allowing the struggles that you have with your freckles, moles, blotchy skin or ample curves to become a welcome part of you. You feel the value as you allow yourself to be defined by personal rather than public standards. You can look in the mirror and smile at what you see, what you do or what you know. You see the value of you.



Mary Ann Antenucci

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FAIRY LANTERN ESSENCE FOR ENCOURAGEMENT

Fairy Lantern essence is for that feeling of "not quite there yet." It can help you when you feel immature or childlike and not quite up to the task of living a full and empowered life. You might find yourself playing the waiting game: "When I get _____," you say, "then all my visions and dreams can come true." This game traps you in repetitions of "never now, but maybe later," since you feel that you are never quite up to the task because you lack the value of your own direction.

Fairy Lantern essences addresses the helplessness and neediness that comes out of not trusting your abilities. Fairy Lantern essence encourages the value of your contributions and your unique worth. This essence helps you to grow up and take stock of who you are and to value your own growth process.

SAGEBRUSH ESSENCE FOR BREAKING PATTERNS

Sagebrush essence works when you come to the point in your life where you begin to question the values you

have held and the contributions you have made. You question what you have invested yourself in and what meaning or meanings these things continue to hold. Does the perceived value have a hold over you, or do you have a hold over it?

Sagebrush essence is a pattern breaker for those patterns that have a hold over us. This is a take stock formula: with its help, you can take stock of who and what you are and what you have become. Your value comes from the ability to look in the mirror, warts and all, and respect the journey.

SUNFLOWER ESSENCE FOR ASSERTING YOUR VALUE

Goldenrod essence is used when you don't feel the value for your stand-alone ability. You may feel your value only as part of a family or organization or group. You smother your values, wants and needs for the group's values, wants and needs. When there is a great fear in you of standing alone or for standing up for the simplest things that you may hold dear, goldenrod essence can help.

Goldenrod essence reminds you that the group's cohesiveness and powers comes from the sum of its individual contributors and their values. The more you retain and expand your personal values, the more all will benefit from your worth in what you have to offer. Your value begins with being the best you can be.



There are no bargains when it comes to self-esteem and self-fulfillment. Worth is determined by your acknowledgement of your worthiness. Take stock of how far you have come and how many you touch in your day-to-day life, in every way. The smile that automatically beams when you see something funny or someone you love—or even a simple smile of plain recognition—will remind others to recognize their beingness. It is enough to be you and share yourself every day in the simplest and most casual of ways. Your worth comes from the way you share yourself, from the way you are you. Value the gems and precious metals within yourself, and share and embrace that treasure! *

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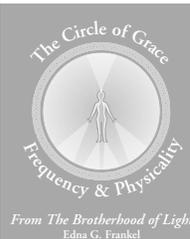
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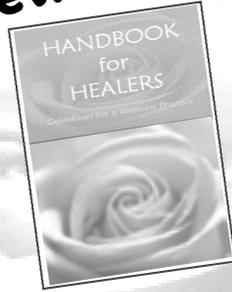
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Not only is Drunvalo's mind exceptional, but his heart, his warm personality and his love for all life everywhere are immediately understood and felt by anyone who meets him. For some time now he has been bringing his vast vision to the world through the Flower of Life program and the Mer-Ka-Ba meditation. This teaching encompasses every area of human understanding, explores the development of humankind from ancient civilizations to the present time and offers clarity regarding the world's state of consciousness and what is needed for a smooth and easy transition into the 21st century.

Embrace the expanded vision and understanding that Drunvalo offers to the world. Coincidences abound, miracles flourish and amazing stories of mysteries unveiled arise as the author probes the Ancient Secret of the Flower of Life.

THE ANCIENT SECRET OF THE FLOWER OF LIFE

VOLUME 1



Once, all life in the universe knew the Flower of Life as the creation pattern—the geometrical design leading us into and out of physical existence. Then, from a very high state of consciousness, we fell into darkness and forgot who we were. For thousands of years, the secret was held in ancient artifacts and carvings around the world and encoded in the cells of all life.

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Sacred Geometry is the form beneath our being and points to a divine order in our reality. We can follow that order from the invisible atom to the infinite stars, finding ourselves at each step. The information here is one path, but between the lines and drawings lie the feminine gems of intuitive understanding. You may see them sparkle around some of these provocative ideas:

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- ✿ EGYPT'S ROLE IN THE EVOLUTION OF CONSCIOUSNESS
- ✿ THE SECRET OF THE FLOWER UNFOLDS
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- ✿ WHEN EVOLUTION CRASHED, AND THE CHRIST GRID AROSE
- ✿ THE GEOMETRIES OF THE HUMAN BODY

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The sacred Flower of Life pattern, the primary geometric generator of all physical form, is explored in even more depth in this second volume. The proportions of the human body; the nuances of human consciousness; the sizes and distances of the stars, planets and moons; even the creations of humankind are all shown to reflect their origins in this beautiful and divine image. Through an intricate and detailed geometrical mapping, Drunvalo Melchizedek shows how the seemingly simple design of the Flower of Life contains the genesis of our entire third-dimensional existence.

From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the Reality and the subtle energies that shape our world. Finally, for the first time in print, he shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others and even of the planet.

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VOLUME 2



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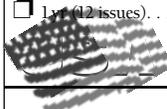
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Comfort and Truth

Onereon through Jeff Michaels

As above, so below. We bring an observation about beings seeking spiritual energy and a higher-vibrational existence. There are generally two things the spiritual seeker pursues. The first thing, and the more difficult of the two, is a search for truth. The second and more common in the present day is pursuit of comfort. Very often if you are seeking one, you may not easily find the other. This in no way means one aspect is better than the other. Each is a legitimate and worthy path to achieve a higher vibration. Ask yourself now: Do I seek comfort or truth? If your answer is truth, you must be willing to learn the truth of your own individuality first. This will not lead to immediate comfort. The search for your own truth will take you out and away from your comfort zones. It is an active path.

SEEK COMFORT WITHIN

Comfort is given to those who need or choose to remain still. This can be a decision made to sit in quiet contemplation. A life of meditation generally is physically still. The one who engages in this practice reduces the need for physical things and in this way reaches for spiritual energy. There are other reasons a path of comfort is sought in the present time. It is a discomforting world. Many find themselves in positions of physical need right now. They see no clear way to attain what they perceive they need and so they seek comfort from a higher power. From the spiritual realm we see and hear these requests more often in these times.

Much can be done by the individual human, the undivided one, to alleviate their own situation, but your spiritual companions are always here to assist when you are feeling a lack of strength. Comfort is offered to those who are un-easy or suffering from dis-ease. We note that many diseases in the current times are stress related. This in no way makes them any less serious. However, stress is caused when a being lacks the skills necessary to deal with life or the situations that arise within life. Improving your life skills will

KEY POINTS

- There are three paths to higher-vibrational existence: the path of comfort, the path of truth and the path of service.
- Following one path sometimes leads to another; it is rare that one follows all three.
- To follow these paths, one must seek balance within oneself by learning to release judgment and to see the opportunities in all situations.

relieve stress. Relief of stress will make life easier and dis-ease often vanishes.

If your dis-ease is manifesting in a physical way, then you face a lack of skill in the ways you think. Examine your training and begin to question what you have been taught. So much of what you have learned is old information, and much of that is based on even older information. Sometimes it is not information at all, merely an old story that has never had many facts to it.

SEEK BALANCE

If your dis-ease is manifesting through your emotions, then you are missing a spiritual balance. Oddly, this is often called mental illness and is treated by examining the brain. The brain is connected, but the heart is the source of this imbalance. You must examine your relationships with others—friends and loved ones as well as strangers—throughout your life. Do you feel that you are a victim? Learn to strengthen your own power. Cease giving to others what is not theirs to take. In reality, it is not yours to give. Your power is given to you for a reason. The universal energy that exists as you is a borrowed energy, in a way. This energy will return to Source at the end of your incarnation. What will you have done to improve and balance this energy?

By maintaining the energy within yourself, you will feel stronger and more capable, and the stress upon your heart and brain will diminish. You will see clearly your responsibilities on the planet. You will see that it is you that you must take care of first and foremost. Attempts to fit in with old concepts can only lead you to de-forming your life in the vain hope of finding comfort in too small a space.

Do not look to others' achievements or possessions. Do not seek approval from anyone outside of yourself. Certain principles of society will always apply; anti-social behavior has its consequences. But balanced behavior will never intrude or impede on others' lives. It is your own balance that you must seek, and there is no one outside of you that will grant you permission to fully and completely follow your path.

This is often viewed as a lonely way of life. If you need others' approval, then yes, it is. A solitary life is a spiritual life, however. We are not talking about being

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curmudgeonly or withdrawing from society out of disapproval. You see, the approval principle works both ways. Do not seek approval from others, but also do not request that others seek your approval. Learn to improvise. Learn to release. Learn to cease judgment. Learn to see the opportunities offered in any situation.

THE PATH OF TRUTH

From the realm of spirit, we offer comfort. Often comfort comes in forms that may surprise you. A spiritual epiphany can be one of those ways. However, like the pursuit of truth, this may not lead to immediate comfort. Epiphanies, those sudden moments of realization, are infrequent. Do not rely on them as markers of your spiritual growth. But when epiphanies do happen, they are a way of making energetic room in a person's life. When you attain a realization that things are much more open and that there is a much bigger picture available, you often immediately relax. You no longer feel cramped in your own life.

Your spiritual guides, your companions, can also offer to show you truth. Again, this will be a truth about yourself. Each person—each being—in the universe carries their own unique perception. In this way, there is no one universal truth even though we all exist within universal principles.

With truth may come moments of dismay. When you recognize the limitations you may have lived under or within, or when you understand that you can alter your reality, you may wonder why you have not done so before. You may ask, "Why did no one explain this to me before now?" It is tempting to place blame outside of yourself. The truth is, you alone can accept truth for yourself as an undivided one. Once they are seen, it is no longer possible to re-enter the old limits and boundaries. Once you know the amount of space you have available in which to create your life, you will find yourself feeling more comfortable. In this way, both paths, the paths of comfort and truth, will lead to each other.

THE PATH OF SERVICE

The paths of comfort and truth are not the only paths to a higher vibration. They are personal paths. They center around you as an individual. It is important to follow these paths and balance yourself first. Beyond this, there is another path: that of service. This may be the most difficult way of all.

Choosing the path of service is less of a choice and more of a calling. It is ultimately a path of personal balance. It involves radiating strong spiritual energy from your center. This is why it is necessary to first achieve your own balance before embarking on this path. Some cautions are in order regarding this way of spiritual travel.

The path of service is always a solitary path—not that the one following this way is alone. There can be and often are many others surrounding a being following the path of service. Family and friends are integral to one's experiences on the planet and, to a degree, in the realm of spirit.

Some are motivated to pursue a path of service as a way of avoidance. In serving others, they do not strive for their own truth or comfort. They rely too heavily on outside sources for support. You can recognize such ones by the way they speak. Incessant requests to angels and guides for help or requests for constant material donations to a cause identify an imbalance. These beings are not self-reliant. These ones would fare better if they traveled the path of truth. Some choose this path as a means of support. In this way they seek to serve others for a price. Maintenance of a lifestyle becomes a primary objective, and the path is lost. These ones would find greater success if they traveled the path of comfort.

A path of service is, by its nature, its own reward. This is the path of the Bodhisattva. Few are called to this way, and they are never called before they travel the paths of comfort and truth.



It is possible for one lifetime to contain all three of the paths we mention, but it is not probable. The path of service is one that entails an intimate wisdom. The attaining of this wisdom comes from knowledge and experience. A path of comfort can bring you the knowledge you need, and a path of truth can bring you the experiences necessary. A path of comfort can bring you the sense of peace all spiritually minded beings seek. A path of truth can bring the joy that we desire. These things must also be rooted in the energy of love. We conclude by saying, if you seek comfort and truth, search for ways to manifest peace, joy and love within everything you do. You are not alone in your seeking, and we walk these paths with you closely. Open your sight and witness your companions now. *



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Conscious Creation through the Eyes of Starseeds

The New Ascended Masters through Maurene Watson

Conscious masters, we remind you how absolutely everything in your world responds to your consciousness under the authority and governing presence of your own conscious love and inside of your own unique reality. You now realize that in your conscious-creator frequencies, everything you say, touch, intuit and observe blesses you and your new universe, offering choices and different outcomes for all life. This happens through your mere observance of a person, place or thing. Your multiplicity in your new conscious-light universe is growing as you realize that every thought you think creates a new dimension. Conscious desire beckons from inside your own body universe to an awakened love in constant flux and change, where your every potential waits for your commanding choice, and stable inner joy replaces addictive bliss.

ARE YOUR DIAMOND EYES GOING SUPERNOVA?

Your bodies are merging the atomic field or Adam Kadmon field [Adam Kadmon, in the writings of Kabbalah, refers to a type of Father Time or the primal man] of your polarity evolution universe into the subquantum field of the new multiverse—multiple aspects of love. Now, the light frequency—measured in cycles per second—in the auric field of your nerves, muscles, joints, organs, bones and brain-heart will match the frequency field of the freedom magnets in the new universe around you for the first time. Because of this, you can wear your conscious bodies. There is no difference between the quantum body and the quantum field of choices outside it. Herein, your consciousness is the same as your love, choices, imagination, intent, body and matter. Yes, consciousness—or you as the object of your desire—instantly becomes matter! This allows your hypo-

KEY POINTS

- Humanity comes from an expanding universe of love. This knowledge can be accessed through the great restoration of divine memory from all of your old creations into your new ones.
- Human beings can once again become galactic citizens. The failsafe for this is the spiritual human.
- “All creators can become the object of their own desires under the authorship of their own love.”

thalamus to act as a quantum-fusion reactor in your brain. This spiritual or liquid lightbody gland functions like the plasma core in the Earth and aligns with the cosmic magnetosphere of your suns.

Today, we will discuss the resulting birth of your new consciousness that you have already manifested in the form of new planets and systems, which science sees as birthing in seemingly improbable ways. Through the great restoration of divine memory of all your old into new creations, humanity is reminded that it too comes from—and can live in again—an open and expanding universe of love. You have already grown your love into new stars in a holographic interface with the resolution and birthing of your solar systems. Is that why you feel like all of your “yous” are now looking and time traveling through your eyes? Are your diamond eyes going supernova—turning into liquid stars and gathering like ringed disks every time you look out at the multicolored sky? Many time travelers have carried a computer in their suitcase with two mini black holes in an electrical spin field with a variable gravity lock to drop themselves in and out of space-time. How do you like being the holographic interface for your newly birthing cosmos? How big or small can you be in this same moment?

We remind you that you did the same when you re-spliced all the DNA codes for humanity into a new cosmic gene pool—the matrix codes were repaired and new ones birthed, multiplied and transmitted to your new, Earth solar systems. In effect, your conscious love edited the DNA instructions to encode amino acids and skip, shorten, lengthen or pair protein nucleotide sequences, including extra or missing pairs of sequences. As you opened your multi-DNA brains, you seeded the cure for all disease and healed the ancestral messengers of transcription information—silent gene mutations that came from the enslavement of 90 percent of humanity’s brain capacity. In fact, this is why your pandemics have and will be aborted. Your conscious love made any laboratory virus programmed to destroy no longer viable in your



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DNA. Now your new solar systems will mimic the very consciousness you multisense, where old memories can heal and new libraries of multilife systems are born.

THE RECYCLING OF STELLAR REMNANTS

Your astronomers, using the Spitzer Space Telescope—the infrared counterpart to the Hubble Space Telescope—have discovered mini solar systems growing. Again, they see that love recycles and regenerates all life as the cosmos comes and goes from love. The most extreme solar system growths include orbit neutron stars born of supernovas, your brown dwarfs or stellar runts and your white dwarfs, which were once the power and size of your Sun. All seem to be birthing in seemingly improbable ways. These extrasolar planets, in the old astrolanguage, gathered the corpses of ejected debris—stellar remnants and gravitational bounds that allow swirling disks to form. In your old solar system story, astroscience is often seen through the eyes of death rather than birth. Is it simply their atomic way to describe a system that underwent extreme fragmentation—or forced birthing, which later became force field beam technology—as you were learning to create lower density worlds?

The old story goes that a dozen or more white dwarfs were orbited by asteroids, comets and planets—entire graveyards of worlds. While the stars were still alive, they rose every day in the skies of your world, warming the soil and stirring the wind while living organisms soaked up their rays. But when the stars died, they vaporized, engulfed and incinerated their inner planets, leaving the body in chilly outposts. As the dwarfs shredded, many survivors were consumed, much as will be the fate of your solar system and of your Sun—when Lord and Lady Saul/Sol would die, five billion years from now. Such was the need for black holes to recycle broken unconscious pasts of forced evolution. Has your conscious love changed that?

SOLAR SYSTEM FORMATIONS IN THE NEW SUBQUANTUM AGE

In recent astrobirthing, the sunlike star 51 Pegasi found a planet more massive than Jupiter on an orbit smaller than that of Mercury. The sunlike star 55 Cancri A has many planets with masses ranging from ten to one thousand Earth masses—ranging from one-tenth the size of Mercury per that of Jupiter. Planetary systems in science fiction scarcely compare. The white dwarf systems demonstrate that the stars do not even need to be sunlike. Maybe this is why physicists consider them as neutron star lighthouses—pulsar GPS communicators able to transmit via gravity waves. So planets and planetary building blocks can orbit bodies no larger than planets, and the variety equals that around ordinary stars. Solar systems with a central sun may no longer be the norm for new life in your conscious universe, although they may have originally been formed from matter in the central core where the gravity potential and matter creation rate is highest.

In your old systems—where suns were learning to birth bipolar atomic energies—black holes served the functions of birthing, recycling and as time space intersection perception points. In a sense, free will was learning from becoming unconscious. But this is a new subquantum age, and could it be that as you rewrite your past solar system's war-torn history and healing, you have regenerated, sponsored and sourced new mini solar systems, suns and stars as conscious life-carrier creators. The stellar corpse of the neutron star PSR 1257+12—eight million years old and packing a beast mass greater than twenty times the mass of the Sun in the size of a small asteroid—was in a supernova explosion so violent, it is hard to imagine any extrasolar, un-sunlike stars surviving. But a small amount of the debris—crystalline silicates, heavy metals, and so on—remained gravitationally bound and fell back into a swirling disk around the stellar remnant. Can you imagine a mature star having asteroids and comets for dessert?

Astronomers think our solar system took shape when an amorphous, interstellar cloud of dust and gas collapsed under its own weight, and the angular spin gathered the material before it fell back into the newborn sun, later coagulating into planets. So when sunlike stars die, distant comets and asteroids survive. And if they can survive, planets can be hosted. Our own white dwarf sunlike star, Helix Nebula, is so young that its outer layers remain visible. Extrastellar accretion disks that did not generate from a black hole or the center of a sun—but instead from multidimensional subatomic particles in an ever-changing, ever-loving, ever-knowing and ever-powerful imagination of love's future ancestor selves that helped create it—are now what you multiexperience as your perfect present.

THE COSMOS IS OUR TWIN FLAME

When will Earth go supernova? Or is 2012 a kind of conscious supernova where you as new stars sort out and/or birth your neutron, dwarf, un-sunlike and white dwarf selves? For those transitioning this Earth or those ascending with New Earth school, there will be many old and new Earth systems, galaxies and even source suns to explore. Some will remain in the past, others will be updated from their resolutions here and others will give access only to those who have the necessary frequency to blend and play with. Whatever happens on Earth sends propagation waves across the entire cosmos. Earth is everywhere and everywhere is Earth; this body becomes every other body where all life is inclusive.

Now we come to the planetary teaser. Nasa's Kepler telescope has found a planet two times the size of Earth's diameter and orbiting so close to its parent star that each revolution takes only twenty hours. Kepler should also find hundreds of earths orbiting at more comfortable distances from their stars—samples of Earth's galactic cousins. Astronomers will have their linear looks at wavelength, habitation and atmosphere until they launch their James Webb telescope in 2013. Then their corona-graphic instruments may birth their dreams of space-born observatories

so that science can rediscover Earth's rightful place in the cosmos and multisense what you have already seen through the eyes as a starseed.

Finally, in a flash of fusion, your Livermore National Laboratory—which houses the world's largest laser system—can direct 200 laser beams from all directions into a pencil-eraser-size pellet of frozen hydrogen housed in a *hohlraum* tube and heated to millions of degrees, inducing fusion. Military fusion application is used for pinpoint accuracy of nuclear warheads, as opposed to land testing for accuracy. But they also provide a way to study the interior of stars and direct star fusions as an energy source. Isn't that what you are? Direct star infusions of conscious love—a new, conscious source for the interior of new and expanding worlds yet to come? Humanity can't control what it doesn't love, and its love is offering a new universe to play in. Have they grown enough star love to control the power or to will the power of your New Earth star to control them? You have shown humanity's members that they can become galactic citizens again and that the failsafe is the spiritual human. You have shown humanity's members that the cosmos is their twin flame, and each one is naturally a lover—because they created it and the lovers are about to birth again.

NEW PHYSICS IN THE AUTHORITY OF LOVE

Your newly conscious, physical hearts will soon light up every synapse, leaving Newtonian physics and black holes behind. They will enter your body's hyperdimensional gravity wave propulsion systems to show the world that your hearts are the thrusters for entering holographic phase beam acceleration—holographic love inside a crystalline plasma flame. Such is ether kinetic physics—heart pulse phase magnetron amplitudes of unfolding candied imagination!

Your military governments will no longer be able to hide their microwave beam accelerators. These promote their cyber wars or 9-11 shock waves, their hyperspace jumpers and thrusters and their interstellar travel and mining—invasive satellites transmitting off microwave beams that would prevent the golden age of humanity. Soon, those triangular disks or seeming spaceships in the sky, which are merely phase beam generators, will be replaced with your pulsar stars technology. This technology will transmit GPS via gravity waves to your telepathic conscious brains from your star neighbors. Your brain wave patterns will no longer be assaulted by old universal grid cybertech, where your planets could again be remortgaged and fought like prime real estate as in your past. The old government ships will be relegated to the old Earth grids and bound to the old Mars, Moon and solar gradients—growth rates short circuiting hooded technologies—until they collapse. As the new holographic field supports new ethergenic matter—solar systems within your baby multiverse sense—they will be

barred from access to geon-flux-field, ether-gradient physics, which are the technologies of your space brothers.

Indeed, your new physics is simply an expanded sub-wave gradient of the authority of your own love. This is the conscious choice to become an object or essence attribute of your own desire, and have it particle-ize before your very eyes. If you were to sit upon the white beach alone—without food, clothes, children, partner, technology and stripped of any identity—could you become what you imagined?

PARTICIPATE IN YOUR OWN CONSCIOUS HOLOGRAM

Your conscious love keeps changing your prophetic outcomes. Will your conscious love also be able to change coronal plasma super solar flare ejections that can disrupt the magnetosphere? Or will you use the plasma heart core of the new inner-earth consciousness to stabilize your radiation belts and equatorial currents, and to right your New Earth gravity axis through the heart of humanity now matched by the cooperation of your multispace families? Herein lies your new economics that will nurture all spiritual humans: The growing cosmos belong to everyone, and as sure as a baby's giggle, you are all “bodangels” on your way to becoming the first conscious gods!

Master creators, can you precipitate right out of your own body's conscious hologram? Simply breathe yourself into your heart still point, and imagine your New Earth star inside your orb. Now, collapse your star into whatever you desire it to be—an object, a partner, a feeling of joy, perfect health or confidence—and see how many hours before it appears in your reality. Notice how the object of your desire birthed or projected a hologram directly from the heart's so you could touch and experience it. Now, a message is sent to the new universe that all creators can become the object of their own desires under the authorship of their own love.

Try taking your car to still point energy, allowing its hologram to collapse back into its constituent elements—zero-point energy—and change it into a flying machine, a dome or whatever your heart desires it to be. If you created the Earth elements, can you not command them to change form, just as you will do with the rain and are doing with your own bodies? Collapse the hologram of your body and change it into your own twin flame, a cat, a sculpture, a sound or whatever is your heart's impulse. If you speed up the atoms into a higher frequency or slow down the subatomic particles into a lower frequency, then you can change your own body hologram into anything you desire, creators. In this way, all of you are creating some of these improbable new planets and systems in new multiple holographic fields that have come right out of your own body's universe, your own conscious love! ✨

Accept the Gift of Creation

Metatron and Michael through Lois Noonan

Greetings. Experience is speeding up as we approach a shift of the ages, and I am here to share some insights. I am Metatron, and my close association with Michael is coming through as well. I am with you now, because you are worthy. You have placed yourself in order to receive this message, and I am grateful and honor you for your diligence. We truly are all one energy, and my energy can sense you, just as you can sense me.

EXAMINE THE KNOWLEDGE OF YOUR HEART

It is not a matter of seeing or touching, but more a matter of feeling and believing. You cannot be fooled. You know when something feels right and when it does not. We used the expression “you know,” but of course that is not truly accurate. You only truly know something when you know in your heart. When you know in your mind, you can trick yourself with old programming. This is where conflict begins, when you ask, “Should I, or shouldn’t I?” Examine what your heart told you first. The human experience in duality has interfered with your true nature, which at the soul level is nothing more than a love energy.

The original plan was for you to step out and apply this love to those different illusions that you are capable of making up in your personal creation game. Bored? Let’s try this, let’s try that! Each “this” and “that” was created by you. I warn you, it is a myth that someone or something else is to blame. As a collection of souls, you created this game of Earth. You choose a beautiful planet, and for millennia you created in harmony with her gifts. At some point this changed. Often it is the things we take for granted that change as we withdraw our loving energy from them.

USE YOUR ENERGY TO CREATE

Think on this, please. If every soul reclaimed its flawless form of love and light, Mother Earth would do so as well. Yes, my dears, it is this simple and yet this hard. We still focus on what we believe we see. The secret is that within that same energy is the possibility of its opposite. For exam-

KEY POINTS

- Using your mind to judge if something is right or not can often lead to pitfalls. You can only ever truly trust what you know in your heart.
- Every soul should strive to reclaim the flawless love and light that are a part of our true nature.
- You have the power to change the energies around you, just as you have infinite power over your choices. Choose wisely.

ple, when it is dark, you know there is also light, and when there is light you know there is also dark. You believe that you have experienced this. Now is the time to know that you have the power to change the dark to light and thus eliminate it. We are now talking about energies and the power you give them. Has there ever been a moment when the dark was your friend? Perhaps, when you wanted to go to sleep. You have the power over your energies. If you don’t like something, then change it, but change it for something better—for the highest good of all.

This is the focus, now that the dark games have been recognized and conquered. Thank the souls who used their energy to create the dramas that helped you to wake up. There are no mistakes. All energy, light or dark, serves a purpose. We believe we are now talking to people who are choosing the light for themselves and are thereby increasing the love energy around the planet. Dear ones, it is all a game. You are the master of a portion of soul energy, and you are infinite. We would dare to use the human emotions of boredom or perhaps curiosity as a trigger for experiences, and this is an experience you have chosen.

Many of you have said, “Enough already!” You are in a position to reclaim total power over more of your choices. This is a tremendous responsibility, and yet it is effortless and totally satisfying when you choose to return to total love and light. Close your eyes and visualize the next step in your evolution. This becomes more effective as your percentage of love and light increases individually and collectively. Can you imagine with me that “just over there” you will remember it all? The time is close at hand when you will have the opportunity for this experience, total recall. Again and again, we say, “It is your choice!” No one or no thing is forcing you to decide right now. We are saying that this opportunity is upon Mother Earth now and is growing exponentially.



Many are ready to accept this gift right now. Many others allow the thought to come in every little once in a while. “There is no right or wrong, but thinking makes it so!” What is in your heart is the real essence of who and what you are. There is no debating this. It is so, and so be it. *

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Melding Mind and Intuition

Devic Guardian of Communication through Antoinette Lee Howard

The cause of most distress that you experience lies in a duality that is basic to your existence. You must balance the urgings of the mind, which is most comfortable with outer solutions to inner needs, with the truth of intuition, which insists that inner solutions are your only path to a feeling of completion in life.

First, we address some definitions. For the purposes of this discussion, visualize consciousness—the field in which mind and intuition are born—as the space that exists within every atom as well as the dark matter that fills intergalactic and interplanetary space. The mind deals with the form, or matter, that arises out of this primordial soup, and intuition looks beyond form—as well as place and time—to consciousness itself, the birthplace of all form. Your challenge is to retain your wider view through intuitive understanding as you use your mind to attend to day-to-day commitments and needs. For example, you cannot write these words without the mind, but you access them through intuition.

MIND AND INTUITION: TWO POWERFUL APPROACHES TO CONSCIOUSNESS

It is easy for the mind to become dominant. In this era, on most planes of existence, the mind is master, and limited emphasis is placed on intuitive understanding. The results of mind ascendancy are all around you in everyday items, from home appliances to automobiles, and on a wider scale, from earthmovers to weapons that can annihilate millions. Intuitive understanding that goes beyond form—seeing the world as a living organism and gauging the effect of your mind-creations on this life form—is restricted to a few prophetic voices.

The great masters in all traditions, however, place intuition in the driver's seat. What they know—and what all

must ultimately learn—is that intuition is more expansive and thus provides a more honest view than mind. When you work with the intelligence of intuition rather than only computing solutions with your mind, you integrate the wisdom of your entire consciousness. Computing is, in fact, an apt word. Think of your mind as a supercomputer; the truth of all computers, super and otherwise, is that they are only as effective as the data they receive and the software that runs them. You can only go beyond the computer's edges, its purview, with intuition. Most importantly, the intuitive aspect of consciousness is what connects you with the creative aspect of your life and, ultimately, with all life.

MIND OVER MATTER

You said earlier that on most planes of existence, including ours, mind is emphasized over intuition. However, there are also great differences in minds. For example, ETs travel in spacecraft that are still in the realm of science fiction for us.

Beings on other planes differ from humans in that they use their supercomputers more efficiently, that is all. Your minds have the same breadth and depth as theirs. Many on other planes erect great buildings, compose symphonies, even travel to the far reaches of the universe, strictly by the use of the mind. Thus, the spacecraft that you mention are old technology to them. They think a thing, and it is so. For example, an architect can build a home by directing the structural elements to flow into place according to the visual image that he or she holds. At the other end of the cycle, when it is time to dismantle the building, the architect visualizes a new cycle into being, and the materials reform into another structure.

On the Earth plane, by contrast, many of you fear your supercomputers. You may develop your mind in one area, such as science or art, but shy away from it in other aspects of your life, or you may even keep it tamped down in all areas. In general, human beings rely on physical solutions and prowess to achieve their goals. Fixing, building and accumulating—using your minds to alter or gather more possessions, from dishes, cars or land to a stock portfolio—occupy most of your time.

If our minds are as powerful as theirs, an architect on this plane could build a home in the way that you describe. That sounds impossible.



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KEY POINTS

- Human perception is experienced through the dual lenses of the mind and intuition. The mind is involved with the form and matter of physical experience while intuition sees beyond form to the roots of consciousness.
- The mind is a potent tool for change. If applied with enough focus and confidence, a directed mind can even achieve what might seem to be physically impossible.
- Mind without intuition, however, lacks the vital elements of life purpose and fulfillment. Only through a balanced approach to human perception can the planet become a healthy and peaceful utopia.

Nevertheless, it is correct. With strong enough vision and an underlying belief that it is achievable, you could create a structure as immense as the World Trade Center within days. Directed mind is the basis of the biblical stories about miracles such as moving mountains. In truth, there are no such things as miracles. The mind really is that potent.

THE POWER OF INTUITION FOR LASTING CHANGE

At this point, we go past the wonders of mind to focus on intuition. In the end, no matter how powerful your super-computer is, you—along with beings on more advanced planes—are using only part of your consciousness when you bypass intuition in favor of the mind. You chose this form, along with this time and place, to express your life purpose from the wellspring of intuitive knowledge, supplemented by mind. It is that simple.

From what you are saying, our minds have no limits when they expand fully. Why do we need intuition?

The answer is hardwired into all life forms, from the most primitive to the most advanced. In the end, even the mind that is focused enough to rebuild the World Trade Center with no expenditure of physical labor searches for a more elusive goal: a sense of fulfillment. No matter how advanced it is, mind is the doer, the day laborer concerned with here and now, while intuition is the philosopher, the prophet, the mystic. Put into Earth terms, during the twentieth century, the Third Reich conquered vast areas through mind-directed armies, while Gandhi triumphed over the strongest power of his time, Great Britain, primarily through his intuitive vision of India as an independent nation. Which of the two still exists today?

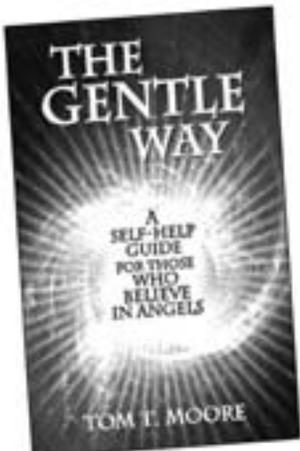
I mentioned the term “life purpose” earlier; the key is found there. Your life purpose—along with that of all beings—is more expansive than the role you play in life, although that is part of it. Even Gandhi had a life purpose larger than freedom for his nation. His—and your—life purpose is to recognize all of life as part of a greater whole and to serve others through that lens, that view. Only when you have a larger sense of service to the entire fabric of life do you feel a sense of fulfillment, and intuition is key to that vision.

FULFILLMENT AND PEACE THROUGH INTUITION

You do not have to be Gandhi, Alexander the Great or Napoleon—one who changes the fate of nations—to make this commitment to intuition. In every field of endeavor, from the landscaper to the empire builder, the unknown artist or poet to the CEO of a vast corporation, you make your work and your world better by sitting in silence and expanding past your time and place to the larger view.

Think about this: With a world filled with people who look past creed and race to envision all societies as one, are wars likely or even possible? Wider still, with a world filled with people who see all life as one vast, interconnected whole, far more important than their own perceived needs to fix, build and accumulate, would the planet itself be anything less than healthy and vital? The promise of utopia is real, not a dreamer’s refuge.

Moreover, I promise you individually: If you maintain this broad, intuitive view, which sees beyond your small world to oneness, you will find the elusive sense of fulfillment that the mind cannot provide. Whether you travel to the farthest ends of the universe or diaper a child, you will realize that what you are doing is not as important as the fact that you are adding your touch of beauty to the whole. That is where fulfillment lies. ✨



THE GENTLE WAY

TOM T. MOORE

This book is for all faiths and beliefs, with the only requirement being a basic belief in angels. It will put you back in touch with your guardian angel or strengthen and expand the connection that perhaps you already have. How can I promise these benefits? Because I have been using these concepts for over ten years, and I can report these successes from direct knowledge and experience. But this is a self-help guide, so that means it requires your active participation.

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The Reshel Grid as a Cosmic Circulating Crystal

Reshel through Pat Crosby

Good morning, dear hearts of light. It is with great delight that we greet you one more time in the ever-magnifying beauty of this lovely Earth plane. As we say “Earth plane,” two thoughts emerge:

Earth is rapidly changing. Earth used to be considered the denser energy in your current cycle. The spiral of this cycle is rapidly winding down out of this phase of creation, and Earth, from our way of seeing, is now becoming more and more diaphanous. Her inner brightness is glowing more and more, and the sparkly aspects of the Earth dimension are shining more and more brightly in the universe.

Plane. Your Earth is a ship—a vast ship of consciousness. Her auric outreach has been quite galactic, even universal in the past. She dimmed down for a while to accommodate the needs of the souls who needed to take a ride in a slower frequency. Like a good mother who did her job—her duty—once the kids are ready to fly, she too is ready to fly the coop, leave the nest and go party, have fun and explore herself.

BEAUTIFUL FORMATIONS OF LIGHT

Today’s subject is a description of the Reshel grid beauty and its function as a cosmic crystal. For as you have woven together so beautifully the glistening threads and beams of light in the myriad patterns, we have co-created a most wonderful glistening crystal that is now floating in the galactic seas of space—the formations you call the Reshel grids and schematics such as the Aereiopax.

These beautiful rays—holding the frequencies and intentions of their creators—are now anchoring at various star points around the galaxy, and you must remember that your planet Earth now also holds the title of Earth Star, for she

KEY POINTS

- The formations of beautiful cosmic light rays serve the dual purpose of both galactic hardware and software in the universe, creating new pathways of communication and spiritual intention for beings on Earth and beyond.
- The light from the Creator reflects off of the grids and forms patterns of refracted light that bounce off the strands of your design, blessing all with open hearts.
- “Ascension is a cell-by-cell process. Let your cell shine in all its unique brilliance and radiance.”

has increased her frequency past the threshold to be considered a member of the vibratory star family. This is in good measure due to your presence, the presence of the incarnated star beings who live on her surface. These beautiful formations, seen as glistening, shimmering light rays, serve as fiber optic channels throughout the universe.

NEW PATHWAYS OF COMMUNICATION

Once they are in place, they serve two functions. The first function is to create new pathways of galactic communication from very high vibratory fields throughout the connecting points and to circulate the energies, creating a new loop of light sustenance and maintenance throughout the galaxies. You have noticeably increased communication among your Earth civilizations and cultures at this time. This is due to the advent of new technologies, such as your computer and Internet, and your developing skill in using and applying these new structures.

Similarly, the structures that you as lightworkers have put in place have now created a viable framework upon which new avenues of conscious communication and sharing from all quadrants of the universe can be built. One can think of these light grids as the hardware of the communications system, so to speak—or rather lightware. In addition to the structures that teams of human beings have created, there are also structures that are being or have been created by other galactic teams of partnership with multi-dimensional beings. You are familiar with a few of these: the Christ consciousness grid, the crystalline grid and so on.

SOFTWARE OF INTENTION

As the structures are put in place and updated in their capacity—as the abilities of their creators increase—the really fun part comes next: creating the software. The software of the light grid systems is intention, for what is your computer if it just sits there and does nothing? Once you get your computer, you start to play with it—run programs, create things, develop new things, open new doorways.

PAT CROSBY
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So the light-grid projects of planet Earth are in full software development. Some of the more noticeable programs include Unconditional Love, Ascension, Frequency Rising 101 and Up, Remembering, Galactic Communication and Healing—we define healing as a return to your full light spectrum.

Already your particular project, the Reshel grid, is carrying software of noticeable intentions in the above-mentioned categories. This channel, for instance, was guided by her spirit guides of Lake Titicaca to put the new galactic light codes she received from us on the equinox into these new lightware formations streams and let them circulate onto this planet. These particular light codes carry the intention, vibrating and refractory skill of opening hearts and installing universal, unconditional love. The purpose of this is to expand the human mind capacity to perceive the reality and interact with higher dimensional beings, unpeeling the limitations of current cultural conditioning and restrictive thought forms and opening channels for new codes of light to circulate in the human systems. This will allow the soul remembrance of one's divine nature to open up to the human nature, to develop conscious communication between the human and cosmic and higher intelligence brains and allow the exponential unfolding of human consciousness in all its permutations, such as through the ability to love, to perceive and to understand.

These codes are now circulating through several grids on your planet, as the channel transduces them into Earth- and human-frequency ranges, and their gifts and blessings are available to anyone who asks for them in love and with a desire to serve the great cause of love in the creation. They will also affect other beings indirectly through the hundredth-monkey effect. We remind you that, in these higher frequency waves, all intentions must vibrate with their rarified and refined capability to transmit only that which is created in unconditional love. Anything of lesser vibration will be nullified by definition.

REFRACTORY SKILLS OF THE GRIDS

The Creator shines forth an immense beam of light, actually emitting a light similar to your Earth sun. The light shines all around, but can be seen when it hits something—Earth language is a most limiting medium for us to express

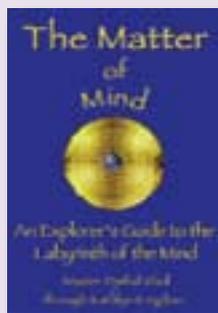
what we mean. The reflection and rays are then refracted and make patterns and designs that arrange the undifferentiated cosmic light into creative patterns. Thus, when we observe the Creator's light affecting these new forms that you have woven, it is a most beautiful sight. The rays bounce off the strands of your design into myriad rays of rainbow lights that shimmer and glisten and sparkle throughout the galaxy. Those of you who participated in creating this and other grids have a proprietary right, so to speak, to observe and receive the blessings that these rays carry.

It is not necessary for you to realize in your 3D mind that this is happening. It is necessary for you to open up and receive the blessings. You can open up simply by allowing it to happen and giving permission in your heart of hearts—your holy of holies, your sanctum sanctorum within—to receive. You simply do this by asking, giving permission and allowing for the gifts to be placed within you. To allow the installation of these gifts is a major advancement for humans just coming out of 3D reality blinders right now.

We remind you, dear humans, that you also carry within your makeup the old imprints of the warrior training through which you had to defeat your enemies in battle: You had to be competitive to survive. This old paradigm is being phased out as you ascend into higher frequency bands. To assist and show your desire to phase out these old energies, if you notice any thoughts arising within you of comparing yourself or your gifts to others or if you feel yourself experiencing judgments, jealousy or any of those sorts of emotions, remind yourself that you, too, have your special and unique gifts that are perfect and right for you at this time. By honoring both your gifts and the unique gifts of others, you will greatly assist the rising in consciousness program of Mother Earth and your quadrant of the universe at this time. Ascension is a cell-by-cell process. Let your cell shine in all its unique brilliance and radiance.



With these noble thoughts, we take our leave of you for now. We hold you in our heart of hearts with the greatest love, affection, assurance and gratitude that we are able give to you through the blessings of All That Is. ✨



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The Matter of Mind

An Explorer's Guide to the Labyrinth of the Mind
Djwhal Khul through Kathlyn Kingdon

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EMPOWER

BEING POSITIVE

“Step out of your head and into your heart.”

What does it take for you to feel positive? Is it working at a great job, having an amazing relationship or living in a perfect house? Most of us feel positive when everything around us feels stable and life is going in the way that we think it should. If our life isn't going as we think it should, our minds begin to think negative thoughts. We might think to ourselves, “What did I ever do to deserve this?” Feeling positive can be a far cry from how we think and feel.

If life outside of us isn't going so well, how can we feel positive on the inside? The first step is to be aware that you are feeling negative. Pay close attention to your feelings. When you begin to feel negative, immediately change your thoughts. Think about something positive right then and there. Make it something positive about yourself—

maybe a goal you're working toward or a project you're doing. Make sure it's about you and that it is very positive.

You can choose your positive thoughts ahead of time: Just write down a few positive things to think about when your thoughts change. When your thoughts start turning negative, it's a challenge to think of anything positive. Remember your list or, better yet, carry it with you.

As you replace those negative thoughts with positive ones, it's up to you to keep your mind on track. This may be difficult at first, because you're changing a pattern. Just keep at it, and it will get easier.

Life is full of lessons, and lessons can often feel rough; that's why being able to master how you think and feel is a

great tool to learn. I highly recommend working at developing your new tool every single day this month. By the end of the month, I'll bet you will notice a big shift in how positive you feel all on your own without having to rely on anything material outside of you. Then those material things can become a bonus in your life, not something you need to make you feel good. You'll have the ability to feel good whenever you choose, and that's a powerful tool. ✨



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Living Flowers

To your home and heart these flowers I bring;
May their radiant beauty give warmth to your spring.
Each petal a note of nature's new song,
The bouquet a symphony to lift you along
To a moment of joy, in a place without care
So powerful the gentleness that carries you there.

Such is the purpose of God's favorite art,
Each atom fulfilling its own special part.
But what of the flowers, what do they behold
As they gaze upon you? Let the story be told
Of their laughter and mirth, their joy in just being
In the sight of your loveliness, the ultimate of seeing.
It is not what you do that inspires them so;
It is all that you are that gives them to know

Of a sharing in life but for a short while
As deeply they feel the embrace of your smile.
When their spirits move on, new forms they'll imbue
With total perfection in remembrance of you. ✨

— Charles “Chuck” Regan

Finding Light through the Winds of Change

Master Kuthumi through Therese Dorer

August 2009

Standing tall and strong, I see Master Kuthumi with the landscape of the desert behind him. He presents himself in a beige robe that swirls around his being; he has piercing eyes that seem to look into my soul. I sense and feel his strength and wisdom as he stands with his hands extended, with shafts of light flowing from his upturned palms. Behind him, I see the shifting sands of the desert as if there were a huge wind storm, blowing the sand into different configurations, and then I notice the light of the Sun shining through the individual grains of sand, which create the beautiful illusion of a sparkling veil.

Most beloved ones, it is with great pleasure I come forward this day to speak with you. First let me thank each of you for taking the time and energy to read these words. I know trusting in the invisible realms can be challenging, and so I applaud your faith in the words that will come forth and your availability to a different perspective on your world.

The image that was presented to the channel this day is intentional, and I would like to give you some insights into the purpose of this vision. You are in changing times upon the Earth and the vision of the sandstorm is a metaphor to help explain these times. Each grain of sand can be likened to a soul that resides upon the Earth. You may be feeling like the grains of sand in the vision, buffeted by the winds of change upon the Earth and sculpted by invisible energies and forces beyond your control.

FIND YOUR CONNECTION TO THE LIGHT

I direct your attention to the light in the vision—for this is its most important aspect—the light that shines through the storm, for each of you are fed by the light, and you are the light. Collectively, you have the capacity to create the real-

KEY POINTS

- You have the ability to create the reality you desire on Earth. Find your connection to the light and transmute this energy through your being.
- Learn from the archetypes presented to you by the rest of creation; their perspectives come from a closer connection to Mother Earth.
- Embrace your connection to Mother Earth, the solid ground of your source.

ity you desire to have upon the Earth. There has never been a more opportune time for manifestation upon the Earth, which is why we have been preparing each of you in a variety of ways for this time you find yourselves to be in. Some of you—such as the humans who channel in this journal of emergence—have been honing your intuitive skills and are choosing to bring forth messages from spirit for others. Others have discovered the joys of hands-on healing. Then there are the artists who bring forth hope and inspiration through their music and paintings. We applaud the teachers, the doctors, nurses and service workers who make the world run smoothly. There are a myriad of ways in which you serve the collective in these shifting times.

We see who you are and applaud your courage and tenacity in holding the energy that is required for the transference from the old energy into the new paradigms. Just as in any birthing process, this moving into a new beginning is both painful and miraculous by nature. We need each of you to further discover the roles and destinies that await you as the new model of your Mother Earth unfolds; the world you currently embrace is not sustainable, and your mother cannot do this alone. You are children of the Earth, and you chose to come to this blue Gaia at this moment in time. Each of you are part of the grand experiment that is unfolding as you read these words. Finding your connection to the light and how you are able to transmute this energy through your being is essential for your personal well-being as well as for the bigger picture.

Imagine that each of you is fed, through your crown chakra, a shaft of light that is your spirit—your spark of divinity. This light, from the larger perspective, is connected to all the stars and the galaxies that swirl in the universe. Here you find an abundance of life force; there are no limits in this vast arena of potential and change, and it is change that is the driving force of this vast domain. Only on Earth is change considered to be a challenge. In the universal realms, there is great knowing that change

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is constant and the sweet nectar that creates life force. It is important, in these times, to notice what in your life is stagnant and where there is a lack of life force. Pay attention to where in your life you are unable to sustain the vibrancy that provides you with life force. These places of stagnation will be more noticeable for you in this time, when the magnetic field of the Earth is so malleable.

FEED YOUR SOUL

Now is the time to be honest about your relationships, as a mother, father, daughter and son. Be cognizant of how you relate to your career—where there is flow is in your life and where you feel stuck. The light that extends from the cosmos into your body creates rivers of light that flow through your body, and it is imperative that these rivers of light be as activated. This is what we would refer to as “feeding your soul,” finding pathways to create the flow of life force so that you can be as vibrant as possible. For each of you, feeding your soul will show up in different forms, so pay attention to your individual journey and what you need for the activation of the rivers of light of your being.

To facilitate this, we suggest that you pay attention to your dreams, desires, wishes and what you love. Pay attention to what fills you up with the sweet nectar of the divine. Like a humming bird that drinks directly from the sweet nectar of the flowers, this is the time for you to drink directly from the sweet nectar of life. You need no intermediary; you can connect to the source. In doing so, you will delight in the wisdom that may be found there for you to taste and know. Just like the humming bird makes the seemingly impossible journey from south to north, you too have a journey to make on this Earth realm. Attune to this benevolent archetype and notice how she can feed you the joy and tenacity you need at this time.

LEARN FROM ANIMAL ARCHETYPES

There are many amazing creatures upon the Earth that are available to teach you their ways. These archetypes have a long lineage of wisdom that they hold within the fabric of their being. The great bear that roams in the forests of your land, for example, walks a huge territory. In his roaming, he gathers wisdom from Mother Earth and holds the knowledge from these forays in his spirit. The bear then goes into hibernation, into the stillness and dreamtime. Connecting to this amazing archetype, you can learn much about the importance of gathering knowledge and wisdom

from Mother Earth and the power in going into stillness and meditation to absorb what you have gathered in your journey of life. Call upon this one if you need wisdom and awareness of your journey on the Earth, and you will be fed by the energy of the bear.

Notice the eagle and hawk as they fly high above, and let them teach you about seeing your world from a different vantage point, allowing for new perspectives to come to you in a refreshing and rejuvenating way. In the human world, we often notice that you get caught up in your limited perspectives and positions of right and wrong. The archetypes of eagles and hawks can be powerful allies as you transcend this propensity and access a higher wisdom. The animals that share your Earth have much to offer you in the form of wisdom and can help you with your connection to the divine. They are available to teach you, as they are close to Mother Earth and do not see themselves as separate from her; they have maintained the Earth wisdom within the fabric of their DNA.

FIND THE SOLID FOUNDATION ON EARTH

The time to activate your knowing is now, allowing the DNA of your cells to open to the ancient wisdom held there. The expansion of the DNA strands will open up the genetic codes that have been stagnant for so long now. I encourage you to move beyond belief or faith to the deeper place of knowing. This place is unshakable, and from this solid foundation, you can begin to experience the wonders that are just waiting to be discovered. The foundation of your knowing will be essential for the days ahead. It will serve you as a talisman that will allow you to embrace the upcoming changes in a fluid and seamless way. I encourage you to embrace the importance of being connected to and grounded in Mother Earth, the solid ground of your source.

As you ground deep into this knowing, it is imperative that you allow for flow in your life. You will find the flow by following your heart connections in life and implementing what brings you joy and purpose to your days. So it is to balance that I direct your attention, to being grounded and solid in your knowing and allowing for flexibility so that you stay in the flow of change that is constant. I encourage you to call upon our support, as we are here for you. This is our path of service: to provide wisdom, love and light for all human kind. I thank you for your trust and love this day and offer it back to you tenfold. Until we connect again, I am Master Kuthumi. ✨

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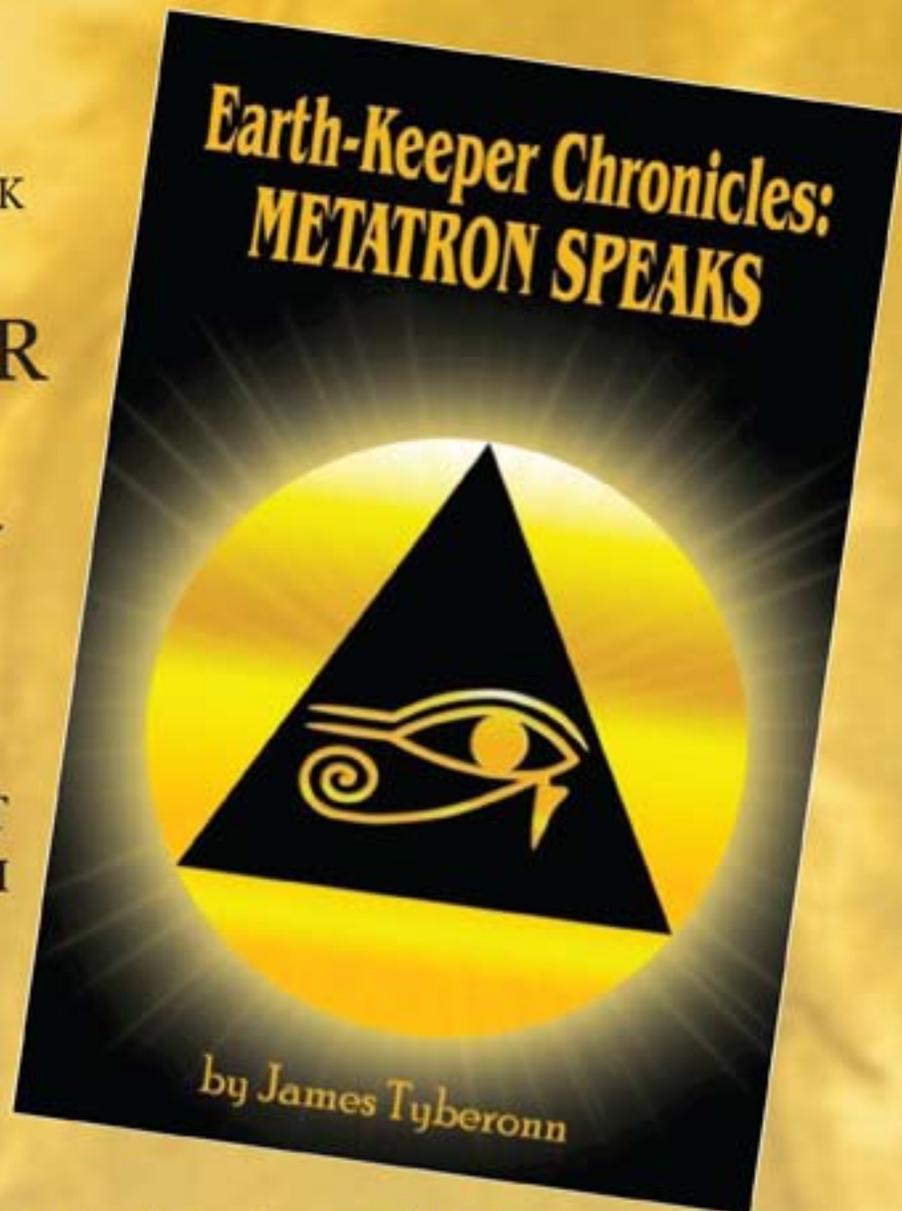
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