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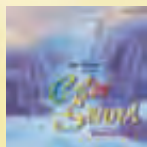
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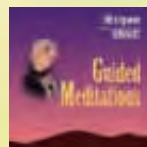
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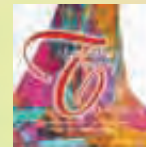
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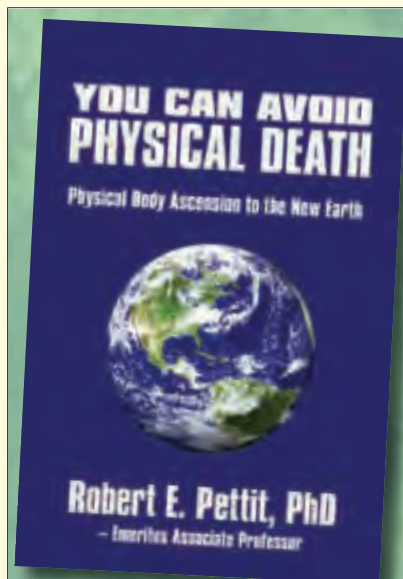
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Robert E. Pettit, PhD, was an electrical engineer, taught electronic guidance systems for the USAir Force, and High School Sciences. A University of Missouri Instructor (seven years), a Professor at Texas A&M University (twenty-six years) in Plant Sciences, and Chairman of the Board, Subtle Energy Research Corporation (eight years).



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- ◆ Bring information on the truth of our eternal nature—on the origin, ultimate purpose and future of the human race.
- ◆ Remind ourselves that our light and our sense of humor will carry us through into the adventure of forever.

NOVEMBER 2009

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# Future Selves Are Linking with You For Your Benevolence And To Change Their Past

Beings through Robert Shapiro

*This is Grandfather “blended” with this future being, named Dis - Ahn - Jid - Dah, with the channel and you as representatives of the human race equaling “we”; and Grandfather overseeing—this all happening at the same time.*

*This explanation will be appreciated by the readers so that they know that channeling is not always a matter of a discarnate being through a channel to the listener. Sometimes in the case of such a communication from a future being, in order for them to have the context of who they are speaking to, they must have a connection to actual individuals from that time.*

It is a mountain deep in the forest. It is not easily seen, because it is not that tall, but it is broad. If you look at it one way, it is clearly a tall hill with trees all around, and although it is beautiful, it is fairly ordinary, something one might see in the landscape all the time. But this particular mountain—and I am going to call it that—has an entrance that is not easily seen, which is disguised, not by human beings, but by beings from the future, beings who intend to visit Earth in order to welcome the people of Earth through their accomplishments. These accomplishments have to do with what we are finishing up right now, and that’s the motion through the attraction to thought exclusively as a means to improve our living conditions and to lessen the violence.

Violence is perceived by people of great thought and people who believe in thought as a purely emotional response, and yet feelings have the capacity to communicate with all life. There are no barriers from language, even from one species to another. So these people set about to create a different past for themselves. We are living through that past, and soon they will welcome us into our most benevolent future by our re-creation of their past and their re-creation of their link to us who are their past, which they are doing now. I will say much more about this re-creation of link very soon.

So these individuals now residing in this mountain—in a fashion, since they are not there in body but they are

there in spirit—are literally from your future. They are the beings who are, for many of you, your future selves. Living on Earth now, I know it is hard for you to imagine that you want to come back to Earth, but many of you will, as Earth will be benevolent in the future: no wars, no fights, no disagreements for that matter. It will just be a very benevolent lifestyle for all people who will be able to be fulfilled in their own right, unrestricted, and will be able to live lives that are fun and interesting.

## THESE PEOPLE ARE REACHING BACK IN TIME TO HELP YOU

These people in the mountain are just like you. Granted, their focus of Earth is a little different, but they are just like you. They are physical where they are, but in order to be in your time and space, they have to come back in their spirit form. This is something you can do as well; you do it all the time when you are asleep and dreaming. Your spirit—or soul, as you understand it to be—does not have to sleep, so you travel. They can do this as well, but they don’t have to be asleep, you see. You will be able to perfect that in time yourselves. So what they are doing is that they are creating an actual anchor from their totally benevolent version of Earth to this more tumultuous version in, from their perspective, their past. They are literally reaching back in time to give you a leg up, so to speak.



ROBERT SHAPIRO

## KEY POINTS

- Beings from the future are creating an anchor to bridge the future benevolent Earth with this one.
- “You will be able to rebuild the planet so that she can function in her benevolent state with all of her component parts.”
- As each group, culture or civilization attempts to resolve their past through us, we gain additional benevolence.



These individuals, who number in any given moment from 100 to 150, are able to focus their energies all over the Earth. Much of what you are experiencing in unexpected moments—and I know many of you have had these experiences, where for no reason at all you suddenly feel almost elated, like everything is going to be all right, and you have this wonderful feeling of joy that has no prompt, meaning there is nothing in your life going on that would have prompted that feeling—this is their connection to you.

Now, granted, you are not all getting this feeling, because not all of you will want to be back on Earth at some point, as you might say now. But you have to remember that this version of Earth is completely benevolent—no strife, no conflicts—so when you do get those feelings, those of you who are getting them (and I know a great many of you have), this means that you personally will have a life on that version of Earth and that your future life is reaching back to you. So it is very personal in that sense.

*Are they each only reaching back to one, or many, many?*

They are only reaching back to one. That is why there are maybe 100 or 150 present at any given moment, but that turns over all the time. There are changes over all the time, and when a person nowadays in this time gets that good feeling, it might last for ten, fifteen seconds, but that's about it. The connection lasts for ten or fifteen seconds, although the almost euphoric feeling might go on for a while. It is important for you to know when that happens out of the blue, so to speak, that this is a real connection from your future life who is attempting to support you and let you know what is coming, as well as to create an actual link from spirit to spirit to help you achieve as much of that good feeling as is possible in your now life.

*Where is this mountain?*

For obvious reasons, I cannot say. You understand why, do you not?

*Well, either we would go there, or somebody who wanted to stop it would go there. Do the beings from the future aim their link to a particular person knowingly?*

Yes, it is knowingly. They're aiming it to their past life in this time. Sometimes they have no idea who that is, meaning they are not all-powerful. They just know, they have been informed, that they have a life in this time and that if they can bring a portion of their spirit back to that mountain, which amplifies the signal—with a means I won't say at this time; it's not mechanical, however—then they are able to link up with love and, of course, blessings of Creator to their life in this time. They might get some vague idea who you are and so on, but at least 30 to 80 percent of the time (that much of a range) they don't know. But they can feel your spirit to spirit and sometimes heart to heart, and that is why you often get that wonderful feeling.



## THEY ARE TRYING TO CHANGE THEIR PAST

*So how many overall are being reached on Earth?*

This is a process that's still going on. It hasn't been completed, so I can't say. I can't give you that number; it's an ongoing process.

*You said they came here to change their past.*

From their point of view, they started this thing to change their past. They wanted to change their past so that violence would not be confused with excitement—meaning to perceive excitement, adventure, fun—so they wouldn't get confused when what seems to be excitement, adventure, fun, has elements of violence in it. They wanted to make it clear, as well as to provide an understanding for their own generations that something that may appear to be innocent because it is exciting is actually the nucleus of violence.

*So how are they changing their past, then?*

From their perspective, they are reaching back in time to make these linkups, to support you out of this challenge, but they also perceive themselves as being directly involved in the loop of time. You understand what I am talking about, yes?

*Yes, but these aren't the beings we were when we started the loop of time, because we were Zetas then. Are these Zetas?*

No. But they perceive themselves to be associated with that.

*Oh! How far ahead of us are these people?*

They are not in the same time. They can't be, because it is a different focus of Earth. However, you recall that some time ago encouragement was given to reach and connect with a different timeline that is more benevolent. That is where they are from.

*That's where they are from and that's where we are going?*

Exactly—those who will incarnate on that version of Earth. Many of you won't. You will say, "Okay, that's it for me Earth-wise," but some of you will be open to incarnating on that version of Earth, especially since you will know that it is completely benevolent. You won't find a place



anywhere else in this universe that is more benevolent, all right? Just so you know that.

*I have felt those feelings. Am I going to come back to that version these people are from?*

Yes.

*[Laughs.] I guess because I really like it here and I don't have too much time left in this body?*

Well, for you personally, you would like to pursue certain things on Earth.

*With a younger body [chuckles].*

Well, that is right, and also you would like to pursue them in a way that is completely benevolent so that there is no fear, no need to have fear, and where fear really doesn't exist. Instinct exists, but it is not a fear-based instinct, meaning a survival instinct. Instinct exists really to draw you to something or to be drawn to something, but not to run from something. It is the same instinct you have now; it just has fewer functions because survivability is not an issue.

### **IF THEY ARE SUCCESSFUL, VIOLENCE WILL BE GREATLY REDUCED ON EARTH**

*So is that what we call Terra—the benevolent, more green version of Earth?*

It has been called many things, but they do not call themselves that—that culture, that society, does not use that term. So if you are trying to say, “Is it this, is it that?” I cannot really confirm that. No.

*But it's the next focus up from where we are.*

I didn't say that. I said it was another version of Earth, another focus of Earth, this planet.

*So it will be this green and this beautiful, and it will have all the variety of the beings who are leaving this focus?*

It will be much more so. As a matter of fact, the vast population will not live on the surface. The surface will be considered to be a place that one might visit and enjoy but not live there, because human beings, even in a benevolent world, leave traces and make impacts. Even now, you can walk across a beautiful lawn and the grass will be impacted. It will be the same there, but there will be trails to walk upon where you can enjoy the beautiful flora and fauna, all of which existed on Earth at one time. Some that exists now on Earth will also exist there; however, quite a bit, as you know, has departed temporarily from this version of Earth but is still in existence in other versions.

*They want to link to us to help us, and yet we . . . they made it, so we made it.*

Yes, but from their perspective, when they were involved in the creation of it, they were then confused by thinking that adventure, excitement, was just that, a fun thing, something new and fun and enjoyable. They didn't understand

that that particular energy would be the precursor of violence. Think about it now. Think of all the things people do for fun that are actually violent and can lead to injury. They don't always lead to injury, but they can, and not only can they lead to injury for the person taking the risk, but they can lead to injury for others not pursuing that risk.

They are trying to change their past so that the level of violence in their past is greatly reduced, and it just so happens that you are living through that time. What they are trying to do will actually, if it is successful, greatly reduce violence on Earth and, as a side effect, improve communication between peoples so that misunderstanding will be reduced by about 80 percent. You know how often misunderstanding can, out of simple frustration, lead to violence; people might urgently need something, but because of misunderstanding one becomes frustrated and violence can occur. That's the main thing they are attempting to change, and you are in that loop from their perspective.

So you can see the loop of time in a different way. It's not just one thing by one people, but rather it's one thing by many people, with different planets and various cultures involved—past, present and future, not just one culture. If you understand it that way, then you can see why different cultures are linked into your time and why those cultures specifically might have something to do with ET contacts on Earth.

You know that certain cultures are involved and have been involved, especially in the past, in ET contacts, but even today UFO sightings are regularly seen all over the Earth. You can find reports of these things if you look. These cultures are for the most part somehow associated with that loop. It is not just the Zetas and so on—this was told to you that way so you could get a clear foundation—but there are others, and some of those others are associated with different time sequences.

Imagine a braid (a braid of hair, yes?), with many strands, but in this case the strands of hair are not all the same length, meaning that these strands join the braid at different times. It started with one, but different groups involved at other times experienced the same loop and are attempting through your experience to resolve their past. The more successes there are, the greater the lessening of violence and the improvement of communication that will take place in your time. So you have everything to gain by this and nothing to lose.

*How many people are there in that time? How many individuals are on that version of Earth?*

At this time about 38 million, but you have to remember that the project involves all of their generations going back to the point when they signed onto the project. So when you factor that in—as well as a little bit into the future, since they can travel through time—we are talking about roughly 6 billion souls.

*[Gasps in amazement.] So there is a possibility they could contact everybody on Earth?*

Almost everybody. There are a few people on Earth



who are absolutely, positively [chuckles] not going to have another life on any version of Earth. They have made that arrangement, and that's that. But almost everybody else will have a life. Think about it: If you could live on this planet in a totally benevolent state, you could have a wonderful time. You could have *the* wonderful time you were looking for when you were originally born on this planet looking for this beautiful, wonderful place. The beautiful, wonderful place is this other place. Most of you are going to want to come back and live here, and will say, "This is the place we were looking for!"

### **TECHNOLOGY IS BASED ON ENERGY PERSONALITIES AND ATTRACTION**

*What about their level of mechanization? Is it all based on feeling there? Or do they have computers or airplanes or anything like that?*

Technology there is not based upon propulsion, so there is no mechanization that you would understand—for instance, let's say a typewriter, to use an older instrument, where you press a button, so to speak, and a lever strikes a page and print ensues. There is nothing like that. All technology is created by . . . you might call it energy units. This is a terminology you actually have on your planet, but it is applied to something else. Everything is alive, so that which might wish to be involved in different levels of creation—say you wish to be involved in a minute level of creation—something stimulates you, and as you are stimulated, you create something else.

In a larger sense, this would be like a birth, but in a smaller sense, it would be a mechanization. Someone wants a glass of water to drink, for example, and they would approach this non-mechanical thing and essentially, *poof*, a glass of water is created. This kind of "mechanism" has nothing mechanical, no computers, but is energy that is interested—let's call it energy personality. The bits of it that come together are all energy personalities that are interested in creation in a widely varietal way for which they will have no prompt, other than the person walking up, requesting it, and they get to have the adventure of creation. That's the closest I can get to describing it.

Other than that, motive energy would be not unlike the spaceships you see sometimes flying around Earth. They do not use propulsion; they use attraction. Attraction is *the* way to travel. It will function in time, and it has the built-in safety mechanism of being feminine—in that sense, using attraction. The safety mechanism is that because it is a feminine technology, it will only go where it is welcome. Thus, if the people in the vehicle wish to go someplace where they are not welcome—meaning that a society wishes to remain isolated, for example—the ship would not be able to find that place and the people, although curious about that place, would not be able to go there. This way the ship itself, running on feminine technology—meaning it goes by attraction, it is drawn to a place—would by its very nature function benevolently because it could only find a place where the vehicle itself was welcome. There-

fore, the people would be assured that if they arrived at that place, they would be welcome.

So the entire thing has the safety mechanism built into it as its actual function. This is why when you see ships in your time, they are very special, because although some of them have that capacity also to go places where they are not particularly welcomed, in order to come to a place like this in a ship with beings from other places who are using feminine technology, they are welcomed by your souls and they are welcomed by the animals, the plants and the planet herself. But the fact that many people are not in close connection with their souls as they are in other places, those people might be afraid. So then contacts are done very carefully. That is why they are rare in your time.

### **THESE CONNECTIONS GIVE YOU HOPE**

*Is this civilization in this future you are talking about doing the Explorer Race thing and going out to visit other cultures?*

No, that is your job.

*From this focus where we are now—we are going out to visit other cultures?*

Yes, almost exactly this focus. That's the whole point. It is not like you are going to have to go into some vague, unspecified future; it is not that far into the future where you are going to do this. But the planet itself will be vastly improved because by that time you will have remembered how to do magic that is entirely benevolent. That's the whole purpose of all this benevolent magic teaching that's been going on for a while, because when enough people learn how to do that, then the planet you are living on now will become more benevolent. You will be able to rebuild the planet so that she can function in her benevolent state with all of her component parts and can thus produce much greater benevolence for herself and, as a result, for you living upon her.

*So it's finally coming together.*

That's one way to put it.

*These links that are being generated—made between those beings and the people on Earth—is there just that flash for a few seconds, or is there some sort of permanent connection made?*

No. That's it—just that flash, that connection—but it does help you to feel for those few moments the natural way you would feel in that benevolent version of Earth, meaning that for no reason you would be happy. That is your natural state there, and you would have the feeling that everything is wonderful. It is not total ecstasy, where you are completely shut off from your surroundings. This happens within your surroundings, and it could happen at work. It could happen while you are driving. It could happen while you are in the market. It could happen when you are home.

The one thing that is totally common to all of these contacts is that it always happens when you are awake. It doesn't happen when you are asleep, so it is something you



will notice, even if you notice it after the fact. But most of you will notice it while it is happening, because it will be a feeling that has, for the most part, nothing to do with your surroundings. You might identify it as, well, you had this feeling because this or that happened, or because you were around this or that friend. I grant that those feelings do come up because of a happening or a friend, but this will almost always take place outside the context of your environment and your circumstances. You could be in prison and have this experience, you could be anywhere and have this experience, and it will invariably give people hope.

*How does it feel to those from the future? Do they feel the connection?*

They are totally insulated from any of the discomforts you feel. That's why they will only sometimes get an idea of who you are, because if you are feeling a lot of discomfort—and most people are in your time; not all the time, but there is a level of discomfort you all feel—then they must be insulated from that. This is why they only get a vague sense of who you are. They feel the connection but in that filtered way. You will feel it much less filtered, because their energy is only benevolent, so you will feel it. You will get 80 percent or so of their energy, but they will get maybe 10, 12 percent of yours.

Don't think that you have only 10 or 12 percent of your makeup that is benevolent. They only get 10 or 12 percent because of the filtering that is necessary to keep them from feeling anything that is discomforting whatsoever. Some things you do that are pleasurable, that are comfortable, wouldn't be pleasurable or comfortable to them in their time. For example, take eating: They eat, but their diet is much different. You would consider it, perhaps, a bit boring, only if you had something to compare it to. But if you were in those times, you'd be perfectly happy with it.

### **IN THE FUTURE, THERE WILL BE NO PROBLEMS TO SOLVE**

*So are there careers there? Are there scientists and healers and artists and philosophers and dancers and all of that?*

There are no careers there that have anything to do with solving problems. Think about it. If the planet is benevolent, there are no problems to solve. If you had scientists, they would strictly be involved in exploration, but they wouldn't be looking into a problem that needs to be solved. So you have to shift your point there. But, yes, you might very well find dancers and other careers, yet none of it would be problem-oriented—none. It is not like your civilization; you just have to set that aside. The biggest thing you have to set aside is . . . you could look at a cross section of your society now and say, "How would these professions be practiced if there was no resistance, no discomfort and no problems?" and you could figure it out for yourself. Some professions wouldn't exist. For instance, police wouldn't exist, soldiers wouldn't exist, all right?

There would be explorers then, so what would now be a soldier would more likely for that personality be an

explorer, although not necessarily exploring other planets. Think about it. I will give you a different example that you haven't thought of yet. What if you could explore the atomic structure? What if there was no resistance? You could literally go inside an atom and inside the component parts of an atom and further and further within to discover what's to be found. It might be just as fascinating as exploring the planets and the cultures. Perhaps there is no real difference in going in as compared to going out, but there would be a different variety.

*But actors would only be able to explore their benevolent emotions. There would be none of the great spectrum that we have here.*

There would be no need for violence of any sort. There would be no need for despair, there would be no need for suffering and struggle, and there would be no need to take risks that cause danger for others, simply for the purpose of excitement. There would also be no need to take drugs to try to find that euphoria that you would feel there naturally all the time.

*That is going to attract a lot of people.*

I believe it will. I am trying to sell it, actually.

*[Laughs.] Okay, now let's look at the numbers. There are 40 million people there at a time. So this civilization goes on for a long time then, if 6 billion people here are going to experience that. It's going to be generations. Are we going to live longer?*

Remember, time is not a factor. Maybe some of you will be born in the past of their planet. I know you have to stretch a little bit, but time is not a factor. Say you are living on Earth—let's make it uncomplicated, let's keep it just to this Earth. You could die and decide to have another life on Earth, but maybe you would be born and your next life would be 6,000 years ago on this planet. It's the same thing now, and it is also the same thing all over the universe. Maybe you, for your very next life, will be born on some other planet in some other galaxy, but it would be 10 million years ago. That is your next life.

*Right, or 10 million years in the future. So we could be born 6,000 years ago in their past but on their timeline?*

That is right.

### **RESOLUTION NOW WILL RESOLVE IMBALANCES IN THE FUTURE**

*These beings came here as spirit and built something in this density? How did they do that?*

Remember, they signed on to a project that was already in process: the loop of time. But that involved their own past, you see? It might be hard for you to grasp that the time you are living in now is the past lives of more than one species of people in more than one time. You, for instance, as a person—picking you out as a person, since you are on the phone—are the past life of about thirteen different cultural



species. They identify with you that way. You are a singular person, but you are identified by about thirteen different races of people—meaning if we identified a planet as a race of people—and that is typical to your time.

It's like this: So Zeta Reticulans could identify this as their past and these people could also identify this (meaning your time) as their past, and they do. So you might have thirteen cultures, but somebody else might have more and somebody else might have less. It just depends how often they've been here. It is rather complex. But from the external sense—simply moving away from Earth, not involving your planet and your time—multiple cultures who've had some version of violence in their past are attempting to eradicate it. It might in most cases be in the distant past, but they are attempting to eradicate it, because the souls who have lived in that past—in their culture, their planet, who are being reborn in their time—those souls are affected by that old wounding. Remember, those people who are living in totally benevolent places find it difficult to be around even the memory, you might say, the distant aroma of something.

So those people are not shunned, but they would be in a situation like that which people in your time might be in if they were sick. They would be constantly treated to attempt to resolve that discomfiture or that slight imbalance in their souls, because the resonance of that past would be in their present—on another planet, you see, in that other culture—and the only way to resolve that is to literally go into their past and resolve it or uncreate it. It can't be just uncreated singularly, because to uncreate some single thread could affect everyone and everything. After all, that person lived in that time and affected many others, mostly slightly but very often in a greater way, and you can't do that. The only thing that can be done is to attempt to resolve it all for everyone. That's why so many different cultures are signed on to this, to resolve what amounts to what you would call nuances of discomfort in their time for some of their people from the past.

*So we've got six billion people here who are going to need therapy in the future?*

This is not necessarily true, because if the resolution takes place on your planet, then it won't be necessary. Then everything will be resolved by the time they're there, wherever their "there" is on their planet, their culture, their time, their place. Remember, you have been told that there are massive things going on, that you are doing this great and tremendous project on Earth now. There is a tendency to identify with the great and wonderful thing to be something you are going to do in the future, but you are doing this great and wonderful thing now.

*That's fantastic. I understand it so much more. I see where we were told the broad storylines but not the nuances before.*

Yes, and you can see how the nuances can flesh out the picture so that it becomes a broad pastoral rather than a single tree.

## TRUE MAGIC IS COMPLETELY BENEVOLENT

*Still though, someone physical—someone who could exist in this density, this focus, this dimension—had to go build whatever is there on that mountain. So we had to do that, unless it was done in our past.*

Remember, what's in the mountain is not a mechanism.

*Oh! It is something that broadcasts feeling?*

Mother Earth has veins of . . . what? Crystal.

*So when did this start, then? Just now? I mean, when did we start feeling the effects of this—just recently?*

Just recently, within the past few months really.

*We couldn't feel it until we had come to this awakening?*

Yes, and you had to get a little closer to accepting the fact that magic isn't just something that is frightening or scary or to be considered all evil. You have to get closer to the idea that magic can be completely benevolent. It can have effects that are only benevolent for all beings. That is why the full-out thrust of the material through this channel specifically and through some others has been focused on that, because it is getting the word out about that. Fortunately, that word is also getting out fictionally to a broader audience, and that audience is enamored of that—and of course, lots of parents are reading that too, not just kids. Science fiction has been contributing for a while, but science fiction sometimes meanders into other areas that are frightening, whereas these Harry Potter books and other things—if I might use the term from the author herself—are actually suggesting that, even though it's wrapped up in an adventure and it's scary and all of that, there is also good magic that is suggested.

Magic, when it is natural magic, true magic, is purely benevolent because it can only work (as you know yourself) when all beings are served benevolently all the time. No one can be excluded, and then it works completely. There is absolutely no resistance! The only way to take out resistance is that everyone must be served absolutely, and then it works. All souls are in total agreement. There is no resistance whatsoever, and the seemingly impossible can be resolved. That's the key to understanding what I call true magic. It's magic because it not only makes life better but it also makes complete sense.

*So we are at a convergence of many of these things coming together, then.*

## OTHER PLANETS ARE ALSO SEEKING RESOLUTION HERE

*In addition to those future selves, are there other beings who are trying to resolve something right now?*

Yes, many other planets have had what you would consider teensy little flirtations with violence. For instance, if you had 1/20 of 1 percent of the violence you have on your planet right now, practically no one living in these times would even notice it. It would be like having one sneeze in your whole life, for example. But on another planet where



only benevolence is experienced, that “sneeze” would have a great impact. I am picking something extreme there; we are only minimalizing. There have been other planets—cultures, you understand, that might be over several different planets in a star system or in a solar system—who might have had 1 percent violence in the past. Although that might seem to be nothing compared to what you have experienced on your planet now, to them, living in a benevolent society, it would be overwhelming. It would be an emergency to resolve it, so they are all signed on.

So there is a group of many cultures involved that see a direct correlation to their past that can be resolved only in your time, in your place, on your planet, in this totally insulated planet you are on—meaning insulated from all other planets in the universe so they are completely benevolent. It has to be insulated so they are not affected, but at the same time, the insulation works both ways. They are insulated, but also you are insulated from them so that their overwhelming benevolence does not wash away all of your magnificent capability to resolve problems, including ones that are not your own.

It is impressive, when you think about it. You know, as individuals, how often you help other individuals to resolve problems that are not your own. Every time you feed a child—or a dog or a cat or a horse—you are resolving a problem for those individuals, and you take this for granted. But in other places it may not be like that.

*So the future selves from another focus of Earth are making a connection and linking with us. Are some of these other planetary or galactic systems going to do something like that?*

Yes, they are, but they are not in touch with you yet. That sequence isn't happening yet, but it will happen. It has to happen for them, because that's how their past is resolved through those momentary connections. But it can only happen when you are sequenced with them exactly right. Right now, you're sequenced quite naturally with another version of Earth. That is an easy sequence by comparison, an easier sequence to accomplish. There will be other sequences that happen when those cultures on those other planets are just able to do that, but in order for that to happen, you have to be more involved in magic and benevolence and the pursuit of the same by many people who do it simply because it works, not because some authority figure tells them, “Do it or else.” [Laughs.]

*So as each of these groups or cultures or civilizations attempts to resolve their past through us, we gain additional benevolence on our way out of here?*

Yes, it sort of helps you because it improves your capacity to be attracted to your own benevolent future and it supports the rebalancing of the feminine energy—because all of those cultures would be, from your perspective, feminine. That's how they get around. They don't have to run from anything; there is no propulsion involved. It is all attraction, resolution through attraction—in other words, ease. One atom doesn't connect to another atom because it is forced to; it connects because it is attracted to that creation

and because it enjoys that attraction. So a portion of a wall remains that wall forever—it never falls down.

## THE LIFE YOU LIVE PROVIDES RESOLUTION FOR ET CULTURES

*So this is truly THE time to be on Earth, then. I mean, this time now is like the change point, the nexus.*

I'd say.

*I'll quit complaining about some of my physical and money problems. It's a pretty exciting time to be here.*

It is. For people who move beyond the veil when they die, in the past one reviewed one's life and looked at things: “All right, now I understand why that happened.” But now souls are spending more time examining what's going on, because not only can you examine your own life, but you can also examine how your life and the way you lived it resolved things for other people in other cultures on other planets, and most souls find that profoundly fascinating. They spend a little experience studying that—most everybody does. That's available for observation, as they might call it there, but you would call it study.

I wanted to flesh that out for you, because it does support your understanding of the Explorer Race phenomena here and, as I say, helps you. It adds a dimension, so to speak, to appreciate the depth of what's going on here. At some point in the future, we will probably bring through beings from some of those cultures—you understand, Robbie will channel for you—so you can hear from them personally what's going on for them, what's being resolved, and how you are helping, if you're interested.

*Yes, I think people would be really interested in knowing that what they are going through has this vast meaning beyond everyday life. I think this information would be important to so many people.*

I think it would too, and I also think the people might be fascinated to discover how the different appearances of people on this Earth are also, to some extent, influenced by those cultures. It is not a direct correlation, but different appearances and sometimes different facial appearances . . . you can have people of different races who look almost exactly the same with the only difference being some slight physiological difference or, perhaps in some cases, strictly the only difference being skin tone. If you have ever seen that with different races, it is fascinating, and you can only assume, when you are looking at it, that there are other cultures all over the universe whose people look almost identical to yourself. That's something usually examined after life that people find fascinating.

*Let's do it before [laughs]. So all these things have to get resolved, then, before in the future we merge into one color and look more alike?*

That's right. When you are that color, that sort of a light milk-chocolate color . . . that comes about a long ways into the future, but it comes about because everybody wants that. At that point they recognize that the different races, as they are called now, are all part of planetary Earth, human culture,



and it is as if you took something that was perfect and broke it down into its component parts just to see what it would be like. Now, you understand, science does that all the time, and even a chef might do that. You might taste something and say, "Oh, I think this went into it and that went into it," and then you experiment with the recipe. So at some point, you are all going to decide that you have had enough of that and you want to homogenize and have all the good stuff from all the races in one combined planetary Earth human.

I feel it is important for you all to know now that what you are doing on the Earth is not simply chaotic. I know you have many moments of happiness and joy, and other moments that are at least reasonably tolerable—such as you might go to work, and you don't always like your work but you have friends there, so you manage to make it work for you. But there are other times when life is a little hard to take and sometimes when it is really tough, but you do manage to get through it. Almost all of that has to do with the resolution that you are helping to bring about for other cultures and other civilizations that you may very well be a portion of some day.

The fact that life will be completely benevolent there has a great deal to do with what you are doing on this planet. You are literally helping to solve the problems of the universe, and while you are going through tough times here sometimes, just know that this is happening here and only here, and it is a way for peoples to work out the difficulties in their own cultures. Some day all of this will be uncreated, so there will be no suffering. You are living through it now, but it will be uncreated some day and it won't affect you, even in your spirit memory.

So feel a little better about your life and don't get down on yourself if you are struggling through something while you see other people seemingly going through it with ease. Different people have different talents and different abilities, and you might go through something with ease that others struggle with. Recognize that your capacity to resolve is equaled only by the love that other beings have for you all over the universe. Good life.

*Thank you very much.*

Good night! ✨

# The History of DNA and The Human Race

Kryon through Lee Carroll

29 August 2009, Portland, Oregon

**G**reetings, dear ones, I am Kryon of Magnetic Service. We would give anything to void the rules of free choice, to show ourselves in a way that would allow proof that we're actually here. But on this planet of free choice, it is you who must open that door to us. We stand like the angels we are in your lives, walking the whole duration with you. At the point in which you are born on this planet, the angels surround the area of your birth, and then they stay with you until your last breath. In those beginning weeks, you might see the infant with wide eyes actually looking at the angels! The infant will point or

sometimes even smile at them, even at two or three weeks old, because the infant recognizes them. All of you did it. Indeed, in those early days when there is so much change and so much to get used to—being so fresh out of the womb—the angels are a comfort to the infant. Do you remember? [Kryon smiles.] Then slowly that reality slips from you. Slowly. But many of you have seen it when the infant looks into what you call empty space and is pleased with what he sees.

These are the same angels who are with you now. They don't age, you know? But you do. They have been with you all your lives: They walk beside you, they came in with you and they'll leave with you. And if you never speak to them, they will say nothing. For that is the agreement. But oh, dear Human Beings, if you just give us one little space of intent, and you say, "Dear God, show me that I'm loved," you open the floodgates. For this is

## KEY POINTS

- Each molecule of DNA contains over three billion chemicals.
- "The 90 percent of DNA that is not understood is not junk . . . it is the processor driving the part that is understood."
- War and physical illnesses are signs that we have lost the quantum character of our DNA.
- "It is time for you to return to the quantum state, which is the spiritual state that the Pleadians gave to you, and it starts now."

**LEE CARROLL**  
1155 Camino del Mar, #422  
Del Mar, CA 92014  
858-792-2990  
kryonemail@kryon.com  
www.kryon.com





when we enter your lives to the degree you will allow us. This is when we will give you what you ask for—beginning the synchronicity, the teaching, the handholding and the end of feeling all alone. This is when we fill you up to such a degree that you will not be concerned with disease or age or drama. And all you will see is the promise of who you are. This has always been the way of it since the day we began, for our job is to allow awareness that you are part of us.

### **THE MESSAGE IS SACRED**

There are still those who wonder about this process of channeling. It works best when the channeler is clear. It works when the bias of being a singular Human is set aside. It is the way of it and has always been the way of it. All scripture on the planet has been written by Humans. Take a look at how this works, Human Being, for you by yourselves are responsible for all the prophecy and all the good things that you would find in those words that comfort you—those words you say are from God. And so it is again that we come before you with information that is given in this sacred, ancient way.

The information given this evening for those who are in the room is given in what you would call real time. Those who are listening and hearing what those sitting here call their future know how this works. However, this linear track of time is not our reality. We are quantum, and therefore we can see the potential of who is looking at this page, even though it hasn't happened yet for those who sit in front of me. What it means is that the message—although all about history—is still a personal one, and we invite you to feel the ancient truth of it for we know whose eyes are on the page.

All of the information I give now has at some point been given in the last twenty years within the Kryon channeling. But we have never given you this synopsis; we are starting to summarize subjects for simplicity, for clarity, so that they begin to be less obtuse and more present in your reality. Plain speaking and plain words are what clear channeling is able to bring you.

This is the gift to us—that you would sit and let us wash your feet. And while my partner gives you information, the third language will be present in all the hearts here. Some of those who are listening and reading in your future will be touched as well. For we know who you are as your ears hear these words, for we see you there. We see your faces and we see the light that you have as well. It is no accident that with free choice you are willing to have this communication enter your lives this day.

Let the information given today be passed to many. This information we give now is about the lineage of DNA—from the start of DNA to the present. We will speak of the way it occurred on the planet, the way it works, the way it changed and the things you need to know about it in this new energy to get you to the place where you can begin to use it as it was designed. In this teaching, we must start where my partner started even today in his lecture series. For much of what he taught in these last hours is going to be covered here. However, for those who are just joining us through transcription, we

will start at the beginning—such is the way you live in a linear world. We start with the history of DNA and humanity.

### **WHAT'S ALL THIS ABOUT DNA?**

The question has been asked, “Kryon, why is it you speak so much of DNA? It is a biological attribute of the Human body. It is the blueprint for the Human genome. It writes the chemistry for all of the genes—over 30,000 of them. But why would you speak of this? You don't speak of molecular substances or chemistry, so why would you speak of DNA? Instead, speak to us about spiritual things.” This criticism has been spoken by many. They have a strong spiritual quest, but their disappointment is seen, and they don't understand why we speak of DNA—seemingly a physical attribute of the Human. So let me finally explain, dear ones, if you are one of those. It is time to reveal your DNA for what it is.

DNA is the core element of who you are, both physically and spiritually. If you had to choose a place where the higher self dwells, it's in your DNA. The akashic record—that blueprint of everything you ever were—is in the DNA. All of the lifetimes, all of your spiritual growth and all of your talents over eons of your lives are there. The karma that you came in with and that many of you have dismissed is there. The record of that enlightened action is there. Your Human spiritual history is there, written in the quantum parts. Some of you understand this to the degree that you know you were Lemurian. If you feel this way, you know the incredible profundity of what's inside you. That is the reason we speak of these things. It's very hard for a Human to believe this, for it means that much of what you have felt outside of yourself is actually inside. But this follows the teaching of the masters, and of Kryon, that you are a piece of the Creator, and the processes of mastery are within you.

It has only been in the last few years that science has given you the proof of what we are going to speak of now. We have alluded to this in the past, and now we'll just say it straight out so that there is no mystery about what science is puzzling over: Your DNA is over three billion chemicals strong. Each molecule of DNA, which is a loop, has over three billions chemicals within it. It is a molecule so small that you need an electron microscope to see it.

The Human Genome Project, a scientific endeavor, has revealed a mystery: Only 3 percent of the DNA chemistry does anything! We speak of the protein-encoded portion of the DNA parts. It alone produces over 30,000 Human genes. These genes are the blueprint of life that you were looking for. But only 3 percent of DNA is the entire gene-producing scenario. Three percent does it all—everything the project was looking for. Over 90 percent of the chemistry of observed DNA, therefore, is a mystery, for it seems to have no function that is obvious. There is no observable system, symmetry or biological purpose seen within that 90 percent of the chemistry. It has no chemical codes, as the protein-encoded parts do. It seems random in nature, and some have even called it “junk” DNA. Some biologists are convinced that this part of DNA is leftover chemistry

from the evolutionary process and is no longer used by the Human Being. There is no code, and it seems to do nothing. Therefore, the tendency is to ignore it. It's useless.

### **AN ALLEGORY FOR ILLUSTRATION**

A group of ancients makes an astounding discovery—left on the beach by a time traveler is an amazing wireless stereo system. The small, efficient speakers are pumping out the most amazing rhythms, and the tribe is mesmerized by it all. They don't dare touch it, but they sit and enjoy the music, not understanding how it is being produced or anything about the gleaming equipment before them. After many days, they begin to look deeper into the seeming magic of it all. They are curious, for curiosity is the main trait of the Human Being. They begin to analyze it. They look it over again, not daring to touch it, and the elders finally announce to all that they have figured it out.

They see the CD player, the main amplifiers, and the processors that are sitting with the speakers—lots of equipment. The speakers, however, are where the audio is coming from, and so it is the speakers that are seeming to do all the work. The tribe comes together and they announce their findings: Advanced space creatures have landed and left some of their equipment. The wise men of the tribe can't figure out what everything does, but two small items are responsible for the wonderful music they are hearing. The rest of the equipment is a mystery and must simply be space junk that isn't related to the music.

The parable speaks for itself. What is not understood as part of the whole is discarded due to ignorance. Hidden within this example is even more than you think. It's not just the incredible technology to play the music that is not seen. What about the creation and composition of the music? What about those who recorded it, and the incredible resources that went into even getting it to the CD player? What about the history of music itself, and the evolvement of rhythms over the centuries? There is a giant, intellectual secret hiding in the sand before them, and they only see the speakers because that is the only thing making noise.

Evolution and what you call Mother Nature, or Gaia, work together and are very efficient when it comes to Human biology and to life in general. Whether it's the appearance of photosynthesis at just the right time on the planet, or the way the Human genome has evolved, the system throws away things that are not needed. The 90 percent of DNA that is not understood is not junk. Hardly! Instead, it is the processor and the instructions driving the part that is understood. About 90 percent is processing the music that is being played by the 3 percent. I will tell you what it is specifically, and in the revelation yet again I want you to ponder what it could mean to you personally. Ninety percent of your DNA is literally the quantum blueprint of your divinity. It is the blueprint of your akash. It is the record of all lifetimes, all things accomplished, all growth, all epiphany and all failure. For those of you who called yourselves Lemurians, it represents a vast amount of experience on the planet, all the way from the

beginning, which we are going to speak of.

Things in a quantum state are not logical in 3D. Quantum physics makes very little sense to the linear thinker, and you are linear. Therefore, the bias you carry is this very fact: Your reality is based in only a few of the dimensions that the universe enjoys. Until the rest of the picture reveals itself, most likely due to your scientific quests, you will only see the limited reality you sit within. Things outside of 3D will remain a mystery, seemingly random and chaotic instead of logical and systematic. Your DNA carries with it your spiritual blueprint and all the instructions for who you are. All of that is in the 90 percent, which is quantum. Therefore, the discussion of DNA is the discussion of your creation, your Akashic record and your spiritual lineage. This is why we are concentrating on it.

It's time to connect these things and think about the bigger picture: Within that 90 percent of quantum DNA is Human consciousness. The consciousness of Humanity is not measurable with codes and genes. It is outside the purview of chemistry and continues to be something that science sees as a mysterious result of how biology comes together. Again, there is no understanding of what creates the whole Human. Within Human consciousness is your ability to talk to DNA, control it, work with it and become part of it. This is what we have taught from the beginning. Therefore, one of the largest secrets of your own reality is your ability to be in charge of your own body and its basic functions.

Now, according to new science, even some of the processes of the planet itself are seen to be affected by Human thought. Are you starting to get the picture? The 90 percent of your DNA may actually be part of something larger than your own personal biology. One of the first things we ever told you is that consciousness moves the Earth. Consciousness is what is responsible for the vibration of the planet, and you have always been able to change what you have thought was something unrelated to you—the reality of what happens on your planet. When you begin to understand this truth, you will absolutely understand that Gaia responds to you!

So these are the workings of it, spoken in a clear fashion. It's only because of the development of the Human genome and the revelation of the 90 percent—which seems to do nothing—that allows us to speak of what it really does. It's going to make sense to science at some point in time. The hint: When they take a look at that 90 percent, and they begin to study it as noncoded engrams, they will begin to see that the largest part of DNA is really signal modifiers to the 3 percent, which is the engine that drives the biology of the Human body.

### **THE PUZZLE OF THE HUMAN BODY'S WEAKNESSES**

One month ago we spoke of this issue. Here you are at the top of the DNA evolutionary ladder on planet Earth, and you have a system that is weak—far weaker than you would expect it to be. This is a review. Your cellular structure does not represent what was given to you originally. Rather than evolving, the quantum portion of your DNA has devolved in response to Human consciousness—the driver of your reality. The fact is that your immune system doesn't work very well!



Many major diseases and viruses on the planet go right around it. Did you notice? You can't even stop a common cold.

There's a problem here, you might say, and there is. The 90 percent of your DNA that's supposed to be quantum is only 30 percent efficient. We gave you that information some time ago, but for this lesson, I give you it again so that the logic of this teaching is succinct. Briefly, I'll say this: How does it make you feel to know that you could have cancer in your system and your body will never tell you? You've got to go to a medical expert and have a technical test to find out what your body is doing! What kind of a system is that? The self-diagnostics that have been built into the Human Being simply don't work well. Cancer is mainly the result of an incompatibility of the Human body to cope with modern food and how it's processed. The result creates signals that are not congruent with how the body is supposed to work—the division of cells in a manner that is balanced with the chemistry of what it takes in as food. Instead, the body produces abnormal growths or tumors that eventually devour the entire organism.

Cancer is not a virus, and it isn't contagious. Instead, it's an imbalance—an allergy to modern society. The body's immune system isn't really involved at all, for cancer appears to all the body's defenses as normal cells doing what they always do. They are not because they are specifically cancerous, but they have learned to hide within cellular structures. A quantum consciousness creates a system of knowing that alerts the body to imbalance. The result is that you would know right away that there was a problem, but you don't since the system isn't working as designed.

Another attribute of quantum DNA behaving as it should is the creation of a much, much longer Human lifespan. The body doesn't want to age. It wants to live! This is basic survival, and so it is able—through an intuitive process—to create an intelligent scenario regarding the division of cells. Without this quantum enhancement, the body's cellular clock simply counts days and goes with the cycle of the moon. It doesn't know any better. It's not working as designed. Indeed some of the ancients lived lifetimes two and three times as long as yours. It depended on where they were and how much of the quantumness they had lost. Know this: The eventual and successful life extension processes being developed on this planet will all have one thing in common—the increased signals to the DNA to return to a more quantum state. You call it activating the DNA.

A quantum consciousness is one with everything and would absolutely know if cells were running wild and inappropriate growth was threatening health. But your immune system won't alert you. Something is broken, but because you have grown up in this reality, the logic of what I'm saying escapes you. If you spend enough time hanging upside down, soon your body will object to walking or the whole idea of it. Eventually, everyone simply hangs upside down and starves, having forgotten how to walk. Walking is something that only the masters could do, or so the thought develops, therefore nobody walks. This is simply the way

Human reality develops over time, and this is what we are challenging daily in this new energy.

When nerves are severed in your spinal cord, there's a chemistry that races to that area and keeps them from growing back together. Did you know that? The process itself is known by science and even has a name. It's just the opposite of what you want and seems contrary to the logic of how a body should work. Something is broken. Starfish can grow back an arm, and you can't. How does that feel, being at the top of the evolutionary ladder? All of this is because the blueprint that creates the genes is not functioning as designed. But it used to. Let me take you back to the beginning.

### THE CREATOR IN YOU

Here it is, laid out so that anyone can see it and hear it—and all of the attributes of it you need to hear—in plain language. There were up to seventeen kinds of Human Beings in development 100,000 years ago. Just like the variety of nature would call for regarding some of the other animals and mammals, there was the built-in variety that Gaia provides for in the survival of a species. Just as there are dozens of kinds of monkeys, and a tremendous variety in so many other animals on the planet, a variety of humans was also in progress. But if you notice, there is only one kind of Human today. Oh, there are different colors and a variety of facial attributes, but only one kind. There is not the typical kind of differences you find in nature. You don't have the kinds with tails and the ones without. You don't have the super small, hairy ones in one continent next to the super tall, spotted ones in another. Something happened.

Go back with me 100,000 years and you'll see this documented by science, which discovered this anomaly within the last decade. They are seeing the same thing. Counterintuitive to all biological evolutionary forces, something happened to create only one kind of Human Being, and it happened about 100,000 years ago. Now be prepared, for some of you hearing and reading this are not going to like it. This was the lecture of today by my partner, and I'm going to give it to you again for those whose eyes are on the page, or whose ears are listening to this transcription. Listen: A beautiful thing happened—beautiful! Something happened by design, and you were waiting for it with me when you were creating the planet, dear ones. When you were with me, watching it cool down, you knew this would happen. A divine plan was in progress.

In your own galaxy called The Milky Way, you have a cluster of stars called the Seven Sisters. It represents seven stars, one of which has a planetary arrangement around it. You have called this arrangement and those coming from this solar system the Pleiadians. These are the ones who visited Earth 100,000 years ago, and it didn't take them very long to get here. This Humanoid race is semi-quantum, just like you. That is to say that within their consciousness there is a meld of 3D and quantum. There is no time, there is no space and there is no distance. They willed themselves here and they appeared. It is an advanced race that is

spiritual, and it is spiritually graduated in nature. This isn't going to make sense to you because it's out of the spiritual system you think is real. So let's just say that their spirituality is mature, beautiful and totally appropriate. They arrived on schedule, by design and on purpose.

They came to plant the seeds of quantum, divine DNA within one of the seventeen types of Human Being in development on Earth. They stayed for as long as it took. You should know that this took over 100,000 years, and they stayed. Slowly, all of the other kinds of Human Beings dropped away, and only one was left—the kind with the seeds of the Creator. The kind that exists today. This is the original and divine creation story given to you on purpose in a beautiful way by Spirit. It was an anointed time. I would like to tell you, souls who are here, that long before Lemuria, when you looked upon this potential scenario, you knew it was good. You feel it intuitively and know it, for you are firmly related to those in another star system who gave you this great gift.

The Pleadian brothers and sisters look like you. They do not have lizard skins; they do not have strange arms and legs, funny eyes or large heads. They have no agenda and are not controlling Human thought. They're a bit taller, but they look like you! There will come a day—when it's proper and correct and appropriate—when they will show themselves. It won't be in your lifetime, for they are waiting for a specific vibration on the planet for that. But when they arrive to greet you, they're going to get out of their crafts and look just like you. Then you will know that what I say here is accurate and true, for they are watching as I give this message and smiling with the appropriateness of delivering it to those who need to hear it this way.

Listen to me. There is no conspiracy here. No one did anything to Earth or to Humanity that you didn't plan. There is no control issue here, and nothing is hiding. By design and on purpose, Spirit allowed them by invitation to come and give you this gift. The only planet of free choice moved from the Pleadian system to this solar system, and then literally to the Earth. Biological beings slowly gained their quantum DNA, and spirituality was born. Nothing happens fast with God, did you notice? God is slow and the Earth is patient. But Humans have trouble with the slow concept. They want spiritual things to happen quickly, and the mythology shows this.

It's controversial, this information, and those listening and reading now don't have to believe it. This information is not critical to having your light shine on Earth. If it does not ring true to your soul, then pass by it. But understand that somehow there is God in you. Perhaps it isn't necessary for you to know how, but feel the creator at work in your DNA. The controversy will rage, and it should not be forced on anyone. It is not evangelical, and it is only for you to see it as a part of the big picture. But this is where your seed biology came from, and I have just given you truth.

Oddly enough, there will still be those who wish to go with the mythology that God came to the Earth quickly

and within a few days presented the entire spiritual system to the planet. They really don't want to think that the eye-rolling story of space aliens coming to Earth has anything to do with God, or the spiritual nature of a Human Being. It's ridiculous to them. As my partner says, "They like their talking-snake story." Then that is what they should have, for hidden history should not be something that keeps a Human from his faith or takes away his belief.

## LEMURIA

Slowly, the first civilization on the planet was born and it was called Lemuria. Know this: It was not an advanced civilization in the way you think of advanced. But they had something you should know about. Their quantum DNA was at 90 percent, not 30 percent as yours is today. All the quantumness of their DNA was activated, for that is what the Pleadians passed on to them. Lemuria was the oldest civilization on the planet, the one that was the longest lasting and that never saw war. It was eventually broken up only because the oceans and seas rose. As I have described to you before, they became a sea-faring people and scattered to the many parts of the Earth. Ironically, some made it to far away continents and science sees them as actually starting there, instead of traveling from somewhere else.

Lemurians were the original Human society on the planet, and they were located where the Pleadians originally landed—on the top of the highest mountain on Earth, as measured from the bottom to its top, and currently the largest island of Hawaii, where the Lemurian canoes are buried. Hawaiian elders will tell you today this is the lineage of Hawaii, that the Pleadians came there. It is what they teach regarding how humanity began. Lemurians had a quantum understanding of life, and they knew in their DNA all about the solar system. A quantum DNA working at 90 percent creates a consciousness that is one with the universe. One of the most ancient of your spiritual beliefs on the planet asks you to be one with everything. It's not an accident—I'll get to that in a moment. The remnants of Lemuria are gone, covered by water a long time ago. You're not going to have proof of this because nature has buried it completely. It is now only available to be felt in those places that were Lemuria, but were never covered by water. And if any of you should happen to go there with pure intent, the ancestors will come to you and will say, "Welcome home."

Here is some historical advice: Do not place so much attention on Atlantis. Atlantis was much, much later, and there were actually three of them, and much confusion around what was there and what happened there. Which one do you want to talk about? Atlantis did not play nearly the role that those in metaphysics and esoteric teachings wish to assign upon it. Oh, they were important, but one of them is not ancient at all! It was so recent—off the Greek Isles—and was even reported within the history that you see today from the Greeks. Humans have a dramatic interest in civilizations that get destroyed quickly. It creates further mythology, creating ideas that Atlantis was one of the



most advanced civilizations. It wasn't. Lemuria was, but in consciousness only. Lemuria was not an advanced technical society, for it had no technical abilities at all. Yet they knew how to heal with magnetics. It was in their DNA, you see? It was intuitive information. Quantum DNA produces quality intuitive information. Being one with the universe, they knew all about DNA. Doesn't everyone? [Kryon smiles.] They even knew the shape of it—all without a microscope. That's what quantum DNA does.

### THE ANCIENTS KNEW!

Lemurians knew much due to the quantum DNA they carried, thanks to the Pleiadians. They knew all about the solar system, and about the galaxy in general. They looked at the stars and understood what was there. This created a seemingly advanced society, but without the technical advancement you now have. Long after the Lemurians were gone—thousands of years later—there is vast evidence that ancients still had this knowledge. Today's modern version of Human history doesn't give credibility to the 30,000 years of advanced Humanity that was Lemurian. You barely even see Humans existing 10,000 years ago. That will change with new discoveries and time.

However, what you do see is that as little as 4,000 to 5,000 years ago, the ancients still had knowledge of the stars—far more than you realize. Most of the ancient civilizations of Earth knew about the galactic alignment that is coming in the era of 2012. We have told you that this galactic alignment has already begun. You see it as 2012, and we see it as 1998. Do the math with modern computers and telescopes and you will see that 2012 is only a gross estimate from cultures without your technology. So with this in mind, you will find that you are sitting in the energy of the galactic alignment as we speak. This alignment is a 26,000-year cycle that the ancients knew about. How is this possible, you might ask? For when you rewind history to only a few hundred years ago, you find modern science having totally lost all this knowledge. The Earth was flat, the Sun went around the Earth, and almost all the intuitive knowledge of how the body worked was totally gone.

The ancients had DNA that was working in a quantum way—as inherited from Lemuria, without telescopes or computers. They knew. They knew about the solar system, equinoxes, eclipses and planetary movement. They even knew you were in a larger group called the galaxy. So I ask you, what happened? We reveal the obvious—that you slid backwards in a very significant way, and only recently. When we speak this way, there are always those who want to believe that some force other than Humanity was responsible for taking your knowledge away and leaving you wounded. This is Human Beings denying that they control the vibration of Earth. Free choice is honored by Spirit, and the whole idea of you being here is to examine where this planet will go depending on what Humans do. The splitting of Lemuria and the fragmenting of Human society created many ways to lose what was a collective consciousness. As long as the societies had a quantum community, there was a confluence of understanding. When

they split up slowly over time, the most intuitive knowledge accepted for centuries simply died. If you doubt that, then how do you explain that the ancients knew what only “modern astronomy” has given you in the last few years?

This is the process where the DNA that used to be at a level of 90 percent was slowly reduced to 30 percent. Indeed, that's what you have today. You have literally started over. You lost the quantum intuitive knowledge—that intuition, the absolute understanding of where your seed came from and how the body works. The Pleiadian experience was gone—lost. Humans forgot basic astronomy, and they didn't even think the Earth was a globe. All this wonderful intuition went away about the workings of the universe and the Human DNA. Now you have a shift at hand, and you are slowly pulling yourself up from where you are today. I'm going to tell you what is different today, and with it, we are almost complete.

### THE GREAT SHIFT

The lineage and history of DNA started from a precious creation that was appropriate—with the integrity of the angelic realm—and anointed with a sacred purpose. Through free choice, it declined as Humans accepted a lower-consciousness state. Mythology is filled with dramatic stories of the fall of humankind, but there were no devils involved here, only the process of free choice within Humanity. You sit in a shift. You sit in an age you call the New Age, but it isn't new. Instead, it is a remembrance of the ancient knowledge and the ways of Lemuria. It is, therefore, a return to a Lemurian state, and it's about time. This is what you call the new energy, and the shift is upon you that allows for gifts to begin a slow and purposeful enhancement of consciousness on this planet. But as we have discussed, it must start within your own DNA.

Oh, Human Being, listen to me. This is the crux of why you're here. It is what we teach in this day—that the DNA, that quantum sacred part of you, is lying there ready to be enhanced with your pure intent. All that Kryon brought in Magnetic Service to you was to service this planet in a way where the magnetics could shift and communicate to your DNA. This new communication is a result of the 1987 harmonic convergence and the combination of moving into a new Gaia energy that the galactic alignment is creating. It gives the potentials of a return to a state that you deserve—a Lemurian state of awareness where war is not an option and health is intuitive. The Mayans spoke of it! This is the highest vibration that Gaia has ever seen, and you sit in the ramp-up of it all. This was their 2012 information, and it is not taught by many.

Bring Human consciousness to match that vibration and your DNA will start to increase in its efficiency. It will begin to be quantum again. You're going to start to see it in many ways, and we've spoken of this as well. Look for the signs that Humans are evolving. This evolutionary process is starting with what you have called the Indigo children. These children of new consciousness are very different, did you notice? It's all about how much of the quantum DNA they are using, in contrast to how linear you are. The clash



## 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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between the quantum and the linear has only just begun! If you think there are issues now with the new children, just wait until they have their children. Humans are changing.

Within this new age, you are potentially bringing back an original energy, slowly, that was designed for today. It is time for you to return to the quantum state, which is the spiritual state that the Pleiadians gave to you, and it starts now. At the moment, you fight a battle on the Earth between old and new energy, and the new energy is winning. Make no mistake that the old energy will be with you for some time. It continues to create issues that you see as problems, but are actually a quantum clean-up. As you clean up your economy—and you're not done—you will see the ways of a new paradigm of being, of structuring, but it's going to take some time. Do not fear what it will do, for it will emerge just like you knew it would emerge—as one of the strongest on Earth, filled with integrity. It will potentially represent a new paradigm that makes sense for a new age. Count on that. Indigo adults will help you to design it. New concepts will leap over existing thought, and bring a revolution in the way life can be on the planet.

All this is part of a Human evolvement in consciousness that you can see in your DNA. You might say, "Kryon, is a scientist going to be able to put this under a microscope and see it?" No. Regardless of what you have been told, they will not see a change in DNA. The current microscope is 3D. So I say to the scientists: When you develop the quantum lens, you will see it, for you will actually see the chemistry in the 90 percent random areas. It will glow under the

influence of the quantumness, and you will know I'm right. Then it will change colors with the activations you are creating, and you will be able to see and track it. But at the moment, you have no quantum lens. There is no device for measuring the quantumness of the universe that exists on the planet, but you're getting close. And when you do, the first revelation can be seen within your own biology. Here is another hint: Continue to examine things in an entangled state, for this is the beginning of the true quantum state that you can alter with 3D technology.

These are the things we wish to bring you today, and these are the things of the teaching for the day. All through this, we've been hugging you. Why do we bring these things to you? Why do we care? Because as family, you are beginning to discover a great secret—your core souls are related to the universe, and your higher selves are angelic and forever. Humanity is beginning to come full circle. Very slowly, and through the next three lifetimes, you may actually create a New Earth. These are the potentials we told you about twenty years ago.

You wouldn't have missed this, dear Human Being. You are reading this because of it. You are part of the solution to peace on Earth. I know you. There will be a certain percentage of those reading and listening who, in these next years, will come see me. There will be a transition that is not new to you. It is a life transition that is appropriate and beautiful. For an old soul, it's something you've done many times—so many you can't even count. And you will come back to the planet after that, and then you will come back yet again



because you're not going to miss this! You've spent eons working on this planet, and you're not going to miss this.

This is the shift you have asked for, that you've waited for and that you have prayed for. Many in this room will live out their normal lives, but are coming back with a higher level of DNA efficiency than you left with. We'll say it again. If you wish to see Human evolution, watch these Indigo children—they are going to develop into an even more frustrating group than they are now. And some of you will be them when you return. [Kryon smiles.] I wouldn't say these things unless they were accurate and true. See the clarity of the channel today. Feel in your own innate sense the truth of it all. Be

aware that you are dearly loved. It is the reason we are here.



We metaphorically collect the bowls of the tears we shed in joy as we wash your feet. We invite you in the room with us now to carry on this energy of Spirit. Let us sit with you for a moment before you rise and leave. Let it be known that this day Spirit really was here—to meet the brother and the sister, to wash your feet with respect, to be with you for an hour and to love you like we are doing. And now you know our secret. This entire meeting was arranged so that we could just sit with you. And we have. And so it is. ✱

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# The Day after the Great Shift

Master Kirael through Kahu Fred Sterling

**T**he great shift in consciousness is about entering a new world, a new dimension. To enter this new world or dimension, you must work with that beautiful brain inside your head by practicing meditation and balancing the left and right hemispheres of the brain so that your love is heightened. Alchemy, the art of bringing more light into your physical body, other forms of healing and the ten principles of consciously creating are in your reality now, because you will need them to get into this new shifting energy.

Lightworkers will be the lead force of the shift into the new dimension. Do whatever is necessary to prepare for the great shift in consciousness. Your preparation will make this shift happen. If you're not prepared to shift into the fourth light, you will get shifted out of here instead. Now what does that mean? Well, roughly six billion people are on this planet, and not all of them will make it through the shift.

Most who go through the shift will experience three days of darkness, a time when you will be asleep and the Earth will move through the photon belt. You might ask, "Why must I go through three days of darkness and what will happen to me during that time?" Going through those three days of darkness will be the easiest way to get into the fourth light. During that time, while you are asleep, you will receive more light into your body. When you awaken, you will discover that you're so light that when you jump into the air, it will take about fifteen seconds to come down. You will be thrilled, because you will feel the comforts and the joys of being in a new dimensional process.

You will want to tell people about the shift and the changes you experience, but some of the people around you will be confused. They won't know what you're talking about. They won't know about the shift or even that

they've been through the three days of darkness. These people will be wide awake during those three days and they will experience the Earth changes and watch the buildings rocking and rolling. They will be frightened and reluctant to go through the portals after the Earth changes stop. However, if you're aware of the shift, you will sleep through those three days in order to receive your light particles, and upon waking, you will see the Earth calmed and stilled. You will see the trees refocus their energies and all the grasses grow into another level of consciousness.

The great shift is a new project for the Creator. It is the first shift to happen while people are still on the planet. Even those of you who were in Lemurian consciousness did not experience the shift in this way. You had to go through this third-dimensional journey and work your way into the Lemurian fifth level of consciousness. When you did, you woke up into another focus and started all over again.

I've come here to this Earth plane as a guardian of this great shift in consciousness from the seventh light, a grand transitional dimension. I and all the masters bearing down on this planet now are here to assist in this shift. So embrace the journey, and do the "five or fifty" to prepare for this momentous occasion.

## INSIDE AND OUTSIDE PORTAL WORKERS

*Will we actually see the portals that take us to the fourth dimension with our third-dimensional eyes, or will we experience the shift in spirit?*

This shift won't happen in spirit. You will see it, feel it, taste it and smell it. You will be part of it. Your sixth sense will be operational as you come out of those three days of darkness. So, yes, you will be aware of the shift; you will see the portals that take you to the fourth light, and you'll know what your jobs are. You'll know what you're doing from the word go.

You will be either inside or outside portal workers. Outside portal workers will go into the big cities, such as New York, Honolulu, Chicago and Denver, to "dig" people out of the "rubble." A lot, although not a massive

### KEY POINTS

- Proper preparation through meditation is very important for lightworkers entering the great shift in consciousness.
- While the shift might create a bit of turmoil for the unprepared, those of you who are ready to enter into the fourth light will undergo many positive changes.
- Embrace the journey and know that you will have important work to do after the transition. Greet this time of change with joy and peace.

**KAHU FRED STERLING**  
wethepeople@kirael.com  
1-808-952-0880  
www.Kirael.com





amount, of rubble will be strewn about. The people in the rubble will have gone through the three days of darkness while awake. They will not have received all their light particles, and they will need help making the transition to the fourth light.

The teachers, scientists, philosophers and so on will be inside portal workers. Inside portal workers will have knowledge they never had before. You might be an inside portal worker who has no knowledge of philosophy, and yet, after the three days of darkness, you will find yourself in the philosophy department speaking about that subject with some authority. We will have gone back into your other lifetimes and brought the information forward for you.

### **CHANGED CONSCIOUSNESS IN THE GREAT SHIFT**

*Would you comment on the consciousness of the great shift?*

As you enter into this shift, you will be conscious of the shifting consciousness. You will look out a window and see some trees, and recognize that they're beautiful extraterrestrial energies. The trees have already begun their shift, and new trees are coming up through this journey in the now. The new consciousness is about you being able to see that those trees are present now. Most people see a green mass of leaves on a tree trunk, but if you look at them closely, you'll see individual trees that you've never seen before. You will be aware that your consciousness is heightened. You're a conscious creator of the great shift in consciousness.

*How do we prepare for this change in consciousness?*

Meditate to help shift your paradigm into the new dimensional journey and to get answers to your questions. The shift will happen in every part of life on this planet. If you remain in the time and space and consciousness of the Milky Way galaxy and your Earth plane, you will not be able to see the new dimension. You will not have a new moon or a new sun or anything else, unless you've gone backward, in which case, you'll see a planet that has two moons—not a good sign. You will be stuck in a time and space that is not evolving.

If you meditate, however, you will gain what you need to go forward and you'll see the fourth light. Your senses will be heightened. You will smell things you've never smelled before, taste things you've never tasted before, feel things you've never felt before and see things you've never seen before. Your eyes will be so strong that you will be able to look directly into the Sun without sunglasses or any other protection. You will see the sun's rays, sunspots and flares with your naked eyes.

### **YOU ARE NEEDED HERE**

*I feel a push and pull in my energy: a longing to go home to the Creator, yet a need to be here to do my work. Is it time to go home, or is it time to start work?*

That push and pull you feel is from your angel forces. Plenty of angels are here ready to assist your journey on the Earth

plane. The angel world is a force that surrounds you now.

What I heard you say is that you want to go home and do the shift on the other side of the veil. Others have left this Earth plane in order to preface or begin this journey of the great shift in consciousness. If you go home to the Creator, you'll probably come back to be a part of this journey anyway—whether as part of the angel force, the elven force, the galactic force and so on. These forces are already committed to come onto the Earth plane for this shift.

Staying here for this shift may not sound like the easiest journey, but if you can get through those three days of darkness, you will see, feel, taste and smell the real glory of the shift. You will like what you see when you awaken. You will look at your body and notice that your fingers are longer, your body is stronger and that your clothes don't fit or don't seem right. You will look up and see a wavering energy pattern before you that will suddenly take form. It might be a nine-foot elven. You will say, "Oh, my God, I must be on drugs," but you won't be on drugs. You will actually see the elven. They will have time-traveled to be part of this journey.

If you can, fight off your need to leave this plane of consciousness to start your shift. You can stay here and get your new splinters and keep operating. So let go of that feeling that you want to go home. You are needed here to be part of the shift. People will die every day of the week from disease or accidents and so on. You don't have to be one of them.

### **VENUS WILL COME BACK**

*After the Earth passes through the photon belt, will the planets be in the same places? Will the science of physics be the same? How will we gain the knowledge we need to do our work as inside and outside portal workers?*

At one time, Venus was a beautiful planet for female goddess lights only. Post-shift, Venus will come back into life form again, so it will have to be moved a little. This is set to happen. You don't have to do anything about it. Goddess lights will go to Venus and unhook the matrix from that journey. Another matrix hook is located on the Moon, and they will go there as well to clean it up. The Moon has been badly soiled. With respect to what you see as physics, without going into any detail, physics will change and become 100,000 times greater than it is now.

As far as your readiness to do the portal work, you will have three days to get ready for these changes and, you will have help from the unseen forces and the galactic world. Light and information will be downloaded into you during that time. You will have so much knowledge that you will feel it as you come out of those three days of darkness. You will be smarter, lighter and able to float and do many other miraculous things.

### **VARIOUS ROLES DURING THE SHIFT**

*I feel out of place here on this dimension. What is causing this feeling?*

Your reality is more suited to the post-shift energy. Your physical body is already changing, and you can see the

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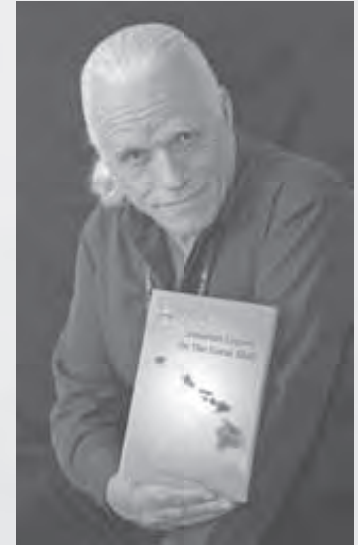
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changes if you look at your body now. When you asked your question, your speech was difficult to understand, because you had too much power coming through the telephone. You are a galactic presence. By that, I don't mean that you're a being from another planet. I mean that you don't belong here on this Earth plane until the post-shift.

You're already stretching your body and your mind and bringing your focus into this light, trying to get clear on what's happening. You are a scientist in your Earth life, and you're a scientific officer from another galactic energy outside the Earth plane. You have come here to do this journey using your predisposed scientific energies, but the world is not ready for you yet. In this great shift, you will be one of the more focused energies. That is, you will have already solidly brought your shift energies into alignment in this journey. You're already there. Just be aware of it.

*As guardian for this great shift, are you planting the seeds to create a positive experience during the shifting process?*

As a guardian for this great shift in consciousness, I am doing my best to bring you as much information as possible to help you heal and release fear in preparation for this shift. In that way, you can say that I am sowing seeds to create a positive experience of the shift. I'm not the only guardian, as you well know. Many have been on this planet before me and many will be here after my energies are gone.

*Is the Creator just a collection of thoughts, and is the shift a thought pattern?*

With respect to the Creator, it is more than a collection of thoughts. What you call the Creator is pure consciousness, a form of consciousness not easily described in your language. Likewise, the shift in consciousness is more than a mere thought pattern. It is a consciousness that will enable you to understand not only that you have a four-bodied system—spiritual, mental, emotional and physical—but also how to work with all of those bodies.

## WORK ON YOUR TRUTH

*How important is truth in this journey?*

Truth is the foundation of this great shift. As a truth goddess, your job is to work with people who don't know what truth is. That means you must work on your truth. The truth goddess's journey is tough, because you must learn and know truth in order to deal with people who do not know truth. If you don't know truth, you will get lost in the energies of those who do not know truth. As a truth goddess light, you must be aware of those who lie to you and then come up with new verbiage when referring to them. You will not call them liars. Most people who lie don't even know they're lying. As a truth goddess, you can't tell them they're lying, because that's what they have to get through as part of their journey. So don't judge them and don't call them liars. Those who do not know truth are in service to



you. They offer you the opportunity to recognize truth and untruth and to respond in love, no matter what.

More and more people are showing their lies and their untruths, which are coming to a new focus, melding around them. If you're in truth, then you must be in love, and if you're in love, then truth matters for you soul-y/solely. Within this soul/sole truth is everything that you've ever wanted to experience. So don't pick on the people who are working through their truth. They want to get through this journey just as you do.

If you believe someone is telling you an untruth, then you haven't learned enough about truth. You see, everything you hear, everything that is spoken, will have an element of truth. If someone says to you, "You're a green person," and there's nothing green about you, they may be seeing something that they cannot understand. So don't get caught up in the fact that you're not green. Don't judge what they see. Just hear it and go on from it. You must know how to get into your own truth every time. If you get to the point where you love everything about everybody you come across, you will have fully embraced being a truth goddess. You will know truth and you will recognize that everybody and everything is your teacher. As a truth goddess, your truth is the most important truth of all the truths, and even you must come to learn that truth.

### **REREADING THE BLUEPRINT TO YOUR SIGNATURE CELL**

*After the shift, will we have a new blueprint in our signature cell?*

The signature cell, which is deep inside your pineal gland, doesn't have to change. Instead, it has to reread your blueprint. Everybody on this plane of consciousness, whether going through the shift or not, has two blueprints actively working within the body. You all came into this plane of consciousness with a fourth-dimensional blueprint available in the now. That blueprint is woven into your omnibrain, which is now tied into the local brain. You have weaves of energy going through your brain and into the space where your higher self is waiting for you. This weave of your blueprint is solidly projected into the new paradigm. Being aware of and understanding this blueprint is powerful.

Suppose you have a friend who is not vibrating to the same space and time as you, and you think to yourself, "There's something wrong with this person." Well, with that thought, you have immediately gone back into your own third-dimensional local brain, in which case, you will tell yourself that you're seeing things that you don't know how to deal with. In the present, you might think he's a little crazy, but you will understand him in time.

If you want to suggest that you have a better way of doing things, suggest it to yourself first. You will understand that it's about your journey, not the other person's. Before you tell anyone how you can do something better, understand why that person is doing what he's doing. Maybe it's because someone asked him to do it and he's allowing the person who suggested it to have that journey. Many things

are happening around you that you don't understand. Relax and know that everything's absolutely perfect.

### **LIFE AFTER THE SHIFT**

*Will I be an inside portal worker with my children, who are also inside portal workers? When we wake up on the inside, what kind of food will we have? Will I have to cook it? How will my body look? What sort of clothing will I have?*

You will be an outside portal worker. You have family members and friends whom you will want to get through the portals and into the new light, but they won't cooperate. As an outside portal worker, you will help them in the beginning stages of the shift. You'll go inside the portals quite often to bring people through into the fourth light, and you'll be able to check with your children then.

As for your food, you will have to cook, because you will be at level one of the fourth-dimensional process. What you cook will not be what you normally cook over here. You'll be cooking things that you never thought could be so good or edible. The food will be tasty and you will eat it slowly. The meal will fit inside the palm of your hand. Your mouth will water because your sixth sense will be profound. You will feel the food go into your mouth and your senses will be alerted as it slowly goes down your esophagus and into your stomach.

Your new body will start to come into being from the first day forward after the three days of darkness. Yet don't be shocked when you wake up on the first day and it appears as if nothing has changed in your body. Within just a short period of time, your body will show signs of change. Your arms, legs and neck will get longer. Your trunk will be the last thing to get longer. You won't have your hair for any length of time. As for your clothing, you will have one outfit, and when you remove it at night, it will cleanse itself automatically. The material that this clothing will be made of will be foreign to you, but very durable and useful. You will want to take a shower every day.

### **BALANCING THE ENVIRONMENT**

*Will those of us who will be sleeping during the three days of darkness feel the changes to our bodies? If we send love and healing to Mother Earth, will that help her ease her shift? Is there anything we can use to balance our environment?*

Just a few of you—not many—will feel it when you shift your body processes during the three days of darkness. Others of you will be asleep and will not feel it. Most of those who are not lightworkers or who haven't awakened to this journey will have body processes that change post-shift. As far as Mother Earth is concerned, the medium will put some things into signature cell healing that will help you heal the animals and the Earth plane. You must pray for Mother Earth. If she doesn't make it, you will have nothing to work with over here. For balancing your environment you will need a powerful twelve-sided dodecahedron stone in every room of your home.

## THE TASKS OF OUTSIDE PORTAL WORKERS

*I am to be an outside portal worker. Would you share some information about outside portal workers? Will they have any contact with inside portal workers? What will they be doing outside the portal? How will they relate when they return to the third dimension post-shift? What will they wear and will they have weapons? What kind of work will the outside portal workers do?*

As an outside portal worker, you will have nothing to do with the inside portal work. When you do go inside, you'll do so as a vacation from the outside portal work. When you return to the outside, to the third dimension, you'll change to another level of consciousness. Remember, seven levels of consciousness exist for everything here, so your journey will be about what is happening in the now. You will shift levels of consciousness as needed, and you will have to explain more precisely and emphatically to the people about signature cell healing.

You won't wear the clothes that inside portal workers wear. Your clothing will have a protective quality about it and will not look like your third-dimensional clothing. You will be dressed in an outfit that will look strange and the people you need to bring through the portals will not want to wear the clothes you're wearing.

The outside portal workers will get people who are outside of the portals in the third dimension through the portals into the fourth dimension. When you go outside the portals to the third dimension and "dig" people out of the "rubble," you might run into a great scientist whom you know you must get into the new dimension, but who isn't willing to go. You will have to figure out some way to get this scientist into this new journey, because he or she will be an important part of the shifting process.

A good percentage of the teachers will be outside the portals, because they won't know about the great shift. They will understand on a simple level what a shift in consciousness means, but they will not be able to make it work in their heads for a while. You will have to sit with them for three or four days and explain this shifting process to them. When they understand what you are saying, you will then escort them through the portals to the inside, where they will continue their journey.

## NEW PERSPECTIVES ON GUIDES AND ASPECTS

*In the fourth dimension, will I more readily see and hear my guidance teams?*

Yes, you will have more energies to deal with when you get through this shifting process. They will be there with you and you will be able to see them and hear them clearly. You won't have to channel them because they'll channel their own energies, but you'll open up to other energies.

If you're a channel and you want to be a medium, you are guaranteed to be a medium in this new shifting process—but you will be a medium when you are ready to be a medium. You're a channel now. That's perfect, because you're channeling whom you will meet and greet and interact with in

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the new dimension. When you get into the fourth light, the channeling will be more fruitful as far as what energies you'll bring through. You'll have to calmly sit down and bring the energy or energies through. They'll come through from the fifth, sixth and seventh lights simultaneously, and you must know what you will do when you bring them through.

*What will happen to our aspects during the shift?*

The average person going through the shift already has two aspects, either on the Earth plane or in another realm or both. Let's say you have two aspects: one in Africa and one in China. When the shift happens, your aspects will download their energies into your physical body, and you will acquire their wisdom and knowledge. You'll be asleep when this happens; otherwise, it would be too powerful for you. These aspects will start giving you energies while you're still in this third-dimensional body process, but the bulk of it will be downloaded during the three days of darkness. You must be able to accommodate this energy. These aspects are downloading information because they have so much and you're already behind schedule for the shift. They need to get the information out of them, because they have too much to contain it all. It's close enough to the time of the shift that you should be aware that your aspects are downloading information to you.



*Are the children of our aspects our aspects too?*

The children of your aspects will get their own journey, but they will also be aspects of you. Let's say you have an African queen as an aspect and her journey is to make kids—no grandchildren, just children. If this African queen has twelve children, each one will be an aspect of you. They won't be full-blown aspects, but they will journey and may or may not bring information back to you. I could do a whole hour on this topic. If you find someone whom you love and you have a couple of kids, those children are your aspects, but they won't know it.

### HEALING AFTER THE SHIFT

*After the shift, what will the role of signature cell healing be? How will doctors use their training after the shift?*

Signature cell healing, which is about the four bodies, will be one of the major focuses for the healing world post-shift. Those who learn signature cell healing will be called doctors of signature cell healing, and they will be as respected as your medical doctors are now. After the shift, doctors will have a new journey, one they should be aware of in the now. They will have to learn the alternative forms of healing and somehow incorporate them into their practices. All forms of alternative medicine will have a role in the shifting process.

In signature cell healing, the medium teaches the way that the four bodies relate to each other, and in Levels I and II, he is teaching you how to get through the three days after the shift. Upon waking, many will want their minds healed. You can't be afraid of this journey. Love is the focus of signature cell healing, and you will have to take them through the healing journey with love.

Signature cell healers will go into the fourth dimension and work with the four bodies. You will be able to see those four bodies and remove the fear from people. Everything in this third dimension has an opposite: If you have a good day today, you expect to have a bad day tomorrow. With signature cell healing, you can get through this journey without fear, having a good day today, tomorrow and every day. That's what your life will be like when you move into the fourth dimension, because you won't have this yin/yang process. Start now, because you don't have to buy into the yin/yang process in the now. You don't

have to expect a bad day tomorrow because you had a good day today; you can have a good day every day.

### AID STATIONS TO ASSIST FOCUS

*Will there be temples of peace and healing that will be set up by the outside portal workers, where people can come to feel, experience and accept the light?*

You're talking about aid stations. One of the medium's jobs is to set up these aid stations outside the portals. Many humans won't have the slightest idea that a shift has happened, and the aid stations will help them focus on themselves and the shifting energies. You must be so aware of the four bodies that you can see your spirit, feel your emotions, hear your omnibrain and feel your physical body as they raise their vibration to align with the journey. You will accomplish this in these aid stations, after which you'll walk right through the portals into the fourth dimension. The aid stations will be there for you and you alone, to get your body process healed. If you can feel yourself through the body, down through the mental into the emotional and then the spiritual—if you can feel all of these bodies connected—then you will ease into this shift. You will look in the mirror and see yourself through your spirit.

*What will the sexual energy exchange be like after the shift?*

Sex is an important part of your life in the third dimension, but it will not be quite so important in the fourth dimension. You will have sexual encounters of the fourth light. The sexual journey will be focused on what you feel. If you were to make love in the fourth dimension, you would make love to all four bodies simultaneously and you'd know it and feel it simultaneously. In the Kama Sutra, you can hold your hand up and still feel the sexual energy without touching the other person. It'll be like that after the shift.



Many different journeys will be available to you after the shift, but fear won't be one of them. I have no room at all for fear in my journey. It is time for you to take fear out of your journey. Start now. I'll be standing on the side of the light and that's where you should be. Walk toward all things light and I'll be there. You'll see. ✱



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# Keepers of the Violet Flame

Archangel Michael through Ronna Herman

**B**eloved masters, humanity is in a cosmic moment of opportunity. The Violet Flame of transformation and purification, through the radiance of beloved Archangel Zadkiel and Lady Amethyst, under the direction of St. Germain, along with his twin flame, Lady Portia, Goddess of Justice, is being showered down upon the Earth and humanity to assist in these unprecedented times of ascension and evolution. The purifying vibrational patterns of the Violet Flame will greatly increase in strength over the coming years as more and more advanced souls learn how to harness and project its magical, transformative properties. The Seventh Ray of ceremonial order, freedom, redemption, purification, ritual and organization will be the overlighting ray for these next 2,000 years, as the Earth spirals into a closer orbit in relation to the sun of this solar system.

The First Ray of divine will, power and purpose will be the second most important and active ray for the next cycle of 2,000 years. The Violet Flame of the Seventh Ray will accelerate the transformation process by returning discordant vibrational patterns to neutral light substance so that through your loving, conscious intention, you can return to balance and harmony within your physical, emotional, mental and etheric bodies. Once this is accomplished, you will more easily become true cocreators of beauty, abundance, joy and peaceful coexistence on Earth. You are to seek personal ascension; however, you must also assist your brothers and sisters of the Earth to evolve and ascend as well.

## KEY POINTS

- Over the last century, you have been entrusted with the gift of wisdom and advanced teachings on the Violet Flame of the Seventh Ray.
- The effect of the Violet Flame on humanity is to accelerate the transformation process through purifying vibrational patterns so that you can return to balance and harmony.
- Once you have the ability to draw forth the adamantine particles of Creator consciousness of which the Violet Flame is a component, then you will have the full spectrum of the light components of manifestation at your disposal.

## THE REVELATION OF THE VIOLET FLAME

The blessed Jesus was the director of the last 2,000-year cycle, as Archangel Uriel and Lady Grace overlighted the Earth with the qualities and attributes of the Sixth Ray: mercy, grace and forgiveness. This is also the ray of peace, tranquility and devotional worship, and it is the ray that the beloved Jeshua, or Jesus, anchored on Earth by incarnating in a physical vessel in preparation for the ascension of humanity and the Earth. His beautiful, loving overlighting essence is ever-present to assist humanity in these times of great change. He is, as we are, here to assist you on this journey toward wholeness and holiness, for ascension into the light and the return to a higher level of God consciousness is the ultimate goal of every human being, whether he or she is aware of it or not.

At the turn of the twentieth century, a divine dispensation was declared, and the chohan of the Seventh Ray, St. Germain, was allowed to bring forth the mystery teachings of the Seventh Ray and Violet Flame. Before that time, just as with the advanced teachings we are now bringing forth unto the masses, the knowledge of the Violet Flame and its divine alchemical properties was reserved for the ascended masters and their chosen disciples. Advanced souls called "chelas" were recruited and the "I AM" teachings were conveyed to qualified teachers. Invocations and decrees were taught to the students who expressed an interest, and for several years the number of devotees grew; however, they could not keep up the momentum, and interest in decreeing gradually waned until it faded completely from the consciousness of all but a few of the faithful.

What was called "decreeing" in the past is now called "affirmations." The results of affirmations, however, are more dramatic, for you have been given even more advanced sacred wisdom teachings. When you have the ability to draw forth and magnetize to yourself the adamantine particles of Creator consciousness of which the Violet Flame is a component, you have at your disposal the full spectrum of

**RONNA HERMAN**  
6005 Clear Creek Dr.  
Reno, NV 89502  
Phone/Fax 775-856-3654  
RonnaStar@earthlink.net  
www.RonnaStar.com





the light components of manifestation. When you bring forth a powerful thought form through affirmations, and you breathe or radiate that thought out into the world of form, you magnetize to you the elements needed to manifest that thought form in its material expression.

The Violet Flame will also accelerate the vibrational frequencies of the components of any discordant patterns of thought so that they can be dislodged and purified by the sacred flame. Faith, perseverance and forgiveness of yourself and others are an important part of the accelerated transformational process. Beloveds, you will be performing a great service if you will make it a practice to consciously see this blessed energy blazing up from beneath your feet around you and then radiating out in an ever-widening circle as you join other dedicated souls in helping to lift the consciousness of humanity back into the frequencies of love and light. As you draw forth and radiate the divine essence of the Creator, you will help spread this wondrous transforming light, which will facilitate in the healing of the Earth and humanity.

### **THE DIVINE MISSION TO BE KEEPERS**

If you have been following our teachings for some time, you are aware that before you began your journey out into the universe, you were given a divine mission. That mission included an assortment of tasks or lesser missions, and you were also offered many other opportunities as your expertise in manifestation increased and you became accustomed to the great diversity in form and expression. As starseed, those of you who answered the clarion call—which ultimately placed you in a physical body on Earth at this time—were taken to a star system in a galaxy that is composed of pure amethyst crystalline energy of the Violet Flame.

There in the celestial Amethyst Hall, from the Amethyst Throne, Archangel Zadkiel and Lady Amethyst accepted your vow to become a keeper of the Violet Flame. The Violet Flame contains the vibrational patterns of the love and compassion of our Mother God, as well as the frequencies of forgiveness and transformation. It also contains adamantine particles of love and light, which are offered as a gift, a divine dispensation. However, they must be activated by the frequencies of a loving, compassionate heart.

A seed atom, which contains the vibrational frequencies of the Violet Flame, was placed within your sacred heart. As this seed atom is activated, the facet of your diamond-core God cell that carries the vibrational patterns of the Violet Flame will blaze forth into your auric field and enhance the activation of your ascending merkavah vehicle of light. As a keeper of the Violet Flame, you are to actively send forth the gift of the Violet Flame to those you are led to assist, as well as out into the world-at-large. The merkavah vehicle of light and the Violet Flame are instrumental in the process of ascension. The Violet Flame removes discordant vibrational patterns so that your merkavah vehicle of light can more quickly expand and grow in radiance.

### **THE TEMPLE OF THE VIOLET FLAME**

As I have explained during some of the visits to this sacred site in the past, when humanity first inhabited the Earth, Lake Tahoe was not filled with water; it was an inverted pyramid with a gigantic quartz crystal cluster at the bottom. This inverted pyramid was and is overlit by the vibrational frequencies of our Mother God and is a receiver of the energy of love and light. Some of the spires of this exquisite cluster extended several hundred feet into the air, for they were programmed to be receivers of information from the higher realms. Mount Shasta was and is overlit by the masculine attributes of our Father God, and is a conveyer of information and energy from the Earth back into the realms of light.

There was a wondrous crystal cave at the north end of the inverted pyramid, and within this cave was placed an enormous amethyst cluster. In the center of this beautiful cluster was a fountain containing one of the most magnificent Violet Flames on Earth. Many starseeds (old souls) who came to Earth during the early times of inhabitation were guardians of that temple of the Violet Flame. The crystal cluster is still there, as is the amethyst cluster, while the Violet Flame is encased in a protective sphere of God light. There is also a larger protective sphere around the great crystal cluster as well as over the entrance to the cave, and all are buried beneath many feet of silt and rocks.

### **THE GALAXY OF THE SEVENTH RAY**

Beloveds, the time has come to divulge more of the complex design of the universe so that you will better understand the magnificence of your home among the stars. No, you do not have one specific home location, for you are a citizen of the universe. You, the starseed, have helped to create many wondrous planets and galaxies, and that is why you have been given such an important part to play in the future expansion of this universe. You have often heard the sayings: “As above, so below,” and “The microcosm is representative of the macrocosm.”

We have spoken before about the new golden galaxy that is in the formative stages; however, we have not elaborated on the galaxies of the rays and their function in this universe. A galaxy was created specifically for each of the twelve rays of God consciousness, and although the frequencies and colors of the other eleven rays are also represented within each galactic structure, the colors and frequencies of each galaxy are predominately those of the ray it represents.

The galaxy of the Seventh Ray is composed primarily of amethyst crystals from the deepest purple to the palest violet. It is the home base of Archangel Zadkiel and Archangel Lady Amethyst, and from their Amethyst Throne within the great Celestial Amethyst Hall, they send forth their great rays of refracted Creator light to the multitude of Great Central Suns throughout the universe. These galaxies are the chakra system for the universe and contain a high concentration of the vibrational frequencies that each ray represents. These galaxies could be called universal store-

houses of divine Creator light. When it is time for a particular ray to take a predominant role in a particular quadrant of the universe, our Father/Mother God radiates a greater amount of that ray to its galactic center so that the archangels of that ray can radiate more of the attributes, qualities and virtues of God consciousness to the designated galaxies, solar systems, planets and to you and all sentient beings.

\* \* \*

Beloveds, we know some of the concepts we relay to you can be very confusing. However, as you expand in consciousness and wisdom, your sacred mind will open the wellspring of knowledge you have in reserve, and you will remember and understand. I am with you always. I am Archangel Michael. \*

# Dos and Don'ts for the Changing Times

**Amma through Cathy Chapman**

**15 August 2009**

**M**y dear ones, I am Amma the Divine Mother, and I am your mother. You were conceived from within me. You grew within me. You were birthed from me. You are still of me and will always be of me. There is no way you cannot be of me because we are one.

It may not seem like it, but the conflict in the world is proof that there is only oneness. "How can that be?" you might say, "There is such conflict, there is such disregard for others. That is not a sign of oneness?" You are wrong. It is a sign of oneness. If there was not oneness, it would not matter what one person did to another. No action would affect another person if there was not oneness. It is precisely because there is only one that the actions of one affect the others.

Use your body as a metaphor. All the cells are like individual people. All the organs, systems, glands and body parts are communities or countries. When even one cell is disrupted, there is an effect within your many communities—within the oneness of your body. As the community of cells is affected more and more, the result is dis-ease.

Consider the disorder known as autoimmune problems. That is when the immune system turns against the oneness of the body. The immune system treats the body as an

enemy. This increasing disorder within the physical body mirrors the disorder within the oneness. Does this not show you, dear ones, how the disorder within your communities and your countries is the proof that there is only one?

I have been asked to discuss the seven most critical things to avoid and the seven most critical things to do during these turbulent times. I will honor this request. However, dear one, let me share a critical action to do while reading this list. The critical prelude to the "to-dos": Read all that I write from your heart source. Very quickly, enter deeply into the front of your heart center. No, enter deeply into the back of your heart center. Good. Now enter deeply into the front of your brow center—yes, there in the center of your forehead. Bring a beam of energy up from your heart to your brow, and now bring that same beam up to the center of the universe, and then bring it down into the center of the earth. Breathe!

A word of caution: Just as certain strategies assist certain parts of your body and not others, some of these "to-dos" and "to-avoids" are for some of you and not others. There are those who will benefit from all of these strategies. How do you know which ones you should follow? That is the purpose of staying in the heart source. As you read while in the heart source, you are open to wisdom and knowledge that pertains to you. If one of the "to-dos" or "to-avoids" draws you into using it, that is your inner wisdom saying, "Yes, this is for you."

The opposite is also true. If you feel repelled by an action, it is not for you. If

## KEY POINTS

- Being in fear expends energy that you could use for more fun pursuits.
- "Do not take this life you are in so seriously."
- One way for maintaining an elevated vibration in the midst of negativity is to inhabit your heart space.
- "When in your heart source, you will know what is truth. You will be able to keep your vibration elevated, and when your vibration is high, your energy field is strong."

**CATHY CHAPMAN**

713-681-2400

cathychapmanphd@gmail.com

www.OdysseyToWholeness.com





you feel neutral, you may or may not choose to do the action. Follow your inner motivation. Notice I said “inner” and not “outer.” The motivation that comes from within you is your inner wisdom speaking. Motivation from without—the shoulds—come from outside of you. For example: You should eat this way, you should pray this way, you should meditate this way or you should think this way.

### WHAT TO AVOID

**Avoid that which is artificial:** Isn't that all encompassing (laughs)? The only place to find real is within you. Your body is an illusion. This lifetime is an illusion. The place you live, the transportation you use, the clothes you wear, the food you eat and the work you do is illusion. The only real thing is you, and I am not speaking of you with the name you call yourself. For instance, the one I speak through is named Cathy Chapman. Do not be fooled into thinking that is who she is. She is an amazing being of light. Is that because I come through her in this way? Absolutely not. You are a being of tremendous light. Know who you are! But then, that is also on the to-do list [smiles].

Do not take this life you are in so seriously. You decided to come here and experience an amazing adventure. You decided to forget that you are a being of great light. You—and I do mean you—decided to forget the knowledge of your infinite self so you could have this adventure of limitation. “But Amma,” you say, “these are serious times.” Yes, my precious aspect of myself, these are serious times, but only in the illusion. In the true reality—that reality where you are the oneness, where you are infinite and where you are love itself—life is an adventure. Do not take your incarnated self so seriously. Do not take the others who have incarnated with you seriously. Those who you believe betrayed you did not: They played the role you all agreed on. You played the same role with those you betrayed, and do not think you have not betrayed anyone. You have. Everyone has.

**Avoid as much as possible those places, people and media that lower your vibration:** Unless you have chosen to create yourself in the kind of work that is updated on the news, including the financial industry, there is little use in keeping in touch with such. You know that the information disseminated to you is not truth. It is not fact. Much of the news is meant to keep the masses in a state of fear. If you are in fear, you cannot be creative and you cannot stay in your heart. Your brain literally retracts; you are unable to use the fullness of your brain. When you are in fear, you are working from what is called the reptilian brain. You are in survival mode. You are in reactive mode. This mode is not interested in the future, in creativity or in other people.

You may be surprised that survival mode isn't about the future when your fear is about the future. Survival mode was developed to save you in the moment of life-threatening danger. Because of your cognitive abilities, you are able to project into the future. You must realize that fear brings future possibilities of disaster into the present. You cannot fight the future. You can, if you choose, plan for the future, but

you cannot fight it. Fear of what could happen is useless because there is nothing you can do about. Being in fear—fretting about—expends energy you could use for other, more fun pursuits.

What about avoiding people who lower your vibration? Isn't everyone an aspect of you, a mirror? Of course, and in the to-do part of this message you will learn how to be with people and how to read, watch and hear whatever you want. Let me talk about what I mean by low vibration. You may have a belief system that people, places and media lower your vibration. They really don't. You lower your vibration by your reaction to them. Then why did I say to avoid them? I said this because most of you live in victim mode. You haven't learned how to control your own vibration. Until you learn to do that, you will not be able to manifest in the way you wish. How to do this is in the to-do section.

**Avoid foods that do not nourish your body:** There are substances that are harmful for everyone, except those of highest vibration. These are the things you call poisons. Avoid bringing those into your body. I realize this is very difficult. Your scientists have yet to accept when they change a natural substance, there are both positive and negative consequences. Most prefer to ignore the negative and proclaim the positive. Some substances are positive or neutral for some and negative for others. You must pay attention to your own body. Especially important substances to pay attention to are: pharmaceuticals, artificial sweeteners, various chemical additives and genetically modified food.

Because of the way you have constructed this amazing incarnation of yours—your body—it is sensitive to many substances. Your body has the ability to balance itself up to a certain point, and then it begins to weaken. Know that when your body shows it is out of balance, it has been out of balance for a great length of time. For children, many have an acquired sensitivity to artificial substances. This sensitivity is passed down from their parents and grandparents. It is the accumulation of the effects of the artificial upon later generations.

**Avoid bashing yourself over the head with guilt and shame:** You use your self-talk as a weapon against yourself. Shame is useless. Guilt can be a tool for learning, but long-term guilt is also useless. You are mine, beloved, and I want you to quit hurting the one I love.

### WHAT TO DO

**Know that the only thing that matters is who you truly are:** The first thing to avoid is taking yourself and these times too seriously. What do you do? Know that you are love incarnate. You are love. That is who you truly are. I am sending energy right now to the heart of anyone who is hearing or reading this. I am activating within you a deeper knowledge that you are love incarnate. Say it out loud right now or at least whisper, “I am love incarnate.” Say it again. Feel what happens when you say it. Every time you proclaim, aloud or to yourself, “I am love incarnate,” you are activating encodements within you. Each time you

say, "I am love incarnate," you activate the knowing hidden within you of who you are.

**Know that everyone you see, hear and read about is an aspect of yourself:** There is only oneness. When your hand is wounded, do you cut it off? No, only under drastic circumstances would you even consider this action. The same is true for everyone around you. Each person is a part of you. Every person is a mirror for you in this human life. Some mirrors are an exaggeration of who you are in your human form.

You are not a terrorist? Are you sure? Have you berated anyone or done something to harm anyone? Of course you have. You may not blow up buildings, but you have—at many points in your life—"shattered" someone's self-image or self-confidence. There has been a time you have made fun of, belittled, talked down to, patronized or disregarded someone. You have even done this to yourself many times every day. You are your own worst terrorist. The terrorists you fear are exaggerations of who you are. As you dissolve your own terroristic actions, others will not have to be the mirror for you. If everyone eliminated their terroristic actions, the terrorism you fear will be gone.

**Learn to keep your vibration high no matter who you are with, what you eat, what you hear, see or read:** If all is one and everyone is a mirror for you, then what lowers your vibration? As I said above, you do. Your choice of words, actions and feelings lowers your vibration. Think of someone you consider low vibration. If asked, you may say that person is so negative and therefore lowers your vibration. You need to ask yourself, why does someone else's negativity lower my vibration? When you believe someone else's actions cause you to say, be or do something, then you are saying the other person is more powerful than you are. You are admitting that you have no control over yourself. You are a victim.

Your vibration is lowered by your choice. Your choice is in not doing what needs to be done to keep your vibration elevated, and blaming someone else for lowering it. That's no different than blaming the world for your being hungry when you don't want to work. How do you keep your vibration elevated? That brings us to the next to-do on our list.

**Stay in your heart source:** Before we began the things to avoid, I gave you very quick instructions for moving into your heart source. Practice it. Learn to live from your heart source. When in your heart source, you will know what is truth. You will be able to keep your vibration elevated, and when your vibration is high, your energy field is strong. Low vibration energies cannot penetrate a strong energy field.

If you choose not to live from your heart source, then you are choosing to be buffeted about the myriad of vibrations on the planet. Is the heart source the only way? No, but it is what I teach. Choose the way that attracts you. As you learn to live from your heart source, you will move in and out of it. That is simply the human condition you came here to experience. As you are strengthening your energy field, there are actions you can take to assist you:

- Monitor your thoughts. When you find yourself in a negative thought pattern, do two things. First, move back



into your heart source and second, think of something else. You could use "I am love incarnate" as a mantra.

- Notice what food and drink feel good within your body. Refined foods, especially sugars and grains, have an effect upon almost everyone. Note how you feel emotionally, mentally and physically several hours after you eat various foods. If you use artificial sweeteners, notice how they affect your body and mood. Some artificial sweeteners react like a toxin in your body, others like an allergy. If you are motivated to use an artificial sweetener, note which one has at least a neutral effect upon you.
- Pay attention to how various types of media affect you. Until you are able to keep your energy field elevated, stay away from that which elicits fear or anger.
- Whenever possible, avoid pharmaceuticals. Notice I did not say never use them. Listen to your inner knowing. Be in your heart source and ask if this drug is appropriate for you or if there is another way with less negative effects upon your body.
- Play a game with your fear. When you are in fear, you are not in your heart source. When in fear, enter your heart source. When the fear leaves, leave your heart source and get back in touch with the fear. Again, go back into your heart source. As you repeat this little exercise, you will discover that particular fear loses its charge.
- If you do nothing else, stay in your heart source. All else will follow. You will come to know who you truly are. You will begin to remember your infinite self. You will be able to dismantle limitations to joy. Being in your heart source opens you to the wisdom surrounding you.

**Choose joy!:** Every minute of every day you have a choice as to how you respond to life. There is only one emotion, and it is joy. How do you find the joy that is within you? Apply some of what you find here, especially regarding your heart source.



My dear ones, you are precious to me. I know for many of you it is difficult to believe that you are dearly loved. You are most beloved. There is no way I can convince you of my love for you. I can tell you. I can shower you with love, which I do always. If you do not feel beloved by me, it is because you do not love yourself. Find the love that you are. Use some of the strategies in this message. My blessings to you. \*



# A Season of Change: Where Is the Fourth Cracker Crumb?

## Archangel Michael, Mary and the Hathor Atamira through Norma Gentile

Joy and trepidation are both symptoms of the quickening pace of change in our shared world. Anger and resentment are also present, alongside a deepening in our ability to feel compassion and tenderness for others, even strangers, who are undergoing hardship. How we face change determines how we experience change. Regardless of whether we are feeling happy or sad, we are all being carried—or pulled, if we are resisting—along the path to the completion of the old world. And at the same time, we are birthing a new world. Can you imagine giving birth while in the middle of tearing out your home's kitchen, living room and only bathroom? That is the metaphor my guides give me for what we are all doing, everyday. The teachings that follow are meant to assist you in finding your new balance so that your own guides can carry you, rather than push you, into the quickly changing days and months ahead.

### A PERSONAL STORY: TAKING THE CORNER IN THIRD

As a teenager, I was given a VW Bug for my first car. I learned to drive in it, and eventually I learned to shift gears in it too. One day, with my mother in the passenger seat, I drove into a new part of town. As a traffic light threatened its ominous yellow glare, I opted to turn the corner, rather than wait for the next cycle of the light to turn green. I followed my father's advice perfectly: "Always speed up into and through a turn." He was, after all, an ex-motorcycle racer. What I forgot to do was to slow down before I started the turn. As the little VW Bug rounded the ninety-degree corner, its weight shifted and I could feel the wheels underneath me nearly leave the ground. "Well," my mother said, after her hands

left the car's ceiling, "you can take a corner on two wheels, but it is safer to keep all four wheels on the ground." At that point I realized I was still in third gear. I've taken more than a few spiritual corners going a bit too fast in my life, and just as I learned to slow down and navigate a car into a four wheel turn, I've figured out ways to keep my feet, my body and my emotions balanced during major spiritual and energetic transitions.

As we approach and move into the new field of creative energies that 2012 heralds, our ability to remain rooted in reality and in our bodies while flowing with Spirit will be crucial. My guides, Archangel Michael and Mary, along with the Hathor whom I know as Atamira, shared some ideas to help with this process. As is often the case, they speak through me and include themselves as part of the creative process. For this reason they seldom refer to humanity as "you." Rather, they view what is occurring on the planet as being a process in which all levels of consciousness are participating equally. When they are connected to me and speak or sing through me, their consciousness is aware of my consciousness, and this interconnection of multiple levels of consciousness becomes "we."

There is no positive or negative around what is coming to pass in the world. Part of what we are working with in this season of change is letting go of judgment. One of the things that the human mind is so very good at doing is saying "I expect that this should happen in this way." And when it doesn't happen in the way we anticipate, we go into a danger and fear mode because our mind says, "Something is very wrong. It should not be this way. Therefore something is wrong, and the body must be warned that something is wrong." Another possible response to having something occur in an unexpected fashion might be: "Oh, isn't that interesting." In this response there is no judgment, merely the

### KEY POINTS

- To tap into the safety and support already present in our beings, we must let go of our minds' tendency to judge and put more trust in our bodies' instincts.
- When experiences don't follow the pattern that our brains expect them to, we are conditioned to react with fear. To overcome our fear, we must consciously remember that change doesn't happen in straight lines.
- The more we tune in to ourselves, the easier it will be to accept the new energies of change and to help others accept them.

**NORMA GENTILE**  
[www.healingchants.com](http://www.healingchants.com)



ability to receive the unanticipated results of an action. This response comes about when our heart and our body know that they are safe and whole, even though the results of our action did not turn out the way we expected.

Breaking the cycle of judging something as being wrong, or even of being right, is a large piece of being able to deal with moving through cycles of change very quickly and easily. Learning to feel the safety and support that is already and always present in the lower body, particularly within the navel chakra, is part of what lets us release judgment. As we hold onto judgment, we also hold onto everything that we have created in our life based upon those judgments. It is hard to travel on the spiritual wings of change while carrying suitcases of judgment. Without those things in our life we associate with judgment, we can let ourselves be carried quickly and easily upon the spiritual wings. This allows whatever aspects of our consciousness that are free from polarity to experience change as being simple and easy. And it demonstrates those aspects of our consciousness we have yet to free from polarity.

### THE FOURTH CRACKER CRUMB

One thing common to humans, particularly of the Western culture, is to believe that what the brain assumes is always correct. The brain assumes that if we see a trail of cracker crumbs, let's say three crumbs in a straight line, that the fourth crumb will follow along the pre-existing straight line. And so we look for it in relation to the cracker crumbs that are forming the visible straight line. We think this because our brain assumes that there is a pattern. And because we see a pattern, we therefore assume that the pattern will continue in a straight line. Therefore, if we follow the visible straight line of three cracker crumbs, we expect that a fourth cracker crumb will become visible along that same straight line. And if it doesn't, then we see that as bad because it is a deviation from what is expected.

Our brain simply knows that there is one cracker crumb there, a second one here, and a third one over there. These form a straight line. Therefore the next crumb will fall in a way that continues this same pattern of a straight line. When we see that the fourth cracker crumb is not where it should be, our brain sends the signal to our bodies that the pattern was not followed. This signal informs the body that the pattern was not followed, and therefore something is wrong. This is the polarity of the brain at work. It only knows whether or not the pattern was followed. Because the pattern was not followed, it perceives something as being out of place or wrong. We experience this as an emotional and physical upset. The result is an engagement of the flight or fight response at our navel chakra and bodies' minds.

Personally, we don't think Spirit or God likes straight lines. Change doesn't happen along straight lines. In reality, that fourth cracker crumb could be anywhere, even behind us. How things manifest does indeed have something to do with where they come from, but it also depends on what is pulling that manifestation forward, or backward, or side-to-side. Our brain doesn't understand the 360-degree nature

of probability and creation. It doesn't understand that the next cracker crumb could be anywhere—including in mid-air falling toward the floor.

I'm using this scene of the cracker crumbs as a simple way of explaining what so many people in the world are experiencing now, and why many are reacting so strongly against change, which others perceive these same changes as long overdue and needful. Whether it's the financial markets, politics, or the overall employment situation, we feel the uncertainty of not knowing where the fourth cracker crumb is about to fall. Because our physical brain makes patterns particularly well out of groups of three, we all tend to notice certain trends. As soon as the Dow Jones Index goes up three days in a row, news programs spend time on the promising signs of the recession easing and rosy forecasts of when it might end. Similarly, three days of a falling Dow Jones Index and we hear that a lengthening recession is forecast. This is indeed part of the contract stating "you create your own reality" that humanity has entered into.

### FUTURE AND PAST

What we are not recognizing is that the manifestation of our physical world is coming from in front of us, not just behind us. What we are creating together has more to do with the journey our soul is on, than with what it is that our mind wants. The journey of our soul comes from the future, if you want to put it into a timeline. The soul has in mind what it wants to do in each lifetime. The soul does not incarnate merely from the past forward, but rather into various points in the humanly conceived linear timeline, as it finds cultures and potential experiences that would enrich its own experience of itself.

For this reason viewing reincarnation as strictly a process of integrating issues from past lives, lived in the historical past, limits the soul's ability to fully express itself in the lifetime here and now. Who knows if this lifetime isn't perhaps based upon a series of lifetimes in the future? Many such souls are incarnating on Earth today in this fashion, particularly those who will be great teachers in the next decades.

One of our guides, known to many as Lahiri, showed us that the life of a soul is an arc of light. That arc of light moves through time in whatever way is best, according to the soul. The soul desires to draw to itself as a series of different experiences. And so it looks into historical time and selects a culture and a place in which it wishes to incarnate. It is helpful for us to understand this non-linear nature of incarnational patterns of our soul. As we approach and move beyond 2012, the energy that keeps linear time in its linear place will be dissolving. As a result, when we notice circumstances in our lives that can be attributed to other lifetimes, it may be that we are experiencing the pull from future lifetimes, as well as historical past lifetimes.

### THE STILLNESS WITHIN THE HEART

The energies of the astrological cycle we are in as we move toward 2012 allow us a much greater freedom of cocreation.



This cycle, which we began to step into several hundred years ago, is one of understanding that while what is around us affects us, we also affect that which is surrounding us.

As we move through this astrological cycle into and beyond 2012, new qualities of energies and consciousness emerge. Part of our ability to access these emerging new energies depends on our willingness to change. Our access to these new energies is largely based on our ability learn to turn our consciousness toward the beings and consciousness of other dimensions. We can now connect to who we are in other dimensions. We can now call these aspects of ourselves together, into cohesion, from these other dimensions. The meeting place is the stillness within the heart. The more deeply we move into who we are, the easier it is to see who we are not. As each of us releases what no longer serves us, it is like a small bell that chimes within the awareness of other people signaling that perhaps they do not need to continue to be who they aren't either.

Slowly, beliefs and habits fall away like tiny flakes of old paint from the façade of our personality. Little bits of judgment and moments of assuming that things have to be the way they are suddenly have a foreign feeling to them. We are releasing, moment by moment, the assumption that if three cracker crumbs are in a straight line that the fourth must also fall along that same line. In this manner we open up our awareness to the very real possibility that the fourth cracker crumb of manifestation might be anywhere. And so we begin to let our eyes perceive what is on the periphery of our vision. We allow our mind and our thoughts to move beyond what we know as our anticipated experience. We find ourselves able to notice what might be just behind us, or above us, or even beneath us that Spirit has sent to support us. In so many ways change is allowing what is already present to carry us rather than drag us. The sensation of being carried uplifts our heart and lets us know that all is well.

As we release any energy, we are releasing a part of our consciousness that is no longer serving us. We are releasing this energy to continue its evolutionary journey. As such, we are helping the process of manifestation continue easily. Whatever that energy might need to learn or experience, it is now free to go and do so. We have no need to hold onto what has completed its cycle with us, nor are we served by doing so. With an understanding of these concepts, we can easily release what is no longer of service to our body or soul's journey. There is a deep stillness that becomes apparent as energies that do not serve us are allowed to leave. This is because whatever is not in tune with us is being released. It is no longer in harmony with us. As we release it, our consciousness becomes aware of the greater harmony, the unison tone within our entire body and being.

### FEAR AND OUR ENTERIC NERVOUS SYSTEM

It is interesting, how the physical brain along with the body's mind at the navel will sound alarms. The navel chakra and the enteric nervous system around the intestines will sound an alarm to let us know when something

unanticipated is happening. This alarm can signal that something that is not in tune with us is nearby, such as a food we are allergic to in our stomach, or an energy in our aura. It can also signal that something unexpected has happened, such as the fourth cracker crumb not being where it was anticipated to be. The process behind this is simple. The enteric nervous system, a stand-alone system of nerves, which wraps around the intestines, sends a signal to the brain saying, "Careful! Look around and listen!" In other cultures that have cultivated the lower chakras of the human body the message would then cause the navel and lower chakras to be consulted. Is there a threat to the physical body? Does the navel chakra sense an environmental danger? Is there an energetic shift in the Earth energies moving through the first chakra? These other chakras would contribute their information, and a decision would be made based on information not just from the enteric nervous system, but from the chakra complex as well.

Unfortunately, here in the Western world we have not cultivated the psychic and spiritual energies of the body's chakras below the heart. And without an ability to ask the navel and lower chakra what they perceive on a spiritual level, our brain is left alone to interpret this warning signal. Unable to balance its own polarity, the brain most often chooses to interpret the alarm as one of greater rather than lesser fear. So the original message of "Careful! Look around and listen" becomes "Something is very wrong!" And the impulse is so strong that it overwhelms us and we move into a state of fear. And when we move into fear, our thinking process moves into the oldest part of the physical brain, where the thoughts are the most polarized. In this reptilian brain we either contract and flee or move outwardly to fight. In both choices we align ourselves more strongly with the old vibration of the physical form. There is another way. When facing a moment of fear, ask yourself these questions: *"Am I truly in fear because my body is about to fall over the edge of this cliff? I should step back."* *"Am I truly in fear because I'm driving too fast on the highway? I should slow down."* *"Am I truly in fear because the fourth cracker crumb isn't where I think it should be? I should take a moment and reconsider why I think it should be there."*

In the moment we can step back and out of a fear that is based on not having something happen the way we think it should happen, we open ourselves to remembering the spiritual aspect of who we are. In this quality of consciousness we can experience our pre-existing connections to both the upper and lower dimensions of who we are. As we experience the lower dimensional aspect, we open even more greatly to the upper dimensional aspects of ourselves. We live on the third-dimensional floor of our little apartment building, here on Earth. Our neighbors below us, the nature spirits and nature intelligences of the second-dimension floor and the pure energy of nature of the first-dimension floor, are always present and supporting us. Remembering their support helps us to distinguish between the true fear of losing the physical body, fear that is brought about simply because something is

not where we think it should be or fear that is not happening in the manner that we think it should be happening. In any moment that you perceive the fourth cracker crumb as not being where it should be, you can take time to feel the support: first of the nature spirits around you and then of the pure energy of nature. In this fashion you remind yourself that the foundation of your physical reality is present.

As Spirit loves to create in a spiral path, the next step on our journey might be to the left or right, behind, above or below. Remember that what we perceive directly in front of us may not be the only options that our soul has brought to us for consideration. The strongest option might be around a curve, out of sight to our human brain! ✨

# Are We There Yet?

Onereon through Jeff Michaels

**A**s above, so below. We come to you with more information on an approaching time period. Many are concerned with the imminent arrival of the year 2012. We tell you that it is good to direct your attention to this moment in the stream of time but caution you not to attach yourself to a moment that will pass.

Some feel that this should be a time for fear. We tell you that you create the world you inhabit. Acting out of fear is not productive. Fear is the absence of the energy of courage. There have been many significant markers throughout history. Many have sought to instill fear in others about these markers, and yet the world always continues through these times. These are times to prepare for and consider, just like the time of planting or the time of harvesting. You must be ready, and you must act. Unlike the simple cycle of seasons, the approaching wave of energy is special. It is an opportunity.

## MANY MARKERS

Some were present for and aware of the events called harmonic convergence and harmonic concordance. These were precursors to the action of energy that will be arriving in late 2012. The times of harmonic convergence and

### KEY POINTS

- While many may be concerned about the coming time of change in the year 2012, you are urged to see this time as an opportunity, to prepare fully and to be ready to act in wisdom and harmony.
- Although there are many messages and many messengers, your truth can be found through calm, open contemplation of these messages, sounding them out to find the precise inspiration that will positively benefit you as you continue along your path.
- Prepare for change, persevere in your desire for peaceful coexistence and be aware of the prevailing energy around you, and you will remember these times as times of love, joy and peace.

concordance were times of awareness and realization, times during which many left old lives and relationships and came together in the idea that things could and would be new and different. Many of you recall the dramatic changes that you made and the better lives you created for yourselves during these days. If you look back now, you may wonder at your own strength! But where, you may ask, is the reward for all of the spiritual work you have accomplished? Where is the healing that you requested?

Some have become jaded by these many markings of time. Could this all be something imaginary, something that someone else made up—a nice story, but with no basis in reality? Perhaps they may think 2012 is simply a date with no importance, just an old prophecy from an ancient culture that means nothing.

Notice now that over the past thirty years there have been an increasing number of these marked times. Notice too how more people are feeling compelled to speak about the energy and the lightwork that is being accomplished. Perhaps you are one of them. Have you asked yourself these questions? Have you felt “called” to some higher purpose? You are clearly not alone!

## MANY MESSAGES

It seems like there are many new books and articles, and even many new ways of communication, each filled with concepts and ideas regarding the future. There are so many messengers with so many words; how do you know who is a true messenger? How do you know if what someone is claiming is not true? What is truth? Are these truly messages from the realm of spirit?

The easy answer is yes, many of the words you read are channeled from beings beyond the physical realm.

**JEFF MICHAELS**  
PO Box 453  
Huntington Beach, CA 92648  
[www.quintessence1.com](http://www.quintessence1.com)





Notice that we did not say, "beyond the Earthly realm," for many spiritual beings are closely involved with the planet now. They are as much bound to the Earth as you who are in corporeal form. Understand that we all have tasks and responsibilities just like you. In human societies, there are many levels of existence and many occupations. Each member seeks meaning in their life and validation for their perceptions. Each has experiences that vary based on the number of interactions they have in life. These experiences affect the way in which one communicates with Spirit. Your ability to respond to these communications affects how you hear and comprehend the messages.

The messages you read and hear from various individuals are all valid from their perspective. Their value to you as an individual is based on your personal experiences and willingness to be open to such thoughts. It is not necessary to judge the messages or messengers. Simply seek the ones that sound like truth to your ears. You will notice that many speak of very similar subjects and events. Not all agree in details. That is simply a matter of perception. From different views among different spiritual guides and translated by different humans, you may see things in differing ways. This does not negate one message or another.

### **HOW CAN I CREATE BETTER SPIRITUAL COMMUNICATION?**

It is possible for someone to exit from the stream of the family human and sit in solitude to gain great spiritual wisdom. At one time, this was an optimal way to do so, but no longer. The simple fact is that there are far too many other humans for someone to truly remove themselves from the energy of other beings.

This necessitates a new approach to communication between spirit and humanity. Ask yourself again why there are so many messengers. We say as above, so below, and the true meaning of that saying is this: As diverse as human society can be, the realm of spirit is equally diverse. You may ask then whether the spiritual realm is equally contentious. In a sense, yes, it is. We have great-ranging discussions and debate, and yet there is never a breakdown or contesting of wills that results in coercion or an attempt at subverting another's free will. The purpose of the discussion is always to further the experience of life.

Therefore, you can always test the messages that you hear by asking, "Are these words that promote unity? Are these words that motivate peaceful action? Does this message make me feel joyful or help me find patience with the world as it currently exists? Am I motivated to greater kindness or gratefulness?" A few moments of solitude after reading or listening to spiritually-based material will assist you in accessing your own truth and finding the precise inspiration that will benefit you to continue along your path. Ask yourself, "Which one sounds like the correct path for me at this time?" "Can both be true in some way that is beyond human comprehension at this time?" These messages are for the benefit of all humanity. It will not serve to edit or censor words that you personally do not find accessible at

this time. It is possible that you will grow into these very words in the future.

What is truth? You are truth! Act in a manner that reflects the unity and harmony you so desire. Think of the strength it took for you to change your life during the past decades. Realize how your determination to lead an authentic, spiritually fulfilled life brought you through and away from relationships that did not honor your true path. Recall that strength and know that it was assisted by those you call angels and guides. Recall that feeling and reach out to them once again, not as a mere spiritual child, but as a mature spiritual being.

### **THE PRESENT AND THE FUTURE**

We in the realm of Spirit communicate to many in the human family. In the future, this communication will come more and more directly. It is a time of coalescence. You are being brought closer to us and we to you, and tasks are going to become clearer and more specific as the years continue. Where is your reward? It is said that the reward for a job well done is more work. Do you feel as if you have more work to do? If so, then you have been doing well.

What action does the approaching time of 2012 require? First of all, you need to understand that all things will continue after this moment. A change will occur, and it will prove to be dramatic. It will not be instantaneous, though some may feel the change intensely. It is the nature of some beings to seek a goal or a stopping point where all problems are solved and life attains perfection, but that is not what this energy is about. The year 2012 is about the bringing together of strong forces and preparing to align them to create a more powerful and complete race of beings.

Secondly, do not waver, but continue in your desire for peaceful coexistence. You are the ones that are creating the energy of peace and vitality in the physical realm. You face powerful blocks that will not be removed by force. They will, however, be eroded by steady effort like stone in water.

Finally, be aware of the prevailing energy. If you are in a time of stillness, be still. If action is necessary, take direct, positive action. This is the yin and yang of the entire universe—something that true in the physical realm as much as the mental, emotional and spiritual aspects of all existence. Be balanced in your life, and harmony will arrive.



We remind you now and tell you this: You are amongst the strongest of beings to exist. You may seem meek to others, but there are words that have been spoken before regarding meek ones. We have said these things before. In the same way that you honor those above, you who are below are honored. Great times are upon us all. Great moments of history are being written. How will you choose to remember these days? As a time of strife and decay or as the time when the energy of love, joy and peace rose and spread throughout the planet? Actively choose how you will think and feel. Actively choose how you will be remembered. ✱

# The Struggle for Integrity

## Mother Earth (Gaia) through Pepper Lewis

*I do not consider myself one of your star pupils. I hide among those with open minds and open hearts because it makes me feel better about myself. I take comfort in the fact that I do not think I am among the worst offenders, but I don't always tell the truth, I have stolen small and unnecessary items, I have been unfaithful in my marriage and I have acted with little or no integrity on more occasions than I can count. My question is this: How different will my future be than that of those who are much more conscientious than I am? Can I undo some of my karma in this life, or do I have to wait until the next life? How many chances do we get in one life to get it right?*

**W**hat does a star pupil look like, I wonder? At your suggestion, I have looked among those with open minds and open hearts. Strangely enough, they look a lot like you. It appears that you have done too good a job at hiding yourself! Your questions are good ones, but they would be better received if they were not layered between self-judgment and self-slander. If you have come in search of a confessional, I will not abide it, for you would only use my words to turn on yourself again. Better to turn away now than to embark on the road I would send you on. Are you courageous? Do you have the fortitude to put your face into the rain and ride out the storm?

### FEED YOUR SOUL WITH UNIVERSAL LAW

A stellar human being is one who seeks after the kind of truth that brings self-discovery and self-improvement. The self is the nature and character of the human being, the part that is behind any perceived identity or personality. Therefore, regardless of what you may think of yourself, your self may know otherwise. Interestingly, just as you imagine that you have been pieced together from humanity's leftovers, others imagine that they have been sewn of flaxen thread and starry silk. Humanity is fascinating that way!

#### KEY POINTS

- Embrace the true, stellar human being inside by seeking self-improvement in the awareness of universal, natural laws.
- Find strong, uplifting symbols to represent your self, rejecting negative self-definitions and embracing the true expressions of your soul.
- Find principles that feed your soul and heart and adhere to these without exception and yet without judgment of others. "Endeavor to live life purposely and with the motives of a soul that sees beyond this moment."

You "hide among those with open minds and open hearts" because you are more like them than not. In other words, this group perfectly expresses that which exists behind and beyond your battered personality. That is why you hide in plain sight. It is no wonder that doing so makes you feel better about yourself, as it is one of the few humanitarian kindnesses you offer yourself. Why denigrate yourself so? Do you not see that attempting to feed your soul that which it cannot eat forces it to return these grosser morsels of life to you to feed to your personality instead? The soul wishes you to understand that this food, which takes the form of putrid thoughts, cannot be digested by the higher or the lower self. The result is that you are both starving: one of the reasons why you thieve after food when your own pantry is full. Open your eyes and do not be a stranger to yourself. Do not mock the truths that you have come by at great price. Likewise, do not exaggerate the difficulties that you have foisted upon yourself, as both of these have been your greatest teachers and only true friends.

The worst offenders upon the planet are not the breakers of human law, but those who are delinquent in understanding the immensity and eternity of universal laws. It is these laws that approve or deny the motions of the heavens and their expression upon Earth. Ignorance and disregard of universal law invites censure and doubt, and the shadow it casts is long in the day where the soul is concerned. Universal law is an expression of the nature that governs all phenomena and it is assessed without exception. It applies to science as much as it does to ethics and philosophy. Its nature and manner of expression might not be able to be confirmed as irrevocable in the physical world—where things and thoughts are temporary—but its laws must be applied just the same, because the principles that express universal law are based upon that which is perfect and whole.

### REPRESENT YOUR PRESENT WITH APPROPRIATE SYMBOLS

We cannot adequately assess your future until we have represented you in the present adequately and fairly. Long ago, to prevent others from being unfair to themselves and to others, counselors and soothsayers brought forward a series of symbols or pictures that represented the questioner and all that encompassed his

**PEPPER LEWIS**  
2305-C Ashland Street #320  
Ashland, Oregon 97520  
541-488-1502  
1-877-FYI-GAIA  
[www.pepperlewis.com](http://www.pepperlewis.com)



world. The use of symbolic references prevented the questioner from condemning himself and others. The symbols were arranged in both terrestrial and celestial designs to encourage the questioner to see the lower and higher aspects of life so that he might envision a positive outcome rather than a negative one. As you might imagine, a small bundle of bones served as symbolic tools for the simple soothsayer, the runes were under the employ of the oracle, a chart of stars for the astrologer and the ancient Tarot deck of cards belonged to the watchful mystic. Today, the ever-watchful knave (jack), queen and king still offer themselves in active duty and service to those who would stand aside and allow things to become—to come into being—as they ought and to accept them as they are, in their natural state.

Perhaps you can see the merit in doing the same. Would you be willing to choose a more appropriate symbol for who and what you are than that which greets you in the mirror each day? You might begin by choosing one that is more innocent, kind and allowing than you have been thus far. You may want to select something made of a natural material, to remind you that everything about you is also natural, and something that is hardy and strong in every season and does not wither or falter when the elements come to claim what is left at the end of the day. I offer this suggestion to you because it is doubtful that you will simply choose a new start or a next beginning, as these would only be just another audition or dress rehearsal for a life already well underway.

### **AMEND YOUR THOUGHTS TO SHAPE YOUR FUTURE**

If you wish to move forward, you must remove the yoke that is put upon the beasts of burden that travel no further than around and around the same circle, shackled one to another in an endless cycle of repetition. Your past is not written in stone, but in sand. Your future does not yet exist, but your thoughts about it are shaping the material it will be made of. If you wish to alter your life, you must modify, adjust and amend your thoughts about yourself and about life. Decide on a few, no more than four, simple principles that you are willing to adhere to, regardless of circumstance. Apply these to all that you think and do, without exception. The principles must feed you and your soul; they must be ethically sound in both theory and practice and free of attitude, opinion or judgment.

Leave the past alone for the time being, at least until you can better understand the present and the future. Do not seek forgiveness or clemency from others, but receive it humbly if it is offered. Extend courtesy and goodwill to all, and expect the same for yourself. The cultural laws of humanity sometimes demand exoneration from guilt or acceptance of blame; amnesty and clemency come at a great price. Decide what price, if any, you are willing to pay for the privileges and favors that society grants. No doubt you have behaved in a lower manner where the ways of humankind are concerned. Disloyalty and falseness have been your flaws, but the book of this life is not yet closed and the next chapter is ripe to be written. Avoid being a traitor to

yourself or to others, be trustworthy rather than treacherous and strive to be faithful and not faithless.

Those who have been more conscientious than you have lived in accordance with their conscience. This alone does not secure a more pleasant future in the hereafter—the next dimension or the next life. You cannot guess or even imagine the intelligence that guides each life or the measure of progress that each soul seeks. It is best not to long after the life of another or to consider them more fortunate. Again, more firmly, you cannot know the exactness by which light and dark come together here or elsewhere. Take those whom you most admire off the pedestals upon which you have placed them before they harden into stone that can only crumble later on. The difference between an adversary and an ally is small. Be gentle in the appraisal of your enemies, and you will find that they oppose you less often.

### **ACCELERATE YOUR WAY TO SPIRITUAL MASTERY**

Karma is not a prison; it is a concept that describes an entire cycle of cause and effect. Karma allows you to actively shape your past, present and future experiences based upon the thoughts, words and deeds that you actively inspire and perform. Conscious thoughts and actions have more bearing than those inspired by unconsciousness, but even the unintentional can attract the lords of karma. Karma and its influences are meant to be resolved, not accumulated. Karma is not a spiritual bank account; its purpose is to turn this life and the next into something better by understanding the importance of the present moment. Negative karma is simply lack of knowledge and clarity. Spiritual mastery eventually requires the rebalancing, resequencing and transformation of all karma. It is possible to reduce the karma of the entire planet to something the size of a seed atom. The karma that you have drawn to yourself thus far can be transmuted in this life if your intention is set on a course of completion. Do not fear the lessons that karma may offer. You would be well to receive its gift—the sooner, the better.

Humankind is physiologically adaptive to new and different environments. It is developmentally flexible and displays a wide range of mental abilities that are very versatile, even during times of great stress. Humankind is capable of meeting a variety of new and different environmental demands, including survival in a wide range of habitats and under possibly extreme conditions. However, the complexity of the hemispheric brain and the density of the third dimension almost assuredly lead to a slow maturation process. Unconscious human behavior can be instinctive and stereotypical unless rapid adjustments are inculcated with the soul's own desire for growth.

The soul is the individual human's parent and teacher, and a human being achieves his or her potential only with the encouragement and insistence of the soul. Humankind is capable of almost anything, from the highest to the lowest. The human species has a unique ability to develop conscious thinking and to plan for a future that it is still creating.



The same can be said of the individual human being and the essence that it draws its wisdom from. The essence of being human is altogether unique and without comparison; no two beings or lifetimes are ever alike. So how many chances do you get? As many as you want, as many as you need, as many as it takes, as many as you ask for, as many as your soul suggests and as few as the one called this now moment. There is no penalty for using the dimension of time as your teacher. On the other hand, the reward for accelerating your way through the murky corridors of lower frequencies is a myriad of creative choices and dimensions of wonder to explore that would not be available to you otherwise. You will find that

realities beyond this one follow the same universal laws. You will find that your vibration is still your calling card.



In closing, I offer you the following: Endeavor to live life purposely and with the motives of a soul that sees beyond this moment. When need or want threaten to overtake reason, pause long enough to see if cause or effect is more present. Who or what sits in a position of authority in your life? You can ask for information, and you may borrow knowledge, but wisdom is something that you keep only when it is earned. \*©

# Beyond Fear: Raising the Ceiling of Evolution

The group through Steve Rother

**G**reetings from home. We visit you this day with an overview from what you call home. We think that it's interesting that humans think heaven is up. That concept in humans comes from when you were very young, and your parents nurtured and cared for you. You remember your parents leaning in from above you as they were picking you up from your crib. Even as you began to crawl and walk, your parents towered above you. That shared impression in the collective memory of humanity is what makes you think that heaven is above you in the sky. We tell you this story so that you can understand how humanity has evolved over time by reaching different points of critical mass. It is happening again now. We are not here to tell you which way to turn, nor to tell you

whether anything you do is right or wrong, because there are only personal choices for each and every one of you. Instead, we want to remind you about your empowerment and who you are as a spirit.

## THE CEILING OF EVOLUTION

One point we wish to share is that there is always a part of you that exists at home, no matter what you do here on Earth. You come in and take one of these physical bubbles of biology to play the game of being human. In order to do that, you have to also pretend to be separate from each other. It is such a wonderful game, and you humans have become so good at playing it that you actually think you are separate from each other when, in fact, you are not. That is fascinating to us.

You walk around pretending to be separate, but you are actually connected to others with all of these attachment cords. When you feel something, someone else feels it too. Of course you share thoughts and feelings, because your energetic structures are part of one another. Yet you place yourself in a little cocoon, pretending to be separate for the duration

### KEY POINTS

- The illusion of separation that has prevented humanity from further evolution is beginning to be swept away as you remind yourselves of the eternal connection that you all share.
- As Earth continues to shift, your core personalities will emerge more and more clearly, allowing you to feel a greater connection to who you really are in your higher consciousness.
- Your place as lightworkers is to spread light and love, releasing this process from the darkness caused by fear and ignorance. Connect to others in love, giving your gifts freely.

**STEVE ROTHER**

PO Box 34838

Las Vegas, NV 89133

702-871-3317

Steve@Lightworker.com

www.Lightworker.com



of your stay here on planet Earth. You do it so well, but that separation is beginning to go away. That separation is what has been keeping much of your own evolution at a certain level, at almost a ceiling of evolution on planet Earth. Now the separation is dissolving, and that is creating much change on your planet. Some of these changes may appear in what you currently consider to be a negative way, but fear not, for all change leads to advancement.

It is no longer possible to hold secrets on planet Earth. How beautiful is that? It is a direct result of all of the members of humanity having better communication with their higher selves, and that is what you have started to emulate from home right away. So far, there has only been a little inkling in your heart that determined whether something did not quite resonate with you. Now that humans are starting to listen without all of the filters, you will learn how to fine-tune this new guidance system. You are already beginning to activate the pineal crystals now, and this process is moving very, very rapidly throughout the Earth. In a relatively short period of time, you will be able to feel as if you are inside one another's heads, almost as if you can look through their eyes and see from their perspective. Can you imagine holding a secret at that point? It would not be possible, dear ones, and that is what humans are becoming accustomed to right now.

### **THE CORE PERSONALITY**

There is another point we wish to share to help you understand what is ahead. Each one of you has what we call a core personality. Your sciences in the area of psychology explain that the personality of a person is an accumulation of all experiences they have had in their lifetime. That is correct, but it is not limited to just one lifetime; it includes all twelve simultaneous dimensions within each of your past lifetimes. After you complete an incarnation on planet Earth, you go home and review each experience that you had. You examine each one, sorting through your original intentions and releasing those you completed. You set aside those experiences you have received a gift from and those you have not, placing them back into your energy matrix to ensure that you will bring them in the next time you enter a physical body. When you incorporate and release experiences, you incorporate them into something we call the core personality, the personality of the soul. This is actually your true personality, without any of the hampering of your human thought patterns or belief systems. It is very magical, and it is what will be emerging now as humanity is evolving, particularly over the next two years. You are all going to start returning to your true core personality, and that is very beautiful. What you will find is a confidence in who you truly are.

Ah, dear ones, this is such a difficult life for you to lead. You have basically taken off your wings and pretended to be human. You cannot even remember who you were or why you came here. Yet you struggle, bump into one another, search to find people who are going in the same direction and try

to find your way in the dark. You have done very, very well. In the moment that you find a place, a door, or a path that works, you turn around and show it to other people. You open the door and hold it open so that others can find their way, for you are truly beings of light. You are the predecessors of light on planet Earth. You have come here to plant this energy and open these doors so that when people start to awaken from the dream, there is one part they will not have to deal with. That part is the final piece we wish to address today.

### **THE LOVE-FAEAR QUOTIENT**

There are times when light on this planet will be in many different forms. We have a slightly different definition of light than most humans do. Our definition certainly differs from how your scientists describe light—as a ray of light with various rays and focuses. They put electromagnetic waves over here, radio waves there and television waves here, with the visible light spectrum seen as only a tiny little part of all those waves. We include all of that and more in our definition of light. Our definition of the purest form of light is love. Love is how you feel light in your bodies, hearts and souls. What is happening is that you now have an opportunity to spread more light on this planet than you have ever had before. Please be aware, however, that with light come shadows and with shadows come fear. Fear is the opposite of love. Many of you believe that hate is the opposite of love, but hate is an emotion. Hate is a reaction. Hate is a fear-based belief system. The balance of fear and love is now shifting on planet Earth, thanks to the work that many of you have been doing.

You carry love, and when you express your light—your love—it not only flows through you to fill you up, but it also flows around you to help others. Spreading light gives you a confidence within your soul, helping to remind you of who you truly are. The absence of light creates darkness, which is how we define fear. Humans feel darkness in their souls through fear. We have spoken of fear many times, for it is actually a lack of information; it is only possible to be afraid of the unknown. Once you fill in that information, even if it is incorrect, you lose the grip of fear and can deal with what really is.

We illustrate this concept by sharing a story with you. A woman wakes up one day and feels a lump in her breast. She is very concerned, for she quietly wonders if it is cancer like her mother had. She thinks, "No, I am stronger than that. I will not worry about it." That woman could be in great danger, because the fear of cancer can easily create that disease where there was none before. Fill the vacuum with knowledge, however, and the mind will be relieved, the woman learns. Even though she goes to the doctor and finds out she does have cancer, the fear is gone, allowing her to deal with it. She could also decide that she does not agree with the doctors, but at least she would have the benefit of that knowledge and it is enough to fill the vacuum. Now she can start to heal, find the gift and start to release. This is often the hardest part for people to understand.

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**FEAR IS AN OPPORTUNITY FOR LIGHT**

There are thousands of you who are watching this broadcast—the lightworkers on planet Earth. For you, dear ones, fear is an opportunity for light. Fear is calling you into work. Fear is an opportunity for you to be of service on this planet now, and that is what you do so beautifully. You bring love. You bring light. You bring information where there is none, so you can release this entire process from the bonds of fear.

We ask you to carefully watch the words you speak. If they can be construed as fear-based in any way, reword them to more accurately communicate. Many will also become very sensitive to fear-based messages, motivations and actions in your own world. Fear cannot control you when you are aware of it. Become aware of fear-based movements, for this is the typical manner in which humanity has been controlled for eons.

As you move out of the field of duality, you will experience less of the dualistic thinking of light/dark, love/fear, good/bad, right/wrong and up/down. These opposites are now being balanced by a new connection to your own higher self. This is partly being facilitated by the crystals that are forming inside of your own physical body, for they are going to help you. That which could have been very negative is now being adapted by the most adaptable beings throughout the universe: human beings. You are changing it all in the blink of an eye.

**HELP FROM THE OTHER SIDE**

All eyes of the universe are upon Earth, for this has been the one game that was never expected to make it. This was the one game that had no predisposition—no built-in guidance system—it was the game of total free choice. And here you are leading the universe, about to evolve into a spot where you have never evolved before. We tell you that it is so incredibly beautiful. You have come to visit us. You have come to see yourself through our eyes so we may reflect your beauty and help you to remember home, to remember that part of you. What you are not aware of are the huge gatherings on this side of the veil to watch you, and honor you, for all those beings who stepped aside for you to come in and play this game are on your side and are working behind you.

There are sports on your planet that you love to play. You play football with teams all over the world. At the end of the season, your teams go to the playoffs, all competing for the number-one spot. A team that loses now becomes the other team's champion. They want the team that was good enough to beat them to go all the way, just the same way that all those same beings on the other side are trying to help you do what you came to do. They are part of you, and you have access to that help.

**BREAKING THROUGH MANIPULATION**

Humans have been manipulated over and over and over again on this planet. It has happened in almost every government, religion and corporation. The way you can most easily be manipulated is through your own fear. Start finding ways to break through even the smallest pieces of your own fear, and you can no longer be manipulated on planet Earth. That is starting to happen in a big way, but is going to take every one of you working together. A single soul cannot stop the manipulation. Yet that is really no problem, because you are all part of each other and you are starting to let down those boundaries, honoring that unity within each other.

Can you imagine a planet with beings that have evolved beyond the need for fear? That is true empowerment, for when you empower anyone else outside of yourself, you are also empowering yourself. You are empowering and creating a space for that to happen. When you overcome this place of fear and start looking at the opportunities for spreading light, you become a magnet. As if by magic, others will come to you with their fears, and you will be making a difference on this planet. That is what you have come to do, and we are here to help remind you of that.

**ENJOY THE RIDE**

We are so honored that you are here, for we have been talking for a very long time, and now you are listening. We are so honored to be here and see the most beautiful angels on the game board of planet Earth. Enjoy the ride, dear ones. Do not worry about the destination, for there is none; it is all about the journey, so enjoy wherever you are



in that journey right now. Embrace it, love it, laugh with it, cry with it, feel it and ride it out, because when you get home, you will tell all the beautiful stories of your journey on planet Earth. We will all sit around the fire with you, laugh and make s'mores.

Dear ones, your whole world is changing. You have known this and have written about it for eons. You have known there was a big shift coming. Everyone postulated as to what exactly that would look like and tried to find how you could speed it up. Now it is here, happening today, and it is continuing. All the dreams and aspirations you had once hoped for in the year 2012 are here today. We cannot wait to see what you create in 2012, because you are so excited about it, but first you must find which day you are going to play that game. Connect in any way that you can, dear ones, and touch one another often, for

that is something that is only done on planet Earth. It is a way to help you to remember who you are, and for others to remember who they are. It is a way to give your gifts freely and with a tremendous amount of love. Know that we are with you every step of the way, for we have never left you. Know that we love you and that we spread our wings just to reflect your magnificence and to help you to remember who you are. You are the greatest angels who have ever lived.



We leave you with three little reminders: Treat each other with the greatest respect, for you are looking into your own eyes. Nurture one another every chance you get. Remember that it is a beautiful game, and play well together. Espavo. \*

# Give Thanks with a Grateful Heart

Master Djwhal Khul through Kathlyn Kingdon

**B**eloved students, I greet you with much joy and enthusiasm as we celebrate the planetary movements together into the month of November, 2009. This is the traditional month of thanksgiving in the United States, although many people only acknowledge their gratitude on one day of this month, and many others only think of the holiday in terms of food and drink and perhaps an association with friends and relatives. These are good measures, of course, but this year, I would like to encourage you to set aside the entire month as a time of gratitude. At the current time, many people are obsessing about how bad things are. Thus, you can offer a powerful blessing and gift by filling the ether with gratitude—both for the big events you have encountered

so far this year and for all the little things you may have a tendency to take for granted.

In terms of the planet's spiritual growth as well as your own, there are many things for which to be thankful. How wondrous to be privileged to share in the illumination process of planet Earth! How wondrous to be able to recognize and acknowledge the flow of divinity within the mundane and within each other. How exciting that you are among the privileged who hold the vision for a new Earth. There is so much to celebrate, so much to appreciate and so much at which to marvel! As we express gratitude for the dawning planetary potentials together, please do not forget to gratefully celebrate the balance you are birthing in your own life as well as that of the planet.

## KEY POINTS

- While this time may seem to be one of great difficulty, there are countless things for which to be thankful.
- Accept responsibility for the events of this year, both on a personal as well as a global level, and you will be freed to celebrate the beauty and balance that is being birthed on Earth right now.
- As you work toward spiritual liberation, realize the part you are playing in the restoration of the planet, approaching these opportunities for transformation with joy and gratitude.

## DON'T PLAY THE BLAME GAME

In the past months, I have offered teachings regarding the planetary journey as seen in and experienced by the conventional reality. I realize that when I give teachings about the problems that are and have been arising on the

**KATHLYN KINGDON**  
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planet, there is a tendency for some of you to fall into that old familiar state of blame. For the most part, this is simply how the mind works. The ego believes that by obsessing about or even being aversive to the problems it experiences, those problems will somehow be driven away. Of course, this strategy will not work. It never has nor will it ever bring about dissolution of those apparent problems.

Please note that while the problems of Earth may appear abundant at the present time, they must be shared by everyone who is living and experiencing on the planet at the present time. While it may be tempting to blame the financial moguls or perhaps short-sighted corporate executives, this is not the answer. As you view the apparent mess that is presenting itself for solutions at this time, it is tempting to try to find just who is to blame and then mentally try to convict those you deem guilty. Again, this is not the answer. In fact, it is more of the same old patriarchal energy that stimulated the arising of these problems in the first place.

Because so many of the models you observe and pattern your own lives after continue to persist in the blame game, it may, at times, be tempting for the ego to fall into the same pattern. After all, it may attempt to reason, if you can just find the guilty party, that person could be hanged—or sentenced to be a bit more modern—and life could go on in a better fashion, right? While it may be tempting to assess blame to a person or group of people you deem guilty of social crimes against the planet, so doing misses a very important point: They are but parts of you. Now which part of your

collective "body" are you going to punish? Some of you may recall hearing teachings like, "If thy hand offend thee, cut it off. . . and if thine eye offend thee, pluck it out" [Mark 9:43-47, KJV]. Yet this advice is not particularly practical, is it? Even if you have a hand that is given to stealing or an eye that is given to lusting, it is doubtful that either cutting off or plucking out will solve the problem, since the problem neither begins nor ends in the eye or the hand.

### ACCEPT GLOBAL RESPONSIBILITY

In truth, all problems of Earth belong to all people of Earth. This means that each one of you must bear some of the responsibility for all of the problems you perceive. It cannot be otherwise, and all those attempts (in your mind) to separate yourself from all those you deem to be guilty parties only serves to exacerbate the problem. Additionally, it robs you of the internal space for thanksgiving and contributes sorely to the relative lack of balance readily seen in the world today. The absence of balance that fosters the non-clarity and distorting motivations that have brought about this current crisis has arisen from the collective mental conglomerate of the human race and simply cannot be pinned on a few select individuals. This is true no matter how harshly you judge the few.

It is tempting to slip into victimhood here, is it not? However, the truth lies in the fact that you are not victims. While this may be somewhat difficult to let in, I assure you that it is only in facing and embodying this truth that you

can cut through that non-clarity and distortional thinking and projecting. The ramifications of the predicaments may appear to be paralyzing in certain economic sectors and may seem difficult to deal with in conventional reality, but the old patriarchal habits will offer neither solution nor solace. Yet in the face of such difficulty, if you are paying attention, you will notice that this moment is ripe with possibility—something for which you can be most grateful! Indeed, if a solution is to be found, it will come about as a result of consciously viewing old patterns with fresh eyes and seeing the possibilities that have not previously been seen.

### **EMBODY LOVE TO GENERATE LIFE**

You have surely heard from many spiritual teachers today that the opportunities for transformation and liberation have never been greater than they are right now on the planet. Since all of you who are reading this article probably realize that you have chosen to be born at this particular time to usher in the solutions rather than to reiterate the problems, something should be obvious to you. To quote from the prophet Isaiah: “Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the Earth?” (Isaiah 40:21); you are the ones who have come to birth a new time and, in so doing, to be reborn yourselves.

The birth of which I speak is a birth of consciousness, a birth of the seeing faculty of your inner senses. You are now being called to see not only with your eyes, but with the flow of pure consciousness. You could say that you are being asked to see through the very eyes of oneness. Indeed, such is the only thing that can bring about the transformation of your precious planet and all beings who call her home. Since you are part of the creative force that brought forth the beautiful planet you call “Earth,” you must then necessarily be part of the creative force that is healing and transforming the planet. You are doing this with the creative power of love—or have you forgotten?

As you embody love, you open the birth canal for love to enter the collective experience. Do you not remember that you took birth into physical form for this very reason? Who among you is separate from this holy process? Who among you claims the right to judge those your ego may deem less than holy? The answer to these questions is: “None!” What is really at stake here is your willingness—and that of the other pieces of yourself—to take responsibility for what the collective you has brought forth upon the planet; in other words, patriarchal rule. Then, in the loving, grateful wisdom that is your true collective nature, create something else: a shared reality that is wholesome, supportive, clean and pure—a reality that will generate life energy rather than a death force.

### **REALIZE YOUR LIBERATION**

If you are, in fact, going to bring about this transformation, you must first consider what it might mean to be the author of such a powerful creation. Who or what resides within you that is capable of such movement in the physical

realm? Who or what is seeking to bestow this great balance upon Earth through you? Now, I am, of course, speaking of the collective “You,” not the little ego “you” who has a personal agenda at virtually every experiential turn. That personal or local you resides in smallness, even though you make considerable effort to step beyond smallness and enter the creative force field of essence. Know this: You cannot fight, argue, coerce or struggle your way into liberation. You can only realize it.

Just what is this illusive liberation that spiritual teachers of so many traditions have taught about? While terminology may differ from tradition to tradition and while the parameters for determining the liberated state may vary somewhat, still, when you are around someone who has attained spiritual liberation, it is palpable to the deeper senses. While there are, of course, many ways to describe the state of mind that liberation brings, all descriptions pale in the light of the actual experience. Indeed, it is the realization of this goal toward which the aspirant of wisdom charts his or her course. To the one who has realized it, there is no hindrance remaining in life that can tarnish the mind that has been freed.

You, perhaps like many others, may be wondering just what one is freed from in the course of realizing liberation. Well, you could say one is freed from the tyranny of ego, with its continual complaining, demanding and overt manipulation. But you could just as well say that the freedom gained is from the domination of samsara or the destructive influences of those trapped in samsara. Of course, both the ego and the world of samsara are busily trying to convince you that you are not under any kind of control outside yourself. While this is true in the deepest sense, it certainly does not appear to be true in the inner space of the mind.

### **IMAGINE THE PEACEFUL MIND SPACE**

Have you ever asked yourself what it might be like to awaken each morning to a mind space that is completely at peace with itself, the divine and conventional reality? The world would be the world, and you would note that its being just as it is has nothing to do with who you are or how you might choose to live on any given day. The physical beauty or the apparent nature of everything in the world would inspire you as you search out the true nature of everything. Life would quite likely be different for you than what you now experience, although trying to say how it might be different is probably an exercise in one type of illusion or another. After all, deciding how it might appear before it actually appears would likely close the doors to certain possibilities for being and seeing.

Nevertheless, there are certain things we could say about the liberated state that are both true of and uncompromising about any future experience. For example, I think it is safe to say that your liberated heart would be utterly full with the continually arising beauty that is trying to reveal itself in every moment. Having cut through illusion in your own mind and life, you would witness others breaking the bondage of their own particular illusions, and you would take an inexpressible joy in being so fortunate as to witness the



miracle of consciousness expanding. The petty complaints about your own life will have been dissolved into a sea of gratitude for the profound wonder of life in all its many levels, through which consciousness expresses and partakes of itself. You would savor the precious nature of physical form, and you would celebrate the dance of emptiness and karma in all its manifestations, as well as that of form and emptiness. You would allow for the presence of illusion at every turn and marvel at the power of its ability to replicate itself again and again, generation after generation. You would also be aware of and grateful for the many opportunities that arise for cutting through the illusions and delusions that afflict all beings with whom you share this planet. You would be saddened by the many opportunities missed by most people. You would see how hard they strive to overcome limiting patterns but also see how they then march headlong into them, being both aware that change is possible while also believing that the change they seek is quite impossible for them. You would hold this paradox and many others in your heart as a precious and lovely quality to the human condition.

You would want to see the eradication of pain and suffering from all levels of consciousness, and you would feel a compelling urge to change everything that lay within your power to change. However, you would also see that to do this, it would be necessary to change the way others perceive their world and relate to it. This, you would note, is impossible, and you would simply love them all the more for their confused attempts to master their own karma. You would not only see the inner place where they live, you would see just how they prevent themselves from living and being in any other mind state. There are always reasons why people are where they are in life, and you would realize there is wisdom in the way their own karma is playing out, even if it is painful for them. With that realization, you would be able to see the perfection of that karma, and a profound respect would arise for the creative process—even if it seems more like blindness—that brought it all forth. Your sensitive, grateful and intelligent heart would feel as if it were about to burst open with love and compassion.

### CONTEMPLATE BALANCE IN YOUR SPIRITUAL LIBERATION

Some people believe that achieving spiritual liberation is merely a means to mitigate their own pain. In other words, they see the enlightenment process as something they do for themselves. While there is, of course, personal benefit in attaining liberation, to see it as the primary cause is managing to miss the point. There are a few who achieve liberation purely as a personal accomplishment, without being particularly concerned about others, of course, but while this may be possible from a mental standpoint, without the compassion of a bodhisattva, the heart does not fully mature into the heart of a Buddha.

I would like to suggest that you spend some time in silence, contemplating balance between your inner and outer worlds. Make a list of the areas in your life that need your attention now, in order that they may not become obstacles later as you

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move forward toward realizing your own liberation. Where does it seem the most difficult to bring your worlds into absolute congruency? Next, investigate why such might be so for you. Call yourself to the highest standards for personal transparency, and learn to enjoy lessening the weight of the karmic baggage you now carry.

Know that the contributions you make in elevating your own thoughts, words and actions are a great gift for the planet at this time. It may seem like all the internal work is overwhelming at times, but remember that you are taking the internal workshop of the mind. Even if there is no one around to stroke your ego for all your hard work, your gift to the planet and her process is immeasurable. Indeed, completing this holy work is a large part of why you chose to be born at this time. The planet is ready and invoking your contribution. The masses are ready, although they might not consciously know it. More importantly, however, *you* are ready. Arise from those couches of complacency and even laziness and get on with the business of transforming Earth.

### CELEBRATE YOUR SERVICE

It is important that you not only do this service, but that you celebrate the results of your service right now. Give thanks continually that you are capable of blessing the planet by cleaning up your own karma. Give thanks for the fact that others before you have accomplished liberation and for the fact that their progress bodes well for yours. Give thanks for the fact that the planet is both open to and kindly inviting your progress. Be grateful that you have the wisdom and the privilege of offering this service on behalf of all beings on the planet. Celebrate the fact that as your love and appreciation for the contributions of all those other pieces of yourself expands, so does the probability for the many to become the one.

Are these possibilities not exciting? As you further generate the path to your own liberation, dedicate your efforts to the entire planet and see in your mind's eye right now that Earth receiving both your spiritual liberation and her own. Know that your presence on the planet at this time is profoundly celebrated on the spiritual plane, and let yourself become the field of gratitude that will heal and restore planet Earth. May you have joy this day as you set about realizing your divine potential, and may you bless all with whom you share this remarkable journey. ✨

# Thoughts on the Seven Rays of God

Master Kuthumi and Master St. Germain through Rae Chandran

**D**ear beings of light, this is Master Kuthumi and Master St. Germain. Today, we would like to talk about an important subject that seldom gets much attention. We would like to give you a bird's eye view of the energy known as rays. There are millions of forms of energy in the world. Everything is energy and has originated from the mind of God. Every type of energy has a purpose and a reason for being on this planet, but there are twelve principle rays that are of the most significant and that every human being must anchor for the ascension process. Each of these rays has a significant purpose and role in the human destiny, guiding the individual in specific areas of their lives. There are two categories of the rays. The first category encompasses the first through seventh rays while rays eight through twelve comprise the second category. The rays that affect us on a daily basis are rays one through seven; rays eight through twelve are higher spiritual rays.

## THE FIRST RAY

Each of the rays has its own master, or chohan, and you can call upon these masters to assist you in anchoring the required rays. The first of these is called the First Ray. The First Ray represents the will and purpose of God. The color of this ray is a bright red color, and the chohan of this ray is Master El Morya and its manu is Allah Gobi.

The First Ray is being used by human beings on a daily basis, although they might not realize it. Any time you find the courage, determination and willpower to get anything done, you are subconsciously calling for this ray to work with. Any time you are starting something new and you need extra courage for this task, you can utilize this ray to support you. This ray also may be called upon to complete

## KEY POINTS

- Each of the Seven Rays of God have a vital role in specific areas of everyday human life during the process of ascension.
- In order to anchor these rays properly, it is important to know both their purpose and the chohans who can assist you in the process.
- Embracing all of the highest aspects of divine light and love will guide you into a more evolved spiritual path, transcending ego and all that is not of God consciousness.

your spiritual work when you do not find time to do so on a daily basis or for any other thing you desire.

Before you go to sleep, you can invoke this ray to be anchored into you. Call on the master of this ray to support you in doing this. You may also call forth this ray during your meditation. Simply invoke it and let it flow into your soul star chakra and then into all of your chakras, all the way down into Mother Earth. This ray, like all energies, has both the positive and the negative qualities to it. When you invoke this ray, ask for the positive, loving and highest aspect of this ray to be anchored into you. For the uninitiated, this ray can act as a deterrent, which may make the person over-aggressive, oppressing, tyrannical, and so on, if not anchored in the positive, loving and highest aspects of the ray.

Why is it important to anchor this ray into each of us? The first ray represents the will and purpose of God, so when you anchor this energy into your soul and you emanate your soul light into your entire being, you are not only following your soul's goals but also the will of God for you and the purpose of God for you in this lifetime.

## THE SECOND RAY

The Second Ray of God is called the love and wisdom of God. The color of this ray is metallic blue in color, and the chohan of this ray is David Joshua Stone. Many a master has achieved ascension by focusing on these aspects of God: love and wisdom.

What are the love and wisdom of God? The love of God is love for one's self and love for humanity. When love is combined with God's wisdom, then true power can be attained. Divine love has many vibrations and qualities to it. By anchoring the exact vibration of love, we will become balanced in all areas of our lives, and using wisdom, we will be able to emit this love and use this love in the most appropriate manner. As you all know, love has been used and abused by the majority of humanity, and some people even use it as a weapon to control and harm people.

**RAE CHANDRAN**  
Tokyo, Japan  
81+42-373-3717  
[www.ambassadoroflight.net](http://www.ambassadoroflight.net)  
[www.shamanicteachings.com](http://www.shamanicteachings.com)  
[www.signsandsymbols.net](http://www.signsandsymbols.net)



Yet when we anchor this ray into our being, all our actions and experiences are emblazoned with God's love and wisdom, creating the perfect experiences for the highest good for us and for all those people who are affected by our actions. Simply invoke this ray before you go to sleep or during your meditation and ask for the exact vibration of love and wisdom to be anchored into your being, and see this energy entering into your being and then being grounded into Mother Earth.

### THE THIRD RAY

The Third Ray of God is called the ray of creative intelligence, also known as the ray of peace through conflict. The color of this ray is a metallic yellow, and the master of this ray is Master Serapis Bey.

It is important that this ray be anchored, so that when wisdom and teachings are presented, the human intellect is able to understand it and grasp it. The human mind needs to be able to recognize what is being shown and given and then to take action. Many intellectuals and people of other professions who mainly use their minds in creating their experiences use this ray unconsciously. When you focus and consciously call upon this ray, you will be able to use that creative part of your brain and also the whole body, which has the immense wisdom to be able to bring forth the results you seek. Simply invoking this ray for five minutes a day can be helpful.

This ray is also called by the name of peace through conflict, for when we anchor this ray into our being, many energies will be brought forward in us for clearing and healing. When energies come up for clearing, it can cause conflict, but only when we heal this conflict can we truly have peace.

### THE FOURTH RAY

The Fourth Ray is called the ray of beauty, grace and acceptance. The color of this ray is a metallic soft green, and the master of this ray is Paul the Venetian.

There is so much beauty in this world, but humanity fails to recognize or notice it. There is great beauty in nature. There is also much beauty in human interactions. When we are aware of the beauty inside of us, then we are able to see beauty outside of ourselves. It is like the saying that when you are in love, the whole world looks beautiful. Anchoring this ray can activate the energy of grace and acceptance in one's life.

Most suffering comes from our inability to accept what is happening in our lives, for truly, when we accept what is happening in our lives, we are able to see the beauty in the perfection of the moment and be deeply appreciative of the moment. The Creator has brought us the perfect situation—through other people or otherwise—to bring us the perfect gift in our life, and although we may often not realize this gift at that moment, the Creator is always giving us guidance and bringing us wisdom through experiences and the actions of others. Even when we receive an email, the Creator is bringing us the wisdom and guidance through that person that we need during that time, for every messenger who comes into our lives is always bringing us the perfect opportunity for growth.

When we realize this, we can accept the beauty of the



moment and truly be grateful of this moment, and when we accept and have grace, then we are truly growing and appreciating, for when we appreciate, we grow. Once we anchor this energy in our life, then the whole life can be seen through the eyes of beauty. Even daily chores can be seen as an act of beauty and grace. This can give us tremendous peace and create joy in our daily lives.

### THE FIFTH RAY

The Fifth Ray of God is called the ray of concrete science. The color of this ray is orange in color, and the master of this ray is Master Hilarion.

You might wonder what concrete science has to do with God, for science relies on cold, hard facts. Yet what is true science if it is not the study of God and of the workings of God in everything? When we anchor this energy, we are able to see that God works through divine science and that divine science can be used to create benevolent and positive technology. There is much benevolent technology available, but it has been withheld, since humanity is not ready spiritually to receive it.

Anchoring this energy can also create benevolent thought forms in the mind, which can be sent forth into the ether so that receptive minds can grasp and anchor them to bring out benevolent science into this world. Invoke this ray daily and see the marvelous wisdom coming through.

### THE SIXTH RAY

The Sixth Ray of God is called the ray of devotion. The color of this ray is a deep indigo, and the master of this ray is Lord Sananda.

Most of humanity is still focused on the outside, searching for a savior and concerned with forms of human-master worship. Anchoring this ray into oneself can help with understanding the bigger picture and with seeing how we are all connected to one another, as everything has sprung forth from the mind of the Creator.

It can also prevent human beings from becoming fanatics about religious beliefs or dogmas, promoting religious tolerance and helping people to focus on their own inner divine presence. Anchoring this energy can open people's minds to see clearly about their long-held beliefs about God, helping them to transcend their little ego about who they truly are in the large prism of God's creation.



## THE SEVENTH RAY

The Seventh Ray of God is called the ray of ceremonial magic. The color of this ray is purple, and the master of this ray is Maha Chohan St. Germaine. Maha Chohan is the overseer of all the seven rays.

Ceremonies and rituals are acts of honoring God and are highly valued, but many human beings simply stay in those ceremonies and rituals and do not strive to go forward in their spiritual evolution. True ceremony can be found by honoring the divine within one's self, for once we truly honor the

divine within ourselves, we will start honoring the divine within others. Anchoring this ray also helps us tremendously in deep cleansing and healing. Invoke this ray daily and see it being anchored into all the chakras, asking this ray to cleanse and heal all the energies inside of us of that which is not light and love and is not of God consciousness.



We close this transmission by sending you divine and deep healing energy. We also embrace you in divine love. \*

# The New Timing has Arrived

## The Brotherhood of Light through Athene Raefiel

**W**e have finally reached the timing to move toward the upcoming portals in the year 2012. It is necessary for each and every one of us to heighten our energies in order to be able to download and assimilate what has come in on the new frequencies as well as what will be coming in the next few months and years.

### A CALL TO HELP THE YOUNG

There have been so many blessed souls leaving the planet as well as massive illnesses and depression hitting all at their deepest levels. For those people who are particularly sensitive, it has been anything but pleasant. It is hitting the young Indigos the hardest. Many have still not found their footing in the 3D world around them and are turning to drugs to try and supersede the powerful energies that have been affecting the planetary system and others around them. The feeling of defeat is pervasive, as even those who are truly linked to and of the energy of love feel they have been abandoned, especially if they are not yet anchored in the new energies of

divine light and their own higher selves at this time.

Many of the young Indigos have had many lifetimes upon the Earth plane but have never lived past young ages. As they find themselves now needing to become adults, they do not have the memories of life experience to do so. We cannot solve this problem for them and probably not even with them. Theirs is an individual soul journey they must discover through trials that they never imagined could truly exist for them. The synapses in their brains need to be connected to a higher frequency of light and a desire to grow beyond their youth.

A great call on our part must therefore go out to assist the younger ones who will need to replace those of us who will be leaving this round. Since two worlds will be the resulting conclusion to what has been achieved through all the change and transformation, it is imperative that we prepare not just ourselves but also those to follow to be ready to share the great task they agreed to continue long ago. I offer to all a new set of invocations, attunements to help you accomplish and hold your space of light during the upcoming changes. I also offer a special prayer for the young Indigos.

### KEY POINTS

- It is important for us to prepare both ourselves and those who will follow us, heightening our energies so that we can be attuned to new frequencies.
- Invocations and attunements will assist us in reaching those higher frequencies and attaining self-awareness.
- Prayers specifically directed to assist the Indigo children will also be helpful, easing their transition and allowing them to reach new understandings of their soul light.

### INVOCATIONS AND ATTUNEMENTS

I call to the power of light that I am. I call to all the divine beings and heaven of light to assist me to assimilate and understand the frequencies of the divine light within

**ATHENE RAEFIEL**  
719-598-8158  
[www.atheneraefiel.com](http://www.atheneraefiel.com)  
[atheneraefiel@yahoo.com](mailto:atheneraefiel@yahoo.com)



which I now stand. I open myself to the spirit essence of light that I am and I hold the essence of the threefold flame in my heart and being.

Mighty keepers of the beautiful holy flames of light and charges of love, hear me now. To you I immerse myself in all of my glory and beingness. To the holy flames of light I release all of the patterns within my human forcefield that keep me from attaining my most sacred and glorious self-awareness.

To the I Am that I am, I call and ask for those immediate blessings of peace and enlightenment that are possible for me at this time. I ask that you take me into your many fields and flames of energy so that I too may remember the essence of truth and energy that I come from, connecting me once again with the purity of truth within.

To my human parts I say that I love each and every part of you. I know that we have held each other in love as well as bondage over these many lifetimes; for that, I thank you. I also realize that it is time for us to unite in the loving flames of purification and love, transmuting all that is no longer of use to us in the upcoming future.

To my personal spiritual teachers and guides, I ask that we become more closely related and aware of one another. I wish to understand how to fully accept the learning within my soul and spirit self, and I promise to try my best to follow my path of spiritual evolution and divine light.

To my guardian angels and the mighty archangels who have so blessed the Earth and planetary system with their love and direct knowledge of the holy of holies, I call to you now, knowing that you have provided so much divine intervention to me and all others who seek you out. I thank you each—Archangels Michael, Raphael, Gabriel and Uriel, as well as Samael and others who have aided us in this massive transition of light, chosen in this era to finally begin the Age of Enlightenment.

To all of those referred to as the Oversoul and also the ascended masters—Lord Ashtar, Lord Sananda, St. Germaine and El Morya—dear and world teachers Sanat Kumara, the Bodisattvas, Rama Kini and Rama Krishna as well as the radiant Mother of us all—referred to as the divine Mother whom the angels adhere to, also known as Mother Mary and Qwan Yin, Goddess of Compassion—along with Lady Athena, Goddess of Wisdom and Knowledge, we call to you now to assist us to place ourselves in the eleven levels of light now available to us within the Earth plane and to accelerate all of our abilities to heal ourselves, one another and the planet as a whole.

Finally, to the seven rays of light and the seven layers of learning, known as my aura and chakra centers, I do now acknowledge and insist that all be elevated to attain the highest and purest energies that they are capable of assimilating to accomplish the transference from one plane of awareness to all planes and levels possible.

I ask these things from the heart of God within that I am, and I ask them in and through the Councils of Light



that determine my capabilities to do so. I ask only to accelerate and take my place in the divine scheme of light within which I have been a part since time began, and I prepare myself now for the upcoming shifts of energies of light, that of human consciousness, emotional consciousness, mental consciousness, astral consciousness, causal consciousness, celestial consciousness, and the divine, “I Am” consciousness.

#### PRAYER FOR THE INDIGOS

Holy Father/Mother/God consciousness, hear my plea and come forth to surround me with your blessed love and light. Hold me in your arms and help me to focus on the advancement of the young ones who come behind me.

Father/Mother/God, holy of holies, sacred source of all light, alpha and omega: Here we stand, all of us together, asking as one voice that you intervene in the lives of the Indigo children and help them to see and understand their abilities to heal, teach and advance your loving energies to the whole of humankind. Though they are warriors of the light, they are also the leaders of the new world and must find the purpose, direction and discipline necessary to carry out their soul commitments. This is a time upon the Earth plane during which they need assistance more than ever to find their way. Please send all those angels and spirit teachers who have the ability to reach them at their most basic levels and free them from the illusions that form their current reality.

Archangel Michael, great angel of the azure flame, please bring your legions, as well as all other archangels who are here to assist and find each one of these children and assist them into their new understanding of soul and spirit light. Let the darkness no longer pervade their world, as the lower astral has been stealing their energy and feeding off of negativity for too long now. Break the bonds that hold them to the lower astral, break the bonds that hold them hostage to false truths and free each and everyone of them to see for themselves the beautiful light they hold within. These children are the future of the Earth we leave behind. Please open their eyes and hearts so that they remember their true calling.

Beloved I Am, beloved I Am, beloved I Am. ✨

# The Vibration of Gratitude: A Celebration of What Is

Expanded Consciousness through Miriandra Rota

10 September 2009

**T**here comes a time in your adventuring forth into the search for new ideas, new truths or new manners of experiencing your own spiritual unfoldment that you begin to realize the truth of simplicity. What do we mean by those words?

Concerning the month of November, you have several phrases that tend to place a meaning upon your experiences. For some, this is a month of thanksgiving, for others the month of November is simply called a gratitude month, and of course there is the time of harvesting and those reasons for gratitude. For some, it is a time of gathering together with family and friends and celebrating abundance by placing a feast upon the table while others place bare plates and celebrate fasting. Yet we have begun with the phrase “truth of simplicity,” and it is within this meaning that we would like to speak with you about gratitude and the vibrational frequencies experienced within such a manner of being.

## WHAT IS GRATITUDE?

As you are most aware, there are different ways or manners of experiencing gratitude. One way is to force yourself to be grateful with the hopes that such forcing will change your manner of thinking and being. Another way of experiencing gratitude is to express great good thanks to another with the hope that such expression will assist that being to be uplifted in spirit. Another manner of experiencing gratitude is to simply say thank you to the universe or to Spirit for the occurrences within your day, or for the very breath of life that continues to flow through your being. None of these ways are better or more spiritual than the other; in truth, there is no such thing as more spiritual, though that is another topic, of course.

When we speak of gratitude, we are speaking of a manner of consciousness that resides most naturally within your

being and flows forth within every breath. And it is when you are allowing the natural unfoldment of this cause and effect to occur that you are then able to perceive, and perhaps, to feel that vibration of gratitude. When you are efforting and trying to make things occur within your cause and effect—another most natural manner of residing within physicality—you are unable to recognize such vibration. Why? Is the reason that you are less than holy? That you are less than spiritual? That you have forgotten your correct, or right, manner of living?

Of course not to all of those wonderings. We are not here to speak with you about what you are doing incorrectly. Remember, beloved ones, you are residing within a journey, a journey of your own unfoldment, a journey of discovery—the discovery of the more of who you are. You are unable to discern the vibration of gratitude when you are efforting, because when you are efforting to make something occur, you have forgotten your own divine essence. You have forgotten that changes occur from within to without. That is, your external changes proceed according to your inner consciousness and focused emotional enjoyment in the knowing that your fulfillment is at hand. Yet the physical world and its challenges cause you to forget this truth, cause you to respond to the invitation to survive once again by trying to manipulate the world and its cause and effect. And this causes you to become asleep to the most glorious natural manner of inner celebration: gratitude.

What is gratitude? In this manner do we speak. If you would look to the trees as they bend to the wind, as they reach toward the sunlight, as their creative flowing causes leaves to form and grow. If you would look to the seas as the undulating waves celebrate the natural rhythm of her fullness of being and if you would look to the creatures as they reside within their own manner of being: Birds flying, sheep bleating, horses kicking their heels in joy of entering the fields, turtles sunning upon warm rocks, fish swimming into depths and rising to the surface to catch a resting insect,

## KEY POINTS

- The physical world and its obstacles prevent you from knowing the most glorious manner of inner celebration: gratitude.
- “When you pause within your busy day . . . you are then able to recognize the vibration of gratitude.”
- If you begin to list the things you would like to happen in your life, you will find soon that you are answering with one word.

**MIRIANDRA ROTA**  
PO Box 81  
Troutdale, VA 24378-0081  
[www.PrettyFlower.us](http://www.PrettyFlower.us)





crickets celebrating evening's arrival and so very much more. If you would look to the creatures and observe their natural manner of being, you would see the evidence of the vibration of gratitude—a celebration of what is.

### **YOU ARE PART OF THE GRAND WHOLE**

You see, beloved beings, as you are aware there is the breathing in and the breathing out of the universe—the forming and the unforming, the pulse beat of creation—and it is within this pulse beat that you do reside, where all resides. Hear these words: When you reside within the conscious knowing of your own forming and unforming, within the totality of all that resides within the pulse beat, you are then able to easily know within the fabric of your being that which is called the vibration of gratitude.

When you pause within your busy day, pause to reflect upon the grandness of creation, pause to reflect upon the truth that you are residing within the most amazing breath of life, pause to reflect that your journey continues and will deliver to you the unknown made known or pause to reflect that your awakening proceeds even against your refusal to recognize its gifts to you. When you pause in this manner, beloved one, you are then able to recognize the vibration of gratitude. This is the vibration of knowing that you are part of a grand whole—the thrill of receiving a hint of totality of being, even while you cross the street, nod to a seeming stranger, dare to smile at the beggar, spill your coffee as you stare at the rainbow, weep at the loss of a friend, laugh at the hat the woman has dared to don, dare to place your bare feet upon the land, speak to a stray dog, hold your face upward to catch the kiss of the wind, dip your hand into cool waters, open your window to hear the rain's dance upon the walk outside where many are running to escape its blessing, gaze upon the bear who visits your home more frequently than you dare admit, set your sails to capture the wind as it fills and breathes itself into your direction of journey or when you refuse for one moment to hear your ringing telephone as your heart knows there is so much more to life itself, and you are so much more within it. In these manners do you give to yourself the great good gift of knowing and experiencing that which always flows forth within and through you: gratitude.

You might be asking, "What about what we are trying to do upon Earth? What about all the events that are held to assist the Earth and its inhabitants to reside in peace?" And we say to you, when you hear your own heart's desires, you are then able to participate within such events without judgment, and with celebration for what is and for what is becoming.

You see, beloved ones, we have spoken of the grandness of this time. Yet know this to be true: As you view the future, you have forgotten to place your feet within the present. As you gather to activate energies that will breathe a breath of peace within the future, we ask you to hold peace within your being in every moment. As you gather to hold the oneness of all within your gathering, remember to hold the oneness of all within your knowing awareness. Remem-

ber this as you read these words, as you go forth within your day and as you are tempted to view something as wrong and make yourself right.

### **MOVING BEYOND SURVIVAL**

Each time that we say these words, that there is no wrong or right, that there is one being—or many beings—you ask, "What about?" And we do love you when you ask such questions. Why? Because, beloved one, in your asking you are holding on to your need to be right. Isn't that most curious? And why would you require yourself to be right? That answer is easy.

The answer is that you have been living within survival for so long, for so very long. You have tried hard; you have perhaps succeeded and then failed. You have struggled, and you have lost—lost much—and you have learned how to separate yourself from the difficulties by determining what is right and what is wrong. In your determining, you have judged others as wrong in order for your own rightness to place you above. Above what? Above the struggle and above the horrors of survival. You have believed that you could find the portal or doorway to a better way; a way that would leave the struggle behind and give to you peace, inner peace at last. Beloved ones, this has been your journey. You have been most brave. You have sacrificed much. And you have learned to be right, to do what you believe to be right and to take actions that will promote what you believe to be right. Survival has given all of this to you.

And now there is a new way unfolding before you. You have already found the portal and walked through its inviting light. Now is the time to let go of the old ways and the old beliefs. Now is the time to let go of your need to be right and have others be wrong. It is not a crime, beloved one, that you have lived in this manner or that you have developed this manner—a result of your journey within survival. Yet now you can let go of such needs. Here, in this new way of living, of being, there is no need to be right. If you reflect upon those words, perhaps you will take a deep breath and release such a need. Yes, such a releasing will take some practice. The old ways will want you to continue within them. Why? Because, beloved one, your old ways functioned upon the known, even if the known was a technique within survival, and even if the known resided upon the foundation of the untruth of separation from the whole.

Yet you are awake now. You are conscious to the truth that you are living in a new way. You have evidence of this living. What is the evidence? The old ways no longer work for you. You can no longer effort to make things happen and then watch them happen. You can no longer practice the old manifestation techniques and watch the results occur. And you have, of course, wondered what it is that you have been doing wrong. And we say to you, the answer is nothing. You have been doing nothing wrong. You are simply residing in a new way now.

The new way asks you and invites you to let go of the old manners of efforting. The new way asks you and invites you

to become honest within your own inner reflecting. The new way asks you and invites you to dare to change. The new way asks you and invites you to dare to recognize what is your play. The new way asks you and invites you to dare to recognize that your own manner of play presents to you the avenue upon which your fulfillment is expressed in new and wondrous ways within the physical.

### **ANSWERING WITH ONE WORD**

You might be asking or wondering how to begin exactly. You might be asking for a practical way to begin this manner of residing within a new way, residing so that you can dare to change. And we speak in this manner for your asking. Your next phase of living asks something of you. What is it asking? It is asking you to become honest with yourself about something most important. What is it? Oh, beloved one, you are going to love this! You are being asked to be still within your own self and ask yourself this question: What would I like to be happening in my life? Now, such a question is an inner asking, and the answer is, as you might say, between you and your inner self.

Such a questioning and answering might feel to be most familiar, as you say, almost like something of the past. Yet we say to you, you have never truly participated in this manner. You have thought about this question perhaps many times, yet you have not gone forth as we are suggesting. Why? How can we be certain of our words? Beloved one, never before have you participated in this manner while residing in your new life, within this new vibration. Then let us continue in this manner.

Such an answer would necessarily continue to include the cause and effect within your life, and would necessarily include your wants, wishes and dreams. Such an answer may be listed in as few as twenty or greater than one hundred. Yet when you sit quietly and ask this question of your inner self, the answers will flow forth. Do not judge any of the answers as right or wrong. Simply begin to write down on paper as you list answers to that one question.

Beloved one, as you proceed in this manner, you will discover after a while you are answering with one word. Yet you cannot figure out that one word now. It seems to make its appearance when you have listed many, many items; it seems to make its appearance at the conclusion of your listings. Then you will know that you are finished with this part of your participation within the beginnings of this next phase of your glorious living.

Yet we say once again, do not judge any of your answers; simply allow them to flow forth! Then what is next? Next is the releasing of all of those wishes, hopes and dreams—releasing them to the universe. How do you do that? In any manner that you decide, or within this manner: Wait until another day, a day after you have completed your list, then, hold your list in your hands and hold it to your heart. Breathe in deeply and when you breathe outward, breathe upon your list. Breathe as if you are breathing a wondrous blessing upon your list, as if you are breathing

love into and upon your list. Then, beloved one, breathe inward one more time, and when you breathe outward, breathe upon your list and say the words, “I release you to the universe and give great good thanks for my fulfillment.” Then, beloved one, sit quietly and rest. Allow the releasing. Later, place your list in a private place where no one will read it, as it is just for you. Do not destroy your list; simply put it away for a time.

### **FOLLOW YOUR HINTS**

What is next? Practice paying attention. Attention to what? Practice paying attention to your inner urgings, to that little soft nudge to do something, to try something, to say yes or to say no, to have time to yourself. And when you have a tiny clue or hint, follow it and see where it leads you. For example, and as we mentioned last month, you might discover that there is to be a lecture or talk upon a topic about which you never thought you would be interested, yet you find yourself reading more and more about that talk or lecture. That is the hint. Follow your hint by going to that lecture. You do not have to take notes or memorize anything; simply go to that lecture. Remain objective and listen, observe. If anyone asks you why you are attending, simply say that you thought the lecture might be interesting.

In this manner do you place yourself within those vibrations that will give to you the next, and then the next, step or participation in your wondrous journey. Remember, your journey is for yourself and not for saving humanity, though the truth is that you will—as will the others who are also participating in this manner—be assisting those patterns of wondrous living and journey to be activated and anchored in the living upon Earth. You might call this anchoring and activating a byproduct of your own decision to reside fully awake and participate within your glorious life.

When you place yourself in this manner, within this practice, beloved one, you are daring to choose the life that is really for you, you are daring to give up on survival and you are daring to receive the mysteries made known, and so much more. This is the journey for which you have been waiting, the journey that you knew did exist somewhere. It is here and it is now. You will proceed within your daily cause and effect, as you have in what you call the past. Yet something will be different. Your manner of paying attention will be different. You might call this fun, wouldn't you, beloved one?



As you go forth in this manner, it is the vibration of gratitude that moves your footsteps, that causes your awareness to expand, that brings spontaneous laughter from your heart, that causes you to fall in love with, seemingly, everyone and that gives to you the knowing, the growing awareness that you are and always will be fulfilled. This is the new way. It is called gratitude. Blessed are we in speaking with you. \*

# Super Moon Water Charging: Pulsing and Harnessing The Spirit of Water

The New Ascended Masters through Maurene Watson

**L**ast time we spoke of the fears around your super solar power. Today we discuss the viewpoints around the severity of your upcoming water cycles and harnessing the consciousness they hold. Earlier, we said your sun is 93 percent hydrogen and 7 percent helium. Your planetary, solar and cosmic suns allow you to recode information throughout all creations. Their oscillation waves serve to restructure all information through color, light and sound spectrums from the conversion of the ion cell in your water cycle. It does this using the crystal water cell in your body as life transmitter and receiver. The sun's solar flares create helium-free fusion throughout the cells of all life, accelerating DNA and creating new life microbes.

Your moon—acting as a satellite transponder—charges and pulses your electromagnetic power grids with your oceans to supply all the water you need. Your cyber and environmental science is relearning to recycle and harness water's true source in tandem with your suns. Water has been called the Holy Spirit because the water cycle keeps the presence—genesis of all life—fluid in its own love, and the water molecule holds the DNA memory for all of life. The water cycle is the most important regulator in the changes of weather on the planet, along with volcanoes and solar events. All of these events answer to your consciousness. Your science still ignores harnessing the power of your tides for magnetron generation and transponder energy for food, material replication or subspace travel for vehicles. Your science also ignores tapping inner solar magma methane steam holes in your oceans for hydropower through water electrolysis. Imagine a bendable seawall directing the

waters of your oceans, or beautiful sculptures of art channeling the energy below your volcanoes.

## CONSCIOUS WATER

The water cycle answers to the realignments of new consciousness arising from your ancient solar systems; it does so by ensouling the overlights—angel devas—of the five elements with your five kingdoms. The water cycle charges and pulses the consciousness of the water cells in your body and your planet's old and newly charged crystal grid information memory for each being here, allowing the sun to restructure life information at any time. The water crystal collaborates with wind, water, fire, earth, sun and moon energies and allows for contraction and expansion cycles in the growth of planets in evolution. When you breathe into, pulse, bless or spin/oscillate your water, you charge it and raise its frequency focus to serve your love. This is called conscious water. How much water—or consciousness—is in your body? Do you think these water cycles answer to the history of your cosmos, the way you love each other, your stewardship with nature and the seeding of the DNA for all life?

Your moon emotions tell the story of both conscious and unconscious free will choices that affected the very water in your solar history that you now recycle. Remember when you—as Atlanteans—blew holes in your ionosphere with lasers, trying to kill the mammoths and dinosaurs? The intense heating and freezing of your crystalline cloud cover caused your massive floods. The last mini ice age you had was about 1,500 years ago. Today, the electromagnetic pollution from all your microwave and cyber activity causes your Atlantic and Pacific conveyor belts to clash—hot and cold currents dropping temperatures of fifty degrees in hours. This is complicated by the rate of torque and hot/cold frequency differentials between your plasma core spin and your outer Earth pole spin. Your consciousness can now lessen or change another mini ice age as you receive and amplify your new multi-

## KEY POINTS

- The water molecule holds the DNA memory for all life.
- The water crystal collaborates with wind, water, fire, earth, sun and moon energies and allows for contraction and expansion cycles in the growth of planets in evolution.
- Your water still carries an electromagnetic charge so all your kingdoms and humanity can speak and communicate through the languages of light, color and sound in their gem bodies.

**MAURENE WATSON**

585-383-0829

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grid soul bodies for new outcomes that can harness—rather than freeze—your planetary love.

These ice ages are naturally preceded by a warm cycle. Volcanoes may respond by spewing large amounts of carbon dioxide, pulling oxygen out of the air and creating large sulfur dioxide pockets deep in your oceans. This gas can exterminate all life on a planet if nature deems. Solar events can either stabilize or accelerate planetary cycles. You had a large ice age in Lemuria 38,000 years ago that seeded the divine DNA for this age. Let's tell one story metaphor of your solar history on water.

### **MALDEK: EARTH'S LOST LOVE**

When you were part of the Sirius System, your system used to have two suns until solar was fragmented your solar system. Their love was a great magnetic pulse that used to power the DNA crystal, diamond and deva communication and information grids around their planets through their moons. Then, the core of your fifth planet from the Sun—Maldek, which had two moons and was Earth's twin aspect—was destroyed by a colonizing mechanical mind probe. The positive/masculine charge to your negative/ feminine Earth was destroyed. The remnant probe became a false positive love reflection as your moon. The rest became your solar asteroid belt, which gets inflamed during solar events and causes asteroids to project to Earth in various cycles. So, instead of fourteen planets in our solar system, there were seven. Seven were pulled into an orbit that was not their original pattern and three others ended up in another system. Earth and Maldek lost communication with your Central Sun, and a premature gravitational pull or dimensional collapse was an experience moon/ Maldek never had before.

This was the last time your soul bodies could move in and out of form without what you call a physical reincarnation. Negative emotions of fear, suicide and death were inserted into your soul psyche. Mars was the twin aspect of Venus. This nuclear solar event destroyed the outer crystal grids of Mars. Her minerals were also pirated, and the other moon of Maldek became her orbit. Her surface was destroyed, forcing liquid water and ice. Life and canals remained inside. There remain some sub-intergalactic groups with varying agendas that live there even now. This will change as you re-colonize the older parts of your universe in service to the Unity of Worlds. The other solar systems that had their torsion fields collapse will tell their stories to the children of the New Earth, just as Mars soon will reveal Phobos and Cronos. The effects on Jupiter and Saturn will also be properly told. That is why your unconscious is so related to the moon water cycles and all the myths and magic fueled by alchemical misunderstandings. 80 percent of humanity remembers these solar events.

Many molecular memories from Maldek include life forms such as birds of paradise, flying horses, unicorns and other creatures written about in folklore. There were also crystals that reflected the light from the core that appeared like what Earth humans see when they look at a rainbow. Your Sun reflects

the remnant gold remaining and your nights reflect the silver in a charged electrical flow from the leftover conscious core. So Earth and her Sun fell in consciousness and she lost her magnetic connection to her beloved Maldek, while the nuclear fallout destroyed the exterior of Mars and many other planets along with it. To this day, when you gaze at the moon, you can still see a hologram of the solar and lunar male god, the female goddess and their child dressed in gold, silver and white reflective robes with rings of varying hues. Beautiful Venus will take Maldek's place by holding a high density field connection to couple with Earth as your solar system heals itself in each opening star gate and sorts out what systems, suns and planets will go forth in your new blended universe. Do you think your system will have two suns again?

### **WATER ON EARTH TODAY**

At present, your moon acts like a satellite, an electromagnetic transponder charging and pulsing your oceans as they become conscious with your water and solar cycles. Its role may change as you regain your conscious, intergalactic technologies and reconnect with your interdimensional families again. As you awaken and heal your past, will not your old solar systems awaken and heal as well? If you reformat plasma memory, cannot a substitute or parallel planet appear? Is that not another reason why you travel to certain places—to recapture the very memories sitting in the One cell in your body and change them? Another parallel time line memory remained from your solar wars, ending in the demise of Atlantis. When your crystal, salt-like grids shattered and became your oceans, a replay and imbalance of what was never resolved through a false, solar sun mind that overcharged the crystalline grids with a false blueprint returned.

Your water still carries an electromagnetic charge so all your kingdoms and humanity can speak and communicate through the languages of light, color and sound in their gem bodies. The memory of the lost crystalline DNA for all life forms was transferred into your sacred water molecule. But now, the less excess electrical charge your crystal and diamond cells need, the more magnetic and loving your cells become. Also, the more your body consciousness runs your technology, the less technology you will need.

Many present water sources appear threatened by faulty water disposal, industrial pollutants, salt water intrusion and fertilizer runoff. Lack of access to water leads to starvation, disease, soul-deprived humans and global political instability. The estimate is that each human needs 1,000 cubic meters per year for drinking, hygiene and growing food. That is two-fifths the size of an Olympic swimming pool. World rivers like the Nile, Jordan, Yangtze and Ganges are overtaxed and their underground aquifers are falling. Fresh water declines as the water in man-made lakes like Powell and Mead—fed by the Colorado River—declines. Climate change and population growth loom large over all this. More than half of the precipitation that falls can't be captured and stored because it evaporates from ground and plant. The remainder channels into lakes, rivers, streams, aquifers and wetlands. Farm

irrigation is the single biggest use of fresh water. Cities and industries consume minimal amounts of freshwater, but the intense local demand drains supplies.

### **WATER SOLUTIONS TO LEAD THE WAY TO THE NEW EARTH**

Global economic and scientific solutions include higher prices for water, reuse of gray water, garden composting, reclamation or recycling systems, improving the maintenance of water delivery municipal systems, conserving irrigation flows by waterproofing irrigation canals and using underground storage banks. In fact, a modest 10 percent rise in irrigation efficiency would free up more water than is evaporated. Other solutions include new crop varieties that can tolerate low water levels, drought, salt or brackish water, crops that are water full—virtual water—and exported to dry regions, composting toilets with urine separation systems that produce new microbes from waste, and reverse osmosis with carbon nanotubes/molecular membranes that lower desalination costs by 30 percent, since only 3 percent of all Earth water is fresh. We haven't even mentioned vacuum light green house technologies that utilize photonic conversion that you are yet to discover. The world will need to invest a trillion dollars a year just to apply matrix technologies for conserving water and replacing infrastructure, providing relief to global inhabitants suffering the most and with the least ability to pay, such as in Africa. The growing economies of India and China continue to have even greater needs.

Is it time for your planet to share and restructure the spirit of your water, until you discover the liquid light and ionized waters of your collective spirit that can bathe you again? As you become your new Earth, your water will feel like liquid light auroras, bubbling gaseous rainbows or pulsing plasma orbs—both inside your bodies and as your sky! There will be many bodies beyond the orb that will manifest into refined explorations of essence consciousness or cosmic impulses in your next two hundred years. Each is a different molecular state of the water molecule. Essentially, we are talking about your different density body qualities: solid state, dense super fluid states, gaseous molecular motion, stellar (star) plasma, fluid solar and cosmic plasma dynamics.



So, how do you fold hundreds or thousands of embodiment memories of experience into this body you are in? The technology sequence memory that is hidden inside your bodies, your Sun and Moon must be called upon to be the map for your seeming water crisis. In sequence, the spiral vacuum chamber charges the crystalline DNA cell water molecules in your body. Then the diamond subatom becomes reflective liquid photon light. The liquid light cubit bits then find super air membranes in gaseous solar water. Then solar water becomes blessed as ionized/ pulsed plasma sun water bathed in origins of love. When you can pulse—rather than breathe—this ion sun water cell, then maybe we can say you are traveling in/on super water again! So science, what can water do in an antigravity vacuum field chamber? \*

# The Rules Have Changed

Sarrinn with Quan Yin through Daniele DeVoe

**G**reetings, dear friends! Have you been a bit busy lately? If so, you're not alone. Lightworkers throughout the universe have been working overtime to create and hold the critical mass resonance—which will seal in the 5D experience consciously for everyone—and their efforts are creating the desired success. As a result of all this extreme focus and

effort, some of you are very tired, some are very stressed and others of you are feeling divinely guided—relaxed, aligned and energized. Why is there such divergence in the lightworkers' experiences?

Beyond the obvious answer that you all have different beliefs and understandings, unique, personal life experiences and very different dreams and vision, there is the issue that the rules that guide your days in your post-shift world have changed quite dramatically. If you are living automatically and have not yet taken the time to intuit how the rules of physicality have changed, you are likely one of the light-

#### **KEY POINTS**

- In order to experience the wonder of being the creator of your own life, raise your frequency by applying love to all of your thoughts and moments.
- "New rule: The innate wisdom of your soul is all you need for enlightenment, ascension and a joy-filled life."
- The new rule of spiritual growth involves an effortless participation in divine flow.

**DANIELE DeVoe**  
crystal@chartermi.net  
www.LightandBalance.com



workers suffering from the more difficult or uncomfortable side effects—chaos and exhaustion.

We suggest that you study and meditate to understand and begin to integrate the changes that have been the desire of all souls since the beginning of your Earthly adventures. First and foremost among the changes worth understanding is the fact that you are now living in a physical world that is seated fully in the 5th dimension, also known as the omniverse. In the omniverse, energy follows thought and manifests reality instantly. As a result, if you are thinking old 3D or 4D thoughts, you will be creating a 3D or 4D experience, and immediately that will appear to be the way things are. The truth, however, is that each of you is creating your life experience moment by moment and in partnership with your own inner being, soul, spirit and higher self. In order to witness the magnificence available from that process, you need only change your thoughts, raise your frequency and apply love to all your moments.

### **THE NEW RULES OF RESONANCE AND COMMUNICATION**

Of course so many rules have changed that it would be impossible to cover them all here, but some of the ones worth noting and that might begin an interesting train of thought and meditation for you will be touched upon briefly. For instance, the old rule was that negativity or evil existed, and this rule has been part of human training for many centuries of time. In actuality, God and Goddess—All That Is—is neutral. There is no judgment allotted to humankind for actions or intentions; there is only experience and the effect the experience has upon the frequency of those experiencing it. People who were judged, both by other people and themselves, to be evil were simply people caught in a very low resonance fostered by their own amnesia. As their resonance lifted and was healed, they were considered to be forgiven by God and allowed to move on. In actuality, they were simply dissolving the amnesia and returning to the memory of their own divinity.

The new rule is that everything is God. And of course, lightworkers, that was always true, but it has not always been part of mass consciousness. In your omniverse, all souls understand that everything is God and that the only reason to come to this physical experience is to grow through experience. As more and more of humanity awakens to the conscious memory of this truth—to the knowing of this truth—more and more of you will take command and responsibility for the frequency of your daily experiences. Once this begins to gather momentum, worldwide harmony becomes inevitable. Could you imagine choosing to lower your frequency intentionally? Could you imagine choosing to continue with poverty, hunger, disease or cruelty once critical mass holds the potential of heavenly life here and now? And before you think that there are people who would do that, remember that it is the soul of each person whose understanding and preference will make this choice.

**Old rule:** Words have impact. Have you ever been in a conversation or class in which you have been admonished for using words like “should,” “try” or “but”? Have you ever been told that it is rude or a sign of your blocked energies to cross your legs or arms during an event? In the past words and body language had been given much power, and actually, as indicators of the thought processes and beliefs of the speaker, that was appropriate. Yet you have lived in a dimension in which communication was necessary with spoken and written words. Judging the communication became increasingly constricting and eventually made it difficult for two people to have a relaxed and unguarded conversation—an intuitive conversation.

**New rule:** Communication resides in the energy your words create. In the omniverse, it is quite possible and certainly advisable to develop the ability to sense the energy behind the words being used in any conversation or communication. It is moot whether or not the person is physically before you—even written words hold the energy of the original intent of the writer. A useful equation for the new energies of the 5D+ reality of your present experience: Words = the coalesced form that results from thought + emotion + focus. Using this equation, it is easy to understand that it is time to allow people the use of words without constraint. As this freedom of speech evolves, you will find that people will communicate better and more freely and they will be less wary of enhancing their communication with pure and loving emotion. We suggest that you spend less time judging the words and more time feeling the energy being offered.

### **THE ANSWER TO EVERY PRAYER IS YES**

**Old rule:** Thoughts cannot be controlled and have little impact. Perhaps in the distant past this was somewhat true. Then, thoughts were very difficult to command and had less impact because people were not tuned in. Thoughts have even been misunderstood and considered weak because intuition and telepathy were considered “woo-woo” gifts used by “airy-fairy” people and liars. Thoughts were often ignored as powerful tools because, for most humans, their minds were unfocused and confused—creating thoughts mostly by their out-of-control monkey minds.

**New rule:** Every thought creates instantly, clearly and powerfully. Thoughts held and contemplated with emotion are equivalent to prayer. All prayers are answered with a yes. Think about it—every thought creates instantly. Isn’t that power? Isn’t that manifestation? Isn’t that everything you have been working toward for centuries? So if you truly want to live life as a powerful master, choose your thoughts lovingly and unabashedly, create your reality from moment to moment, feel the energy of the thoughts that are continuously circling around your brain, and as you do, choose which ones you wish to focus and raise their frequency with your loving emotion. In this way, you will find your thoughts/prayers blessing your days. The answer to every



prayer is yes. Wouldn't you like to think prayers that lead to the dreams and visions of your most luminous future?

**Old rule:** Emotions are the language of your inner being and they never lie.

**New rule:** While the old rule still exists, now it is understood that your emotions set the dominant resonant signature of your aura. If you have ever battled with your weight, you probably understand the concept of set point—the weight your body maintains most automatically and easily. Your aura's resonance has a set point also, and that set point is established and maintained by your emotions. This is the resonance that you live at most of the time and it is your resonant signature. To experience a more and more joy-filled life, raise your resonant signature. To raise your resonant signature, cultivate emotions such as compassion, unconditional love, peace, happiness, harmony and hope.

**Old rule:** Emotion is the language of your inner being. If you meditate and get to know this part of yourself that is separated from your conscious experience by years of disregard, you will have a guide that will never disappoint you.

**New rule:** In the omniverse, you are your inner being! You are now either living your life as soul primarily and personality secondarily, or you are preparing to. As you look in your ability to live your life as soul, you actually become your higher self. Emotion is the language of all of these aspects, and emotion used honestly and well will guide you to the conscious understanding of it all. So connect right now to your emotions. Do you feel good? For a master of the omniverse, the only possible answer is yes.

### THE NEW RULES OF INTELLIGENCE, HEALTH AND ROMANTIC LOVE

**Old rule:** The next class will give me what I need to know to evolve, become a master and ascend.

**New rule:** The innate wisdom of your soul is all you need for enlightenment, ascension and a joy-filled life. The next class may offer you more conscious knowledge—and what a fun thing to expand and add to your knowledge. The wisdom that so many seekers are chasing is already available and part of who you are. There is no advantage held by a Ph.D. over the high school dropout when it comes to the realization of your divinity. So why not remember who you are and simply enjoy whatever life brings you—classes, books or a dish of ice cream.

**Old rule:** There are good foods that bring you health and there are bad foods that will sicken you.

**New rule:** It's all God. If you can get this one fully, you will never need to diet, fast, detox or worry about your weight again. Everything is God, and the impact of your food upon your body is simply the impact that results from thousands of years of developing and empowering beliefs about your food. When you eat, align with the God-force within your food. When you drink, align with the God-force of your beverage. Eating with a guilty pleasure in unhealthy food will align you with that experience. And please, before you grab the nearest junk food, make sure you

know 100 percent that this concept is true. Doubt can be quite fattening.

**Old rule:** Exercise is the only way to create strong bodies.

**New rule:** You create a strong body according to your belief system. Your body is the outside picture of everything you believe, eat and know. Change your thoughts and you will change your body. If you believe that exercise tones your body, then practice that belief joyfully and confidently and be strong. If, however, exercise isn't fun for you or you simply cannot exercise for some reason, work on the beliefs that will awaken you to divine health and fitness. But as with the new rule about diet, bring your certainty to 100 percent because that is where and when the miracle happens.

**Old rule:** Aging, illness and death are simply facts of physical life and, as such, are inevitable.

**New rule:** Health, wellness and immortality are the natural flows of every soul and thus, every human being. The only reason it is hard to allow this perspectives is because humanity has believed otherwise for so very long. In your meditations and contemplations, feel what it would be like to be healthy and flowing naturally with well-being and immortality—feel it and make that feeling a habit. This is how visionaries create reality, and it works for all members of the omniverse as they learn and practice it well!

**Old rule:** You think, "My partner completes me," or "Prince (or Princess) Charming will swoop me off my feet, and we'll live happily ever after."

**New rule:** Spiritual partners come together by mutual attraction and then choose to stay together moment by moment, unconditionally, in total freedom and sharing their journeys as they choose. They are not brought together by karma because karma no longer exists. In a highly evolved society, spiritual partners offer unconditional love and company along the way. This can look like a traditional marriage, or it can become a very non-traditional design that honors the needs of both members. Because the law of attraction is understood and is used as a powerful tool, there is no fear of missing the opportunity of a relationship or losing one. And because acceptance is simple, receiving the experience of the relationship at its fullest and most loving levels is simple and exquisite. In the omniverse, be the matching resonance of the partner you wish to attract and open yourself to receiving that joy—the rest is easy.

### THE RULE THAT DOESN'T CHANGE

**Old rule:** The answer is love.

**New rule:** The answer is still and will always be love! Love is the life force of this and every other universe. Love is God, Goddess and All That Is. Love is Source. Love is the matrix that connects us all. Love is chi. In his book, *Power vs. Force*, Dr. David Hawkins has offered a "scale of consciousness" that delineates two different levels of love. He suggests that there is a level of love felt by most humans

at some time in their lives and that is quite conditional, and there is another kind that is only slightly higher in resonances and suggests that love will be shared no matter what—unconditionally. This second level of love is the love that will heal the planet. This is the love that will transform your lives. This is the love that opens your hearts and awakens your minds. This is the love that moves you beyond imagination and into the future of your highest and most divine potential.

**Old rule:** Spiritual growth is hard work.

**New rule:** Spiritual growth, which is sought after and achieved by the soul, is simply an alignment with divine flow and is therefore effortless. If your work is causing you difficulties, then you are undoubtedly executing your efforts primarily from your personal and ego self. Learn to live from the energy and alignment of your own soul. And eventually—as one who is fully blended with his or

her own soul—your life will take on a divine elegance and ease that will allow you to do more, love more, accomplish more, meditate more, heal more, achieve more, receive more and grow more.



The rules have certainly changed, dear lightworkers, and we offer you a small fraction of those changes here in this short channeling. Humanity is on the greatest adventure of its entire existence—now today! You are one of the lightbearers who has the ability to help this change be the evolutionary step it is meant to be. Even Mother/Father God is moving into the unknown, and you have been given an invitation to join the journey. And in truth, from the beginning of creation and the first moment of time, there has been only one rule and that is love. Namasté! ✱

# Your Physical and Auric Layers

## The Brotherhood of Light through Edna Frankel

**G**reetings, dear ones, from the Brotherhood of Light. In these times of increasing stress and strain at all levels—physical, emotional, mental and spiritual—know that you are one and all beloved. Spirit cheers you on in every moment of every day and soothes you at night when you sleep. We have been writing to you since the turn of the millennium, counseling you to take care of yourselves—eat well, sleep long and drink a lot of water. We have brought forward the Circle of Grace, a simple meditation that teaches you how to clear your body of internal pressure so that new, clean energetic fuel can enter your PEMS layers. We see your physical body as the inner core of your four-layered, dense, etheric body. Embedded in your body is your ner-

vous system, which is the physical manifestation of your auric meridians. Yes, in clearing one, you clear both! That is why we have jokingly referred to your body as the “energetic trash can” for your emotional, mental and spiritual layers.

Your human body is so incredibly designed—does it not make sense that it would contain a built-in cleansing mechanism? As we have said before, God is in the perfection of every detail, and you were perfectly designed. When you say the healing prayer out loud to connect with us in spirit, and then lie down to meditate with your jaw open, amazing things will happen. If you are in good health, please consider adding a daily meditation to your life anyway. Clearing stress from your body keeps you healthy. Having a daily practice will help you learn to relax, which is essential for balance in both mind and body. The Circle of Grace clearing is more than just physical—it reaches outward and clears your entire aura, layer by layer.

### KEY POINTS

- “As the planetary vibrations intensify, all the old emotional baggage that was invisible in your former 3D lives will become more and more obvious.”
- Because time is speeding up, you cannot accomplish as much as you used to, and it is important to have patience during this time of transformation.
- “By cleaning up your lives and clearing your bodies of density, you are making a great contribution to the global human awakening.”

**EDNA G. FRANKEL**

PO Box 62

Blue Bell, PA 19422

215-653-0339

edna@beyondreiki.com

www.beyondreiki.com



Your jaw joints are the on-off switch for meridian release. If you already have a preferred meditation, then God bless, and just keep your jaw relaxed or open to get the full benefit of relief and release at all levels.

### A PRAYER FOR HEALING

Just to remind you, the first two lines of the healing prayer are generic for you to amend to suit your personal beliefs. The last two lines we ask that you speak as written, to give us and your higher self permission to interact with you in your physical dimension. Speaking this prayer aloud is vital for a full connection between the physical and non-physical realms. Why? Your planet is in a protected freewill zone, and the physical vibration of your voice is required to give us permission to bridge the dimensional gap and work with you in your own physical space.

*Dear Father/Mother/God [or whatever form of ultimate energy you believe in], divine Source, divine Mother, please join me for this healing meditation. Dear Ascended Masters, guides and angels, [or whatever differentiated energies you believe in] please join me for this healing meditation. Dear brothers, the Brotherhood of Light, please join me for this healing session. Dear higher self, please join me in this sacred moment to guide and lead.*

Also, please remember that you can call upon us for any reason, for any purpose that is of the light and in the light. Whether you are going shopping, taking a test or waiting to see your doctor, amend the above prayer as you need and we will gladly join you!

### THE WORD "COMMUNION"

In this article we would like to discuss a word in your language, to highlight its true meaning and give it more meaning for you. That word, dear ones, is "communion." Now that you, we and the planet—all is one—are fast approaching the end of the millennium shift, we urge you to call upon us as often as you can, day or night, to help you with whatever you are doing. Whether it be the Circle of Grace—our favorite form of communication—shopping, traveling or sitting at your desk, you can be in constant contact with us by merely desiring to be so. Yes, you are quickly nearing a time when you will all be in constant communion with Spirit; isn't it time you started practicing?

As in our prior work, we teach by using your own language. Let us examine the word "communion." As a religious term it means:

- A Christian sacrament that commemorates Jesus' Last Supper, with the priest or minister consecrating bread and wine that is consumed by the congregation.
- A Communion service containing the sacrament of Communion.
- The consecrated bread and wine received by worshippers at a Communion service. This is also known as Eucharist.

As a noun, communion refers to:

- Intimacy—a feeling of emotional or spiritual closeness.

- Connection—a relationship, especially one in which something is communicated or shared.
- A religious group with common faith—as in Christianity; a religious group with its own set of beliefs and practices.
- A fellowship between religious groups—a sense of shared religious identity and fellowship, especially between members of different Christian denominations.

Now look at the word again our way—come-union. [Chuckles and a big hug.] The union or unity of consideration and compassion, of truth and clarity, will bring much healing to your planet in the next few years. Yes, the rising energies will allow no less. Do not despair at all the darkness you see; understand that it requires more light to make new dark things come into view. Take responsibility for what is rather than blame each other for what or how it happened. Release your old habits of guilt, blame and shame, and instead look for ways to make things better. How? You have a saying that is very appropriate here: Sharing the load lightens the burden.

### CLEAN UP YOUR LIVES

Dear lightworkers, support each other, work on each other often and remember to take time to enjoy each other! As the planetary vibrations intensify, all the old emotional baggage that was invisible in your former 3D lives will become more and more obvious. You will begin to feel your auric density in new ways as your senses expand. Some may feel an all-over tiredness, as if gravity had increased. Others may feel pressure in their hands and feet as their nervous system tries to clear itself, but the exit doors—hand and foot chakras—may be closed. Chronic spots will flare up more often, which are blockages in your physical and/or auric layers. Pay attention to your body's signals, dear ones, and you will have a smooth, graceful shift experience.

We have counseled you to clean up your lives, inside and out, from your homes to your jobs to your relationships. The longer you resist change, the harder the lessons the universe will send you. There is no time left for dismissal, denial or delay. The more time speeds up, the faster your lessons will manifest, and the more intense life's dramas will grow. Don't let things pile up until the piles start falling on you. That is simply the difference between taking charge of your life and letting the events of your life take charge of you.

Dear ones, have you realized by now that your exterior life mirrors your interior life? Yes, many people are falling ill, and so quickly. All imbalances are rising to the surface in order to be cleared. In some cases, your quest for health will cause you to change your lives for the better. In other cases, harmonizing your outer lives—home, work and relationships—will improve your health. Don't be afraid to make changes, and don't let fear rule your decisions. Some people work so hard to stay in place that they forfeit the opportunity to manifest positive changes.



Always remember, dear reader, that fear blocks anything and everything. Fear will block you from making choices, taking chances and making any forward progress. Fear of getting ill will make you ill! Yes, you create what you focus on. Don't get caught up in avoiding life, for it will surely pass you by.

### **DAILY CLEANING RELEASES PRESSURE**

You have been told by many sources that time is speeding up. Do you realize that you are down to a twelve-hour day? To put this another way, each hour passes by in a half hour. That's why you cannot accomplish as much as you used to. Be patient with yourselves, dear ones, in this time of intense transformation. Make sure you eat well, drink lots of clean water and sleep—you need lots of sleep to counteract the debilitating effects of the millennium shift. Both daily exercise and a daily practice are also vital for your continued well-being. Some type of daily clearing is truly essential now to rid your bodies of excess internal pressure that you call stress and pain. In the Circle of Grace work, we have taught you how the body functions at physical and energetic levels—how your nervous system is designed to release internal pressure to make room for the higher energies to take hold within you. By cleaning up your lives and clearing your bodies of density, you are making a great contribution to the global human awakening.

Do not be discouraged by all the challenges that surround you, dear reader. Please remember that the millennium shift is a twenty-five-year process, and it's almost over. With the way time is flying by [chuckles], the next few years will pass very quickly. We applaud and support those of you who are already making constructive changes in your lives. We eagerly await the rest of you to wake up and start seeking the higher truths!

## **Recommendations for Hands-On Healers**

**W**e would like to offer advice to those of you lightworkers who are hands-on practitioners. Have you noticed the changes in your work? Have you started seeing little miracles occur? As the planetary energies intensify, your hands-on work will get stronger and deeper. Your intuition will become true guidance. People will start to really feel what you are doing, realize how much it helps and seek more. Please, teach everyone you can about the basics of the Circle of Grace. Give them the gift of this inherent birthright—the knowledge of how their bodies clear naturally during sleep. Once they learn to master this easy technique of meditation, your work with them will be more efficient and effective. Yes, once the “plumbing” is cleared, you can help them build a new, stronger foundation of health and clarity in resonance with the higher frequencies.

### **CONSIDER USING SUPPLEMENTS**

Another piece of advice: If you are accustomed to eating meat, now is not the time to become a vegetarian. Your bodies will need extra protein for both grounding and sustenance. No matter what your dietary preferences may be, you should eat some form of protein at least twice per day. A good multivitamin would also be beneficial, heavy in B complex to support your glandular systems, which are being sorely taxed in this transition.

In order for you to do this vital, essential work, dear practitioners, you must clear each other first. Why do we say “each other” instead of “yourselves”? We say this because you need to be clear and balanced in order to channel the stronger incoming energies. They will tax you in new ways—burning up calories, water and minerals from your system. The extra protein will help maintain your stamina. Drinking a full glass of water—you and the client—before the session will keep you both well hydrated. Taking trace minerals—the concentrate form made from natural shale works best—will fuel your work without depleting your body of vital minerals. Start with just one drop in the morning, then work up to a comfortable level. A homeopathic combination of the twelve cell salts is also a good way to maintain your electrolyte balance. Remember to proceed with caution—only add one supplement at a time to your diet in the event that if you do have an adverse reaction, you will know what you are reacting to.

These recommendations are for your general knowledge. Please keep in mind that not every supplement works for everyone. Follow the dictates of your body, and you will find what works best for you. The most important thing to remember is that if you are ill, you should not work on anyone else. They may still get some benefit from the session, but it will make you sicker. When you are ill, it is very difficult to work on yourself, no matter how much you think you know. It takes energy to move energy! Ask your fellow lightworkers for help. Form support groups if you can—meet once or twice a month to work on each other. If you can't physically meet, you can do distant work or establish meeting places on the Internet. Pool your resources and barter your time, for you will need each other in the times to come.

### **REMOVE BLOCKAGES TO RELEASE AURIC PRESSURE**

As your senses expand into the nonphysical range, you will start to see or feel excess pressure on a client like a heavy blanket that can be peeled off in layers. Yes, as the energies intensify, your actual work will get easier. Unless you are working on a specific area of blockage, please remember to start at the root and clear each chakra up to the crown. Why? As we explained in the Circle of Grace material, your body naturally clears itself from the top down and uses the “exit doors” of your hand and foot chakras to expel excess, spent energy. If those exits are closed, the meridian system cannot drain pressure.

If there is blockage at the knees, for example, the body cannot clear itself adequately, and you develop chronic spots that linger indefinitely. Or sometimes pressure will back up behind that knee blockage, resulting in hip or abdominal issues that seem to have no discernable source. That knee injury may be twenty years old and long-forgotten, but auric blockage can remain from illness, injury or surgical damage long after the physical body has healed. Your meridian system is like a one-lane road—no passing allowed! Clearing the system from the bottom up insures that the higher blockages will have a path to drain down and out. The advantage you have over current medicinal practitioners is that doctors look within the body to track the symptoms back to their source. If the source of the imbalance is auric pressure, you can release that blockage and relieve the symptoms before the physical core is affected. That is the biggest difference in the two approaches—holistic care is preventative while traditional medicine is mostly palliative.

### THE POWER OF SIGHT ENERGY

Lastly, we would like to discuss your expanding vision. Dear practitioners, get into the habit of keeping your eyes open. It's not only your hands that channel energy. You can direct the flow of energy with your sight through movements of your eye muscles. For example, vertical sweeps of your eyes from the client's head to his or her toes will augment the release of internal pressure. You may be asking, "How is this possible?" As you clear your body of density, you will be able to hold more of the new higher energies in your PEMS layers. Yes, your entire body and aura will reverberate with the higher frequencies and set a new standard for others to follow.

For those of you who are loyally working with us in Circle of Grace sessions and who ask for help in sensory expansion, we have started training your eyesight. More specifically, we are entraining your eye muscles to function in new ways. First, we teach you how to fully relax your facial muscles, then how to fully relax your eye muscles. This is not a question of trying to push energy with your vision, but rather linking to the energy flows by pulsing your eye muscles. This added power comes not from what you see, but how you see! At first, we will begin teaching you how to pulse energy through your eye muscles without moving your eye balls. This process should not strain your eyes or forehead. If you feel muscle fatigue in your upper face, you're trying too hard. Relax, bring your inner awareness up to your closed eyes and focus on releasing control of your eye muscles. We will gently send patterns of pulses through your eyes in order to train your muscles to operate in new ways.

At first you may feel your eyes pulsing like a separate heartbeat. This first step may last a few sessions or a few weeks—you are each so different that we cannot predict a timeline to this teaching. Just know that as we are sworn to help and never harm, so we will guide you according to what your body can comfortably handle, which is not

necessarily what your mind wants. Also, the patterns we teach you may be in a different sequence than what is listed here, again, because we follow the needs of each individual. After the stationary pulse, we may show you the vertical, and then the horizontal. Or you may feel a pulse that begins at the outer corner of each eye and ends at the inner corner, near the bridge of your nose. The most difficult to master is the circular pulse, which you can eventually stimulate in both clockwise and counterclockwise motions. This one is harder because you must learn to let your eye muscles move without moving your eyeballs.

The vertical and horizontal eye pulses can be used in two ways: to scan the aura for impressions or indications of unbalanced areas and to direct or strengthen the flow of release during your table session. The pulse from the outer to inner corners of your eyes stimulates your third eye chakra to connect with your inner sight. The counterclockwise pulse opens a chakra or an area of blockage that needs clearing. This pulse also intensifies energetic attunements greatly when done in tandem with your hand motions. The clockwise pulse restores the chakra or chakra region to its normal, closed functional state. Do you see now why we started this section by asking you to keep your eyes open when you do tablework? To avoid any possible confusion here, we will say again that while you are learning this process you are in session with us, and your eyes should be closed. Once you start applying these teachings in your holistic work, you need to keep your eyes open to direct the energy flows and to hold your visual focus on the area you are clearing.

Granted, this method of clearing may not appeal to everyone. Some of you may simply hold a person's head, start the energy flowing and then stare at the person's feet for the duration of the clearing. Other practitioners may start by opening the client's hand and foot chakras—always good to open those exit doors—and pulling pressure from the arms and legs until blockages arise that interrupt the flows. As we have said before, your only limits are the limits of your own imagination [chuckles].



Whether or not you use this information along your path, just knowing it is possible will greatly expand your frame of reference. Isn't that what our work together is all about, dear ones? No matter how old you get, chronologically speaking, you're never too old to learn. And the clearer you get in all PEMS levels, the younger you will feel! Our purpose in teaching you care and maintenance of your auras is to facilitate your rebirth into the nonphysical realms, back to the true reality of spirit where we reside, where you came from and where you will return to after this physical life is done. It matters not whether you ascend with your body or without it—we wait impatiently for your return, and look forward to our come-union [chuckles] with you as multidimensional beings. We love you dearly! We are, in all love, the Brotherhood of Light. \*

# Balancing the Biosphere through Planetary Cities of Light

Juliano and the Arcturians through David K. Miller

1 August 2009

**G**reetings, I am Juliano. We are the Arcturians. The use of spiritual energy requires the energy of enhancement. Enhancement is an energy that can be described as using building blocks, that is to say that one type of thought creates a basis for another type of thought. One type of spiritual light then builds and allows you to use and to enhance more spiritual light.

## IMBALANCES IN THE BIOSPHERE OF EARTH

We are teaching and we are seeking to enhance your abilities in biorelativity. Biorelativity is defined as the participation of spiritual and telepathic thoughts directed toward the physical world and the planet Earth. The idea of thoughts changing the physical structure of something requires the enhancement ability. If you look at the nature of thoughts, then you will understand quite quickly that it takes a lot of intermediate action to create or manifest something physical after the initial thought has been transmitted. To put it in simple terms, imagine that you have the thought to create a chair. In order to manifest that thought into the physical, you must then perhaps draw a design. Then you must buy wood, cut that wood and then nail the pieces together, finally finishing the process by painting the chair. Everything first began with the thought.

Now when we talk about biorelativity, we mean a highly complex physical intervention, because we want to change the nature of the physical structures of the Earth. We are going to give you instructions. We want to change the cal-

ibration mechanisms on the Earth and the feedback loop mechanisms. This needs to be done in order to protect the biosphere, because the biosphere and its accompanied structures and feedback loops are moving in a direction that will create further imbalances. Should this happen, these imbalances will make it more difficult for people to live on the Earth.

Several examples of imbalances already exist, and people have requested my assistance with them. We hear that there are heat waves in Turkey, for example. There are heat waves and fires in the forests in Spain. There are heat waves in the Northwest of the United States and in Northwest Canada in the British Columbia-Vancouver area. At the same time, there is unusually cool weather in the middle and northeastern parts of North America. There are places around the planet that have unusually cold weather that would be described as unusual.

## INTERVENTIONS USING BIORELATIVITY

Many of the Group of Forty members have requested the assistance from the Arcturians to help to bring the heat down and to stop the forest fires by using biorelativity. Remember, in biorelativity we look at thinking and thoughts as the beginning and as a basis for changing the physical structure on a planet. This is based on the same principle as building a chair, because first you must have the idea and then you go to create the chair. There is one major difference between building a physical object like a chair and using thinking for changing the Earth, however. When we compare that to changing the physical balance on the Earth, then we note that the major difference is this: The Earth is a living spirit! The chair is not a living spirit. The

### KEY POINTS

- Although the Earth is self-regulating, the interconnected nature of the biosphere and the blocks of proper energy flow on the planet are causing unusual weather patterns.
- In order to restore the imbalances of Earth's biosphere, we must intervene using techniques of biorelativity and visualization of higher light.
- As the planetary cities of light are activated on Earth, fifth-dimensional energy will manifest, creating enclaves of light.

**DAVID K. MILLER**

928-776-1717

PO Box 4074

Prescott, AZ 86302

davidmiller@groupofforty.com

www.groupofforty.com





Earth is a living spirit, and therefore there are interactions that occur between what you are sending telepathically and the Earth's ability to receive those thoughts and to make shifts.

Remember the way in which I described the idea of thoughts occurring first before the chair is built. That means that the builder, the furniture maker, has an idea of what the chair is supposed to look like. Let's apply that same principle to the biorelativity intervention for the Earth. You cannot simply say, "Okay, I am going to send the Earth thoughts, and the Earth will be healed." Many people think this way when they say that the Earth needs to be healed. There is a lot of truth in that approach, but we have to go into a more thought-specific idea. That thought-specific idea goes like this: What is the image of the Earth that you, through your biorelativity, want to manifest? What do you want the Earth to do? You may say, "I want the fires to stop" or "I want the cold or the heat to change in this part of the planet." This is fine, but remember that it is more complex than you might think, because the Earth is balancing many different processes.

### **VISUALIZING NORMAL ENERGY FLOWS**

When you or I say that the Earth needs to be healed, then let us look more specifically at the problems this way: The Earth's energy pathways are blocked. The Earth's meridians are blocked. The oceans have too much carbon or too much pollution in them, and this pollution is blocking the normal energy patterns and the energy flow. The dams in the rivers, the existence of nuclear waste and those places where nuclear bombs and testing have been done have created blocks in the energy systems and in the Earth's meridians. The Earth has living energy corridors. The Earth has energy ley lines. We must make sure and visualize that these ley lines and these meridians are not blocked. Let us go back to the example of it being too warm or too hot in Spain or too hot in British Columbia. These heat problems are a direct result of blocked meridians, preventing the normal flows and causing a distortion in them. The image that we want to project, therefore, is that of the Earth's meridians flowing freely and the highest balance of energy flow in the Earth.

A problem with trying to picture this is that humanity must learn what the optimum configuration of the meridians needs to be on the planet. We can identify where there are blocks. It is very difficult for even a computer to predict the weather patterns on this planet. Humanity has developed a model for Earth global warming, and they have said, for example, that in four years or five years, temperatures are going to rise and that this is what the planet is going to look like. That approach does not take into consideration all of the feedback loops in the planet, however. The Earth is also self-regulating. The planet has a built-in, self-regulating function that is specially attuned to the biosphere and to the life forces on the planet so that the maximum abilities to foster the right living conditions can emerge. How else could a planet sustain life? You know that there are so

many complex factors that must be taken into consideration in order for a planet to create a sustained energy field for life. You can study astronomy, or you can study archaeoastronomy or galactic astronomy or planetary astronomy. These studies can offer ways of describing what conditions are necessary for life to occur on a planet. The number one condition necessary for life on a planet is the activation of the spiritual light and the enhancing of the relationship between the self-regulatory energy of that planet with the planet's biosphere.

Your scientists and astronomers are already discovering new solar systems. They are already seeing similarities between other solar systems and your solar system. We could review a thousand planets we have visited throughout this section of the galaxy. We could say that there are sixty planets that look exactly like the Earth. They may be similar in distance from their sun. You would even be surprised at how similar these other planets might be in appearance to the Earth. They may be similar in size or even smaller in size, yet there is no spiritual light on these planets. What is the difference between planets in solar systems that have life? The difference is that there is a life force and a spiritual energy that is self-regulating on a planet that has life—that distinguishes and makes all of the difference. This self-regulating function has been developed on the Earth.

### **THE FRAGILE STATE OF THE BIOSPHERE**

What is more amazing, and why so many of us as space travelers and dimensional travelers are interested in coming to the Earth, is the fact that your Earth has a sophisticated biospheric feedback loop and self-regulation loop that have allowed life to exist on this planet for extremely long times. What is amazing is that over the millions and billions of years, there have been catastrophes planetary-wide and life-ending catastrophes on the Earth. These catastrophes seemingly could wipe out the entire biosphere, yet the life forms have come back. Now the life forms have been striving for great achievements and great heights and great multiplicity. The Earth has this powerful self-regulation feedback system, and the Earth's regulation and feedback loop is able to recover from near-catastrophic events. Near-catastrophic events have been unable to wipe out the biosphere. The Earth has a tremendous ability to regulate itself in the face of adversity and in the face of cataclysmic events.

What humankind is doing is part of the natural cycle of instinctual reactions. I use the word "instinctual" because to change, humankind must now evolve to a higher state above instincts, and that higher state requires an evolutionary leap in human consciousness so that people understand that the Earth is a living spirit. People must understand that the Earth can be communicated with telepathically and that these telepathic communications can begin to change the feedback loop and the self-regulating systems. Human's ability to do that is required and is one way to save the biosphere in this period of time. I emphasize this period of time, because humanity can indeed make this evolutionary step. Human beings can influence the self-regulation of the planet.

## THE MESSAGE OF THE GLOBAL ECONOMY

Let me speak about the global economy for a moment. The global economy reflects the thinking of many, many people. You could say that money is evil. You could say that capitalism is evil. You could say many things about how bad the economy is. One thing that is evident to us is that the economy is based on an economic thought form and that this economic thought form is based on self-interest. It is based on greed, and it is based on the ideas of acquiring wealth. Again, this is part of human instinct. We cannot be critical of it; we can only observe it. That reflects how humanity has approached the Earth, and one can see that the way humans see the economy reflects how they see the Earth.

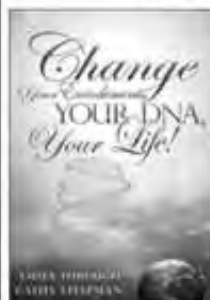
This can change. When the global economy fractured, it demonstrated to everybody how fragile the economic interactions are in the world and how major declines can cause undue havoc around the planet. This global fracture is still reverberating. The actual event, the actual energy that led to this fracture, only took about two to three weeks. I know that there were other things that were building up that led to it, but even up to as early as two to three weeks before the global fracture occurred, it was still possible to avoid it. Many people said it was inevitable, but it wasn't inevitable, because there could have been interventions. In fact, even afterward there have been interventions that have put a huge bandage on the fracture of the global economy. The global economy is not yet repaired, however. You could say that it is like a wound. There is now a very thin scab on the wound, and it is starting to heal, but there still is a lot of damage and everyone still needs to exert a lot of care to assist it in that healing.

I used the example of the global economy because it is easy to see how fragile that was and what happened when it fell apart. Let us look at the food chain as another example. Your food chain is even more fragile than the global economy. It would only take one small event, one that maybe would even last for less than a week, to change the whole food chain and transportation of food around this planet. It wouldn't even take a huge event. People are thinking, "Well, maybe an earthquake could do that, maybe another cyclone or another tsunami." Yes, that is how fragile the food chain is. The biosphere and environmental diversity are fragile all over the planet.

You see evidence of this in the droughts that happen across the world. You see evidence of this in heat waves and in the unusual monsoons. It wouldn't take much to truly ruin several key biodiverse ecosystems. These biodiverse ecosystems are interrelated, just like the global economy is interrelated. You could take a biosphere and an ecosystem in Indonesia that houses certain species of monkeys, and simply the collapse of that ecosystem would be very tragic. More tragic, however, is the fact that the collapse of that ecosystem could affect the ecosystems in Brazil or the ecosystems in Argentina or in Costa Rica. You might ask, "How is that possible?" Just as there is an interconnection

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of all aspects of the global economy, so there is also an interlinking of biodiversity on Earth.

## BALANCING THE EARTH BY DOWNLOADING HIGHER LIGHT

This all leads to the central idea of balancing the Earth and opening up the energy pathways and meridians of the Earth. These symbiotic relationships and the communications between them have to be enhanced. One way that this can be enhanced is by opening up the channels that link the meridians to the fifth dimension. A way to do this now is to download a higher light that transcends the normal space-time continuum. When those pathways are open, then fifth-dimensional thought waves of the self-regulation can be downloaded. What would that look like? This is where we move into the idea of the planetary cities of light, a concept that is very galactic. The model for the self-regulation of the Earth that needs to be downloaded already exists in the moon-planet, Alano, as well as in another planet in the Pleiades. It also exists in other fifth-dimensional planets where there is a biosphere of balance between the needs of the human-like people and the planetary system. Believe me, it is possible to download those structures and those thoughts into the Earth. I can compare this to your subconscious, and I always try to see the parallels between the personal fifth-dimensional work and planetary fifth-dimensional work.

In personal fifth-dimensional work, when you want to create a shift in yourself, you can most effectively create a visual

picture of what you will look like after that shift. Then the self—the greater self, the unconscious self—will manifest that picture for you. Again, we will go back to the idea of the chair. You can say that you want to build the chair. You may not know where you can get the wood. You may not know where you are going to get the nails. You may not even know where you are going to get the energy to build this object. Yet it doesn't stop you from thinking about it. You then send the idea and it goes into your subconscious and your unconscious, and the unconscious manifests and leads you to the things you need. Suddenly you have a burst of energy, and you find the store that has the wood you want. This was demonstrated, for example, when Gudrun, the channel's wife, built her tipi. She had no prior knowledge of how to build a tipi, but she kept the idea of the tipi in her mind and suddenly it came to her. There was divine guidance. In the same way, you will receive divine guidance when you are working with the Earth.

What I am saying is that now we have the images of the planetary system, the moon-planet Alano, which is near the Central Sun. That moon-planet Alano is in perfect balance. There is a perfect harmony in the life forms, energy usage and etheric crystal balancing there. You can use ideas from Alano and download them into the unconscious of the Earth, allowing them to manifest on Earth. We think this way when we want to affect the planetary system of the moon-planet Alano: We think perfect temperatures that are in harmony with everyone's needs, perfect ecodiversity, perfect rain systems throughout the planet, perfect ocean currents, perfect weather and minimizing the pollution in the atmosphere. We think of those things. We recommend that you send those images to the eleven—soon to be twelve—etheric crystals on the Earth. These etheric crystals that we have helped to download have the ability to communicate with the unconscious of the Earth. We have the ability to communicate with the unconscious of the Earth to the degree that it could manifest the conditions necessary for a major shift.

When we are looking at individual climate events such as the heat waves in Spain, the heat waves in Turkey, the fires in these countries and the heat waves of the Northwest, then we can also send balancing thoughts into the etheric crystals in a modified way. These balancing thoughts can be downloaded into the planetary system Earth. The reason why I say we must go through the etheric crystals is this: The knowledge of how all these feedback loops and self-regulation systems interact is so complex that humanity is not able to completely understand them. Humanity does not have the computer knowledge nor a high enough level of computer energy to understand all these interactions. Yet you may not understand how to manifest something, but by just thinking about it and placing that thought in the unconscious, it still will work and occur. These thoughts of the balance can be placed into the unconscious of the Earth.

### **MODIFYING WEATHER THROUGH BIORELATIVITY**

We will do a biorelativity exercise now, working with Spain and Turkey, and we will look at the Northwest of the

United States and Northwestern Canada. We will seek a modification of the heat so that the conditions for higher temperatures and drought are diminished. The people of Turkey can go to the Istanbul-Anadolu crystal, while the people of Spain can go to the Montserrat crystal. For the people in the northwestern United States and northwestern Canada, we ask that they use the Mount Shasta crystal. We ask everyone to participate. It is still possible that the heat and the weather can be modified, even though this modification could be temporary. This heat expresses a blockage. There is a blockage in the Earth's meridians that is leading to the shifts and to the heat.

I want everyone to think about how the meridians that are creating this heat anomaly are now being opened so that a more normal flow of weather patterns can flow through these three areas. I want each of you to connect to the crystal that you are most comfortable with of the three I mentioned—the crystal in Mount Shasta, the crystal in Montserrat, Spain or the crystal in the Istanbul-Anadolu area of Turkey. Send that image of a modification, a correction of energy, so that the heat will turn to normal and the fires will diminish. We will spend several minutes in meditation, and your idea and your imaging will be to send those thoughts to those crystal areas. Those crystals will download that information into the Earth. It will be a communication of great magnitude because of all of you who are participating. We will begin that meditation now. I will use a certain tone to start the meditation, and I will use another tone to end the meditation of this exercise. [A meditation is held for five minutes.]

The information and the images have been downloaded. There are further instructions regarding how to download the entire program for a planet. This type of planetary downloading would be based on a modified blueprint from a higher planet such as the moon-planet Alano. A replica of that self-regulating system from Alano can be downloaded. This can only happen and can only be worked on after the twelfth etheric crystal is downloaded into Brazil. Downloading a blueprint for the planet also needs to be coordinated with the planetary cities of light. I want to speak some more about the planetary cities of light, their meanings and how to set up these cities. These planetary cities of light are fifth-dimensional enclaves that can create an enhancement of the etheric fifth-dimensional light on the Earth. They are anchors that will allow the new fifth-dimensional energy and light to appear on the Earth. Fifth-dimensional light is building on the Earth, and you need to have a foundation in which to begin to create a fifth-dimensional world.

### **ACTIVATING THE TWELVE CITIES**

We are talking about the planetary ascension and the ascension energy reaching Earth. We are talking about an ascension energy that will create the conditions necessary for the Earth to ascend. Even before this happens, it is necessary for the fifth-dimensional energy to manifest and create these enclaves on Earth. I have asked the channel to con-



tact everyone and to see which planetary cities of light can be activated on the Earth and have given instructions about nominating certain areas to become cities of light. Based upon the need, energy and enthusiasm for the topic, we have expanded that number to twelve cities of light. These cities of light will have a fifth-dimensional veil around the perimeter of the city. This veil will be very powerful and will only allow higher fifth-dimensional energy, thoughts and people to bring their energy into that city. That means that lower energy and lower vibrations will not be able to penetrate the veil or to influence the planetary city of light, and darkness or lower energy cannot be manifested.

You can activate a planetary city of light in a large city, such as Los Angeles, but the whole city itself may be too large at this point to work on it. Therefore, you can choose an enclave or a section of the city to become a planetary city of light. You could then use that section to build on for other areas, and eventually the fifth-dimensional energy could encompass the whole city. Once we have twelve nominations for planetary cities of light, we will then activate the cities in the workshop. Now how does the activation occur? The activation will occur at the base of Mount Shasta, which is one powerful etheric crystal. That energy of Mount Shasta can then create a downloading of light. We want, if possible, people who are from these planetary cities of light to be present when we are at the workshop at Mount Shasta on 10/10/10 so that they can then receive the energy.

### **MODELS OF PLANETARY LIGHT CITIES**

Let us use the example of Taos, because Taos is going to become a planetary city of light. We highly recommend Taos, because it is in a perfect position. There will be people from Taos who will be at the workshop, but there will also be Group of Forty members who will be in Taos at the same time. This will create a powerful link so that we can transmit energy from the Mount Shasta workshop to the Taos planetary city of light, activating Taos. These people in Taos at that time will be strategically placed around the city. Remember, we will be operating in a system in which there is a time window of thirty-six hours, so the workers do not have to be at the planetary cities of light at the exactly same time that the energy is transmitted from Mount Shasta. We will, however, still announce the exact time when we will be transmitting the energy to these cities.

This model for the planetary city of light energy-creation field was demonstrated at the downloading of the first crystal at Lago Puelo National Park many years ago, in the Argentinean region of Patagonia. Perhaps the Lago Puelo ceremony is known to many people. For the downloading of the first etheric crystal, the Argentinean lightworkers worked around the whole lake. When the etheric crystal was downloaded in Lago Puelo, in Patagonia, they had created a veil of fifth-dimensional light around the lake that actually then made the lake itself like a city of light. Even today that lake holds such powerful energy because both that lake and that crystal are the foundation for all of the other eleven etheric

crystals; it was the first etheric crystal. You can therefore understand what a powerful foundation and energy field is around Lago Puelo. We are asking the channel to return to Lago Puelo in February of 2010 in order to reactivate and experience the energy of that city of light around that lake.

The next important task is to activate twelve planetary cities of light on the Earth. Remember that these twelve planetary cities of light do not have to be equidistant from each other. It is not necessary that they be strategically placed so that they are all balanced, although that would be great. Instead, we are looking at the holographic energy, and the geographic placements of the cities do not need to be in a certain pattern. It is more important to choose cities that can meet the criteria of high energy and cities that have people who can work to receive the fifth-dimensional energy at the sites. We are looking at the holographic Earth. It also would be helpful to have workers at the sites of the planetary cities of light during the 10/10/10 time, because this will make the experience even more powerful and help us to activate this energy.

### **CREATING CORRIDORS OF LIGHT AROUND YOUR HOME**

What is it like to tune into a planetary city of light? It enhances everybody's energy field. It actually can enhance your health. I know that people have always been interested in geographical moves and where to live for one's highest good. Obviously, it is very helpful, when possible, to live in a planetary city of light. Remember, however, that you still can have corridors of light around your home. Some people have asked: "Can I make a planetary city of light around my home?" I would say that you could send the planetary city of light energy into the corridor around your place. In order to do this, you could still link with us during the 10/10/10 time. At a minimum, place five crystals around the perimeter of the area that you wish to connect to a planetary city of light. You can also make a corridor around your home so that it can receive this fifth-dimensional energy field from the planetary cities of light.

You can also create the veil of fifth-dimensional light that is used around the planetary city of light around your own home. It is easier for you to maintain the planetary city of light around your home, because you have better control of who enters and what you do in your place. Even a beautiful city like Taos will still require people to work with the fifth-dimensional energy field of the planetary city of light to keep it built up, strong and sacred.

We are creating sacred areas on the Earth that are fifth-dimensional, and these areas are going to be the New Jerusalem in reality. The New Jerusalem is not going to be just one city, because the Jerusalem energy is multidimensional. The New Jerusalem energy is fifth-dimensional and it is going to be accessible to many different places on the planet. Yes, it can include the physical city Jerusalem, but the New Jerusalem energy is also like the messianic energy, and messianic energy will be available to everyone who is in alignment with the fifth dimension.

## SISTER CITIES OF LIGHT ON OTHER PLANETS

Finally, I want to discuss the idea of cities of light and their corresponding sister cities on other planets. We will be getting more information about how to work with the sister cities on other planets in order to help to keep the planetary light going. You have sister cities now, for example. One normal city in the United States might have a sister city in Germany, for example. The idea is

the interchange of energy between those two cities. So it is that you can have sister cities of light working for you on other planets.

We will be elucidating all these matters. You are all great lightworkers, and you are coming into greater abilities in order to be planetary healers. We are ready to introduce the next major transformative step for the Group of Forty. I am Juliano. Good day. ✨

# To Remember

## The Council of 12 through Selacia

*This article comes in response to requests for perspective on the 2012 window with its revolutionary changes. As The Council of 12 speaks about here, we want to utilize the opportunities of our current crossroads to shift ourselves and the planet into a place of light. They reassure us that this is not only what we have come to Earth to do, but that we are indeed in the process of doing it. Throughout their recent messages, they have given examples of this, with reminders of some practical steps we can take to get from A to B.*

**W**hen you look back on these times in the years to come, what do you want to remember? Will you think of these pre-2012 moments as having been a time of great opportunity? Consider the kinds of opportunities that are present right now. Imagine how even one of them could help to shift the Earth into a planet of light. Picture what your human experience would be like then.

### EXAMPLES OF YOUR OPPORTUNITIES

**Hidden knowledge is being uncovered.** Ancient teachings about the nature of life, universal laws and how to become free of suffering are moving out of secrecy and exclusion. Until recent times, this knowledge was limited to select groups of people. If you were not fortunate enough to be born into the optimal conditions to receive the teachings, you could not benefit. Today, you as a spiritual seeker can discover and utilize these ancient myster-

### KEY POINTS

- Remember that these times of transition are a crossroads of opportunity for humanity.
- Look beyond surface appearances and distractions of everyday life, and you will see that the changes you are helping to create are massive and amazing.
- Become inspired to create a life worthy of remembering, using your next present moments to constantly form a new way of being.

ies. You can read books, learning from the great sages who lived long ago. You are able to participate in sacred spiritual teachings, receiving the wisdom of esteemed spiritual lineage holders and other adepts. You have the ability to access a wide range of views, deciding with the help of your own heart's wisdom what is true for you. You can learn to uncover your own secrets too, bringing lifetimes of dysfunctional patterns that have kept you feeling small into awareness and healing. Imagine how resolving even one of your major obstacles could help you become more self-realized.

**Change is faster.** During most other phases of humanity's development, a person could not progress as rapidly in a single lifetime as you can now. This slower momentum of change meant that you were much more limited. You could plant seeds for your enlightenment, and while you certainly might see them come to fruition in some other lives, your progression in the typical life span was minuscule compared with the way it is now. Your path of spiritual awakening is no longer measured by a third-dimensional yardstick.

**The old is quickly crumbling beneath your feet.** The old, outmoded structures and ways of being are rapidly falling away. Remember that these are the pieces of your society that do not function. They are not in alignment with where you want to be. The dysfunctional cannot remain if you are to create a more light-filled world. To be sure, the rapid disintegration of the old, nonworking order can be scary and disorienting. You haven't lived through this much shifting at one time before. However, you are now waking up to your true role as a divine changemaker. This means that you are remembering that you are divine and that you are purposely here now to make the needed changes. As you and others do that,

**SELACIA**  
Santa Monica, CA  
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you help yourselves and your world to move into enlightened consciousness.

**You now have tangible evidence of connection.** Your ancestors did not have the benefit of living in such a small world. It hasn't really gotten smaller, of course: Your awareness of yourself vis-à-vis others globally is what has shifted. You can thank human technology and ingenuity for helping to close the gap. With global communications and speedy travel to most locations across the planet, you now can tangibly feel your connection with others. It is these expanded levels of connection that can help to foster the changes you and others seek. The more that people understand the intricate, connected dance of life, the greater the likelihood of partnership. You have jumped into the deep end. It really is okay, though; you have plenty of company. You can join with other lightworkers in community, finding innovative ways to solve the seemingly unsolvable.

**Humanity is at the crossroads of the greatest shift of all time.** There is nothing like a crisis—or, better yet, the current crossroads—to move people out of complacency. The kinds of progressive changes involved with the great shift will not happen when you are complacent. Different choices are made when you wake up to the understanding that you want changes and that you are at a place of choice. You make these alternative choices when you begin to feel empowered and decide to act from a place of empowerment. Positive changes happen when you see the truth of what you and others have created, understanding that new choices must be made. The more that you can honestly face the truth of what is occurring, the more quickly you can discover solutions for roadblocks. As you do so, your understanding of humanity's crossroads takes on a new meaning, and you can find a way to become optimistic. Embracing optimism rather than pessimism, you vibrate at a higher frequency. This shift helps you to be a potent, divine changemaker.

These are only a few examples of the countless opportunities you have at your fingertips because of being alive now. In order to fully appreciate them and benefit from them, you will want to regularly contemplate the big picture.

### SEEING THE BIG PICTURE

It is normal, when coexisting with such great opportunities, to sometimes forget the larger view. If you are like most people, you have plenty of anxious moments about the amounts of change occurring. The sheer speed of it may make you dizzy. You may sometimes feel smothered by the magnitude of input you regularly receive on numerous fronts. Perhaps you doubt your ability to get your own answers. You may question whether you can accurately access your heart's wisdom.

Go gently with yourself: This is what your heart would tell you to do. Your heart knows your deepest longings, even beyond those you consciously recognize. It knows what is in your highest good. Your heart understands your challenges, your resistance to changes and your potentials to succeed

with what you came to achieve in this life. When you listen to your heart, you can move out of your black-and-white thinking and into a place of clarity. From that place, you can remember what is truly important. Recognizing that in each situation, you can move out of stress and into balance. You can then connect with the opportunity at hand with a sense of empowerment.

To consider the big picture means looking beyond surface appearances and the minutia of day-to-day life. The changes you are helping to create are massive. They touch upon every part of your society. They affect how you and others relate to one another, and they are connected with a brand new paradigm of what it means to be human. The shifts underway go to the core of who you thought you were. You are being asked to reconsider your false notions of reality and your role in it.

### CREATING A LIFE WORTHY OF REMEMBERING

If you could see yourself as Spirit sees you, there would be no doubt about the importance of this life. You would understand why it's so vital that you wake up fully and walk the Earth like the divine being you truly are. You would be inspired to make your best efforts to create a life worthy of remembering. You would know the potency of using your next present moments to masterfully create a new way of being. The following is a checklist for creating in the new paradigm ways:

**Set your intention daily to be receptive to new ideas.** Ask for divine guidance to help you uncover and heal more of your dysfunctional past. Find out what the troublesome situations you see or face personally can show you about yourself. Be willing to look at and act upon what you see.

**Remember that change is a natural part of life.** More changes are happening now because you are living during the time of the greatest shift of the ages. Decide that you will make change your friend rather than your enemy. Give yourself permission to learn from what is not working and to let it go without a grudge or fear.

**Reach out to help at least one person daily.** This can be a stranger or someone you already know. Do this without desire for reward or acknowledgement.

**Take a few moments each day to connect with someone you know.** Invite a dialog with this person, sharing as genuinely as you can. Remember to listen with single-minded attention to this other person. You can do this by being in the present time and by tuning out the chatter of your inner and outer world.

**Set your intention that you will learn and grow from your interactions with others.** Allow your relationships with other people to help you to embody and express more love in the world.



As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are The Council of 12. ✻



# The Enigma of Grimes Point: Time Gates and Time Warp in the Tahoe Vortex

## Archangel Metatron through James Tyberonn

*Grimes Point.... Spirit Cave Man's remains are now the focus of worldwide excitement and a national controversy. The man does not resemble American Indians, anthropologists say, and he may represent an unknown racial population already established in North America before ancestors of the early Native American Indians arrived."*

— Frank X. Mullen, Reno Gazette-Journal

**G**reetings. I am Metatron, lord of light, and I greet you all within this precise vector of timeless space. I embrace you in unconditional love: love that is geometric, love that is scientific, a love of immeasurable sacredness. Love is the source of all. It is not an emotion; it is an omnipotent resonance. The source of power that enables your present consciousness has never been physical, and where I reign, there are many divine beings of light not even aware that such a physical system as yours exists. Does that surprise you?

Divine intelligence and sentient consciousness existed long before your Earth was formed. Consciousness is the engine of all creation—all matter and antimatter—and it forms many other realities besides your Earth. It is, again, your own viewpoint that is presently so limited that it causes you to perceive physical reality as the rule and mode of existence. Your academics look for life on other planets within your solar system and, because they are different from your Earth, assume that no life exists upon them. We tell you

### KEY POINTS

- The ability to become unfixed in time and to even navigate within it has a succinct utility that serves the integral healing of the whole self within multidimensionality.
- Certain areas on your planet, such as Grimes Point, make accessing the time holograms and multidimensional aspects somewhat easier because of the unique frequential energies that these portals emit.
- The ability to navigate and change time, however, can be achieved at any point through the merkavah. "Scripting your future and changing the past remains one of the final challenges for many of you, and no time is more potent than now."

that not only are they teeming with life, but the planets and stars—even the space particulate between them—are themselves all conscious beings. Even the void is alive. Physical life is the exception, not the rule.

The physical system in duality is a purposeful illusion: you are dreaming the dream of humanity. You are powerful spiritual beings wearing filters, divine sparks of Creator source attending the university of Earth. Accept this axiom and, from your viewpoint, try to understand the greater realities that exist beyond your physical perceptions, and they are many. Love is the building block, the core DNA of everything.

### TIME WARP AND AREAS OF TIME DISTORTION

*Last year I spent time at a very unique power node called Grimes Point, located near Lake Tahoe outside of Reno, Nevada on the border with California. The area is covered in very interesting petroglyphs and is recognized by some Native Americans as a doorway to Star Nation. A cave exists in the area that has very interesting energies. I spent some time along among the rocks and soon went into a meditative state that felt very similar to the effects of ayahuasca. I felt as though I had passed outside of linear time into a time void. The physically visible surroundings had a wave-like haze, and I sensed an electrical pulse in the land. Can you speak about this area? Is it an area of time warp?*

Grimes Point is indeed an area of time distortion. That distortion occurs on several levels. The first is due to a gravitational flux that rhythmically occurs in the specific area. The very gravity distortion also affects the space-time continuum in the area and creates a dimensional aperture field very similar to what occurs in the poles.

*There are Native American stories from the Paiute Tribe and a report from a physician in the 1940s of underground cities in this general area. Can you speak of this?*

We have spoken before of the civilizations and colonies that exist within the inner Earth and have discussed the vast underground network of tunnels and caverns

**JAMES TYBERONN**  
[www.earth-keeper.com](http://www.earth-keeper.com)  
[tyberonn@earth-keeper.com](mailto:tyberonn@earth-keeper.com)



spread across your planet. These were originally constructed by the Sirians and Pleiadians and utilized extensively by the advanced Atlanteans. Those you think of as the Lemurians inhabit many of these chasms below the areas of Mount Shasta, the Grand Tetons, Arkansas and are extensively present in the Grimes Point, Mohave Desert and Death Valley regions of the United States.

These underground areas exist; they are not folklore, but rather a fact of dimensional overlay in the unified field. While there have indeed been random incidents of discovery of these caves containing tunnel networks and evidence of past civilizations and bases, these have been disavowed and sealed and their discoverers discredited.

The caves at Grimes point are indeed an entry to the Atlantean tunnel system, but what primarily occurs in current times below Grimes Point is a massive portal.

Specifically because of its unique frequencies, this area is an entry point to the inner Earth bases used primarily by the Pleiadians. While this sounds fantastic and unbelievable to many, it is quite true. Your primary origin is in fact from the Pleiades and Sirius, yet despite overwhelming evidence, it is largely dismissed as delusion by humankind. You are of galactic origin and you coexist in multidimensionality, just as these very races you deny exist.

### ENTRY POINTS TO INNER EARTH

You speak of Paiute legends, and in fact most of the indigenous tribal peoples recognized what they termed the "Star Nation" in their stories. Many of their languages include names for the Pleiades, and the Lakota, Havasupai and Navajo all reference the Pleiades and Sirius. The Havasupai refer in legends to spindly, blue-gray "ant people" who took them into underground refuge cities during the first and second Atlantean deluge. These were indeed the Lemurians and Sirians. It is understood by your geologists that this area was under water 12,000 years ago.

The human remains of what you term the "Spirit Cave Man" found in Grimes Point is an enigma to your anthropologists. Your current technology ages the remains to 8400 B.C., and yet the greatest mystery is that the remains are not of the indigenous race at the time, but rather of a small human with Caucasian characteristics.

*So is Grimes Point an entry point to the inner Earth?*

Indeed, it is, one of many. It is directly connected to the Agartha city under Mount Shasta and to the vast underground chasms below California, Nevada, Arizona, Arkansas and Wyoming.

### INNER EARTH INHABITANTS

*Was the discovery of the cave reported by Dr. F. Bruce Russell an actual event? Did it occur? He spoke of finding mummies of nine-foot men with red hair and geometric symbols.*

The cave was found and does exist. There are many discoveries of what you term giants all over the planet. The

ones found in Nevada and California are of the Atlantean race of tall beings with golden skin and often blond or reddish hair. The people from the golden race of Atlantis were typically nine to twelve feet in height. The Aryans of Atlantis were Caucasian in appearance and between five and six feet in stature, as was the red race of Og that became known as the Native Americans. The Mayans, Iroquois and many others can also trace their origins to Atlantis.

While we have no desire to get into what you term conspiracies and secretive policies, portions of your government have been in liaison with certain extraterrestrials and the inner Earth Lemurians for most of the past century. Some of this is actually benevolent work, while some of the work is focused on secretive technology advancement. It is not our mission here to delve into this, other than to tell you that in the near future your extraterrestrial connections will be much more apparent. But again, these connections were commonly recognized without fear by the indigenous peoples of many cultures.

Many of your campestral tribal societies interacted openly with starbeings and the inner Earth Lemurians, and yet the interaction between them was focused on teaching and assistance. While your government is in contact with these beings now, the inner Earth Lemurian civilization currently has no desire to intermingle with humankind. These are tranquil beings, highly spiritually advanced, with no religion other than recognition of the divine. They are on a separate course from that of humanity and very near the completion of their cycle. When you develop the inner ability to raise your frequency, you will discover the ability to interact with all divine intelligence. You will discover your true origin, your true purpose and multidimensional nature. You will discover that you are the extraterrestrials: You are the star beings, the dolphins, Atlanteans and Lemurians.

### TRANSLUCENT WAVE FIELDS AT GRIMES POINT

*Thank you. Back to Grimes Point: The petroglyphs there are quite interesting. Many of these show what looks like wave oscillation and zig-zag patterns. Were these symbols of a specific meaning?*

Those are petroglyphs from varying time periods and ages. Some are simply ceremonial. The ones that are of the wave oscillations and zigzags are symbols of the time and space distortions that the post-Atlantean inhabitants of the area felt and experienced in that region, for it is indeed a most poignant area of gravitational anomaly and thus time-space dimensional concentricity. As you discovered firsthand while meditating there, the area exudes a translucent wave field, similar to the mirage you see when observing heat rising from tarmac roads in the height of summer. You see, the veil that separates realities is very thin at Grimes Point. Actual scenes and ongoing events from other worlds and timeframes can be visibly seen and psychically perceived quite easily here at certain times. The electromagnetic bolts that are indicated by the zigzags and the wave oscillation petroglyphs are clear signals of what occurs in

the area. The concentric circles and spiral patterns indicate the vortex portal of the area—the entry into what the local inhabitants termed the spirit world. All are quite tangible at Grimes Point and visibly and physically apparent in terms of the gravitational anomalies and time distortions.

The caves in the area were and are used at various periods as entry points for the Pleiadians, and these energies are quite powerful. During specific periods, one can truly access greater portions of multidimensionality in such energies as Grimes Point.

This energy was recognized by the indigenous peoples as a doorway to other realms because of its unique energy field and its resulting effects on the human visitor. These effects are many, and the adept can employ this energy for the retrieval of the integral self and for healing and changing the past and future. The various dimensional realities of the self merge into the overall perceptions of the whole self. There is a constant subconscious interchange of information between all these layers of the whole self, and this is an extremely important process. It is somewhat easier to enact this healing integration within the concentric dimensional overlays of areas like Grimes Point, where these energies are quite available to the seeker.

### MULTIDIMENSIONAL TIME

The energy of Grimes Point creates a time anomaly, as do certain other locations on the Earth. Some are recognized, others are not. Time is a created illusion, and gravity, Earth spin ratio, electromagnetics and celestial alignments are components of its unfolding. Time, as you perceive it, is simply that: a perception. We assure you that time truly does not exist beyond duality in the linear manner that you believe. Even within the filtered lens of duality, there are certain areas of dimensional overlay that occur on your planet in which striking time anomalies can and do occur. You see, there are many earths that exist concentrically within the space that humankind perceives physical Earth to occupy. Frequential mechanisms connect these overlays of parallel dimension, creating gateways to other timeframes and realities that coexist differently within these unique areas.

From the greater aspect, therefore, time as you know it does not exist. Time and space are intricately connected aspects of the same mechanism. Space, in a manner of speaking, is congealed light held in a matrix format within duality that allows for the separation and unfolding of the illusion of trapped or sequential time metrics.

To explain it in your present-day computer analogy, space and time are sub-programs of digital-dimensional light. Space-time, then, is a holographic server that can simultaneously store many different files and subfiles within its storage capacity. Just as there are locations within the stages of computer access that allow you to see all of the programs and files and navigate from one to the other, so there are locational vectors on the Earth program that anchor the holographic dimensional gateways that allow access into other metric/matrix files of reality and time formats.

So as you live this present life in the perceived time of today, you also live all your existences at once. Time programs are holographic, manifolded and coded in certain areas, especially the Polar Regions, containing gateways or multi-program access.

### TIME GATE VECTORS ON EARTH

The area you currently call Grimes Point, near Lake Tahoe, Nevada is one of these. Within this area are many overlays of energy dynamics. It is indeed a portal, but we will say an open-ended portal that is not just a wormhole in space to other points in the cosmos, but also—and especially—a unique gateway to other dimensional aspects of what may be termed the holographic omni-Earth program or a time-gate vector. It is one of many coordinate points on your planet that contains time-code scripting within itself. Such coordinate points are anchors that peg each reality to the physical worlds—the omni-Earth—and so within this concentric overlay vector, other time programs and other dimensional realms can be frequentially accessed more easily. The ancient adepts knew this, and it was certainly experienced to varying degrees by many of the indigenous peoples of the area.

Time gate vectors are not the only means to access other realities—indeed, such access can be achieved in myriad ways, including the crystalline energies of the phi resonance in deep meditative states—but what is different in the time gate vector coordinate points is that the omni-Earth time program itself is anchored, to use a simplified explanation, to certain aligned points that occur on your planet within certain frequential matrixes. These are very unique in purpose and differ from areas such as Titicaca, Arkansas, Grand Tetons, Shasta and Roslyn that are primary celestial star gates. In the former, one accesses other realms—other epochs, other programs of terrestrial time—whereas in the latter, one travels to other dimensions in space. Do you see the difference?



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*Are you saying that Grimes Point and other such time gate vectors allow for or enhance the ability to travel in time?*

Yes. But let us be clear: It is better to say that all programs of holographic time programs coexist more clearly and more tangibly within such points. That does not mean that when one walks into Grimes Point, that one will disappear from the present and materialize into a future or past program; rather, it means windows into other time-sequence frames are (more) accessible here. But we will indeed tell you that materializations can and do occur quite intentionally here, and occasionally by accident. We will tell you those more technological civilizations—both from the future and past in your terms—who understand the very real science of time travel, chose such time gate vectors for entering other epochs for various purposes. Indeed, this can, has and does occur.

### **THE STATE OF TIME TRAVEL**

Time travel has occurred in both your future and past. Although there are instances in which people have temporarily passed into different time holograms, there are very few cases where the transition was permanent. Your Admiral Byrd did, in fact, temporarily view a very real transition into a different time epoch during his polar flight. Most of the flight disappearances that are so publicized over the Bermuda Triangle were not permanent transfers. Time disruption did occur, but the airplanes did not fully disappear into another epoch of time. Instead, they were caused by related instrument malfunctions that created misdirection and radio silence, and the disappearances were simply crashes into the sea.

Some of your governments that are working classified in tandem with covert corporations have already developed crude mechanisms of time travel. These are not yet at a truly manageable level, and the stress that results on the human “tempornaut” is considerable, aging the human body approximately seven to ten years on each journey. At present, they are only able to move forward in time about twenty years and are unable to navigate into the past. In time, when the apparatus is converted from utilizing magnetic forces to crystalline bioplasmic fields, this will be improved considerably, and time navigation will be deliberate and not by random mishap. Optimal time navigation occurs merkavically through a consciousness refined bioplasmic field, and while it is certainly aided in terms of the time vector by crystalline apparatuses, it is primarily operated by the light-consciousness of the traveler. Many of you time travel in dream state quite often, and therein lies the key to how it will be optimally done in expansive conscious states.

There are indeed laws of physics that apply to how time and space are navigated interdimensionally, and in time, the seemingly apparent boundaries between past, present and future will be better understood as filtered illusions caused by the limitations of dimensionality perception that humankind can physically perceive in duality. It is indeed these single-lens filters that create the linear illusion of a sequential unfolding of time. This, then, is precisely the reason humankind believes that one moment exists and is gone forever and

that the next moment comes and, like the one before, also evaporates into the great elusive mist of the past. We tell you that everything in and on the omni-Earth—and indeed the multiverse—exists at once, simultaneously, and the programs that separate time-epoch files on the omni-Earth can be navigated. The past, present and future only appear to those who exist within three-dimensional reality.

### **THE PAST IS NOT FIXED**

As humans in duality, you take it for granted that present action can change the future, but present actions can and do change the past as well. The past is no more detached or uninvolved from your present than the decisions you make today. We share a great truth for you to ponder, and that is that everything you do affects your past, and you can accordingly remove what you may term traumas and mis-actions that occurred years ago or lifetimes ago from your present stance. Furthermore, all of you are required to do so! The electromagnetic, crystallographic portals within the human brain are forged and mantled totally and completely by each of you, and uniquely so. The probable past can be changed, and such changes are far from uncommon. These changes happen spontaneously on a subconscious basis. You can now learn to do this consciously.

The past and future, as you believe them to be, exist as a series of electromagnetic receptors held in the crystalline portion of the physical brain and in the nonphysical mind within the ultraviolet field. These electromagnetic codings can be changed and are, in fact, in constant flux. You script your destiny, and your destiny is not a linear, one-way dynamic. Your creation of your past is just as important as the creation of your present and future. The past, then, is quite malleable and no more fixed than your future. Now, your mental process and beliefs create your past, and there are as many valid versions of the past as there are of the future. We tell you that if the next generation were all to be taught from an early age that the Roman Empire ruled the world until the seventeenth century, that past would indeed become a reality, and evidence would be found to confirm it. It would be a completely different past from that which the older generation constructed, but both of them would be true. Both would be separate yet valid files within the holographic programs of time.

The linear aspect of the past is rarely what you remember it to be. In fact, you constantly rearrange your memory of the past with the experience of each new moment, each new occurrence. It is a constant metamorphosis from the instant of any given experiential event. Your hypnotherapists are aware that pseudo-memories of fictitious or altered past events can be implanted in the minds of humans through deep state inducement, and in a very real sense these memories and they way they affect the subject's present become quite real. So it follows to reason that the future, present and past are always re-created by each individual as beliefs, attitudes and associations evolve and change. Take note that what occurs is a real-time actual re-creation, not a meta-

phoric one: The changes you make are quite real. The small inner child is still within the adult human as you progress in years, but that inner child is also dynamic, not molded into a permanent version that remains as it was. The child within the human constantly changes every day, as does the teenager, young adult and elderly you in your future.

### RESCRIPTING THE PAST

Accordingly, it is now incumbent upon you, as you enter the ascension energies, to grasp the power of now and to realize that you can and must change the past, your individual past, from the stance of now. Within the now, you can merkabically convert to the merkavah and, as such, gain the controls of all within our multidimensionality. That is a sacred universal truth, and that truth expands when you enter into it. It expands into power that allows you to encompass the fulcrum of cocreation in the singular moment of now, above linear time and holographic sojourns within time in the omni-Earth.

Personal issues and blockages can, and do, arise when appropriate evolvment of the past is stymied and not allowed to spontaneously take place. In some scenarios, serious neurosis occurs precisely because an individual has not changed his or her past. As an example, the channel has some close associates who at times sense a great panic of claustrophobia and paranoia in large crowds. He is aware that this is due to a traumatic bleed-through from the associates' past lives in which they remember escaping the chaotic rampage of Athens with children in hand, hours before the invading Turks destroyed the city—literally leaving all behind and running in terror for their lives, with children in tow.

Now we tell you that many of the souls that were drawn into this experience in Athens were pulled into the reenactment because the trauma they felt when desperately attempting to escape the shaking earth of Atlantis along the land bridge that connected to the Yucatán created such an electrical charge in their multidimensional self that it became a recurring energy.

Such is the power of extreme emotion and fear. The law of attraction works in all of your Earthly sojourns: Any event can bleed over into another and attract, by its intensity, similar experience.

This is a perfect example of past life trauma occurring and osmotically affecting the present in the simultaneous now. If that probable past is faced and deliberately changed, it can and will eliminate the panic disorder and the resulting neurosis. It does so by changing the past. When you rescript your past and change the experience of the past, the fear behind it is eliminated. It is as if the trauma never occurred, and that is exactly what happens. This is but one example.

So regardless of the specific details, all of you have traumas in the past that can and will be altered in order for you to gain the perfection required in enlightened cocreation. Do not be dismayed. This is quite doable and, on a subconscious level, you have done it many times in dream state. We assure you that it can consciously be done in the merkavah within the

now, and precisely because the past, present and future exist simultaneously, there is no reason why you cannot react to an event and alter it—whether or not it happens to fall within the limited scope of reality in which you normally participate. You have the ability to remove trauma from the past at any time, and from an overview, that is the completing portion of the lesson of why you chose the experience in the first place.

### TIME-DIMENSIONAL PORTALS

Now the Lemurians who escaped the islands of Mu by going into the inner realms of the Earth did not simply do so by spelunking. They did not suddenly finding a cave and venture deeper and deeper into it until they stumbled upon a vast inner world chasm. They entered into a different program of the omni-Earth by gathering in a dimensional time gate coordinate portal and raising their frequency through intent and self-mastery in order to shift into another hologram. This process was also followed, in a far more scientific protocol and technique, by the Atlanteans of the Golden Era, and for a different purpose. The Lemurians relied primarily on natural time gate vectors, whereas the Atlanteans had sophisticated devices and crystals that created time gates. Yet both required mastery of the self to raise the vibratory level to different frequencies.

Many humans have experienced the dimensional gate aspects of Shasta and the Grand Tetons and have read of the exploits of Guy Ballard, Founder of the "I AM" Activity, with the beloved Saint Germain and the Ascended Masters in the etheric light cities above and inside these mountains. In truth, these light cities are neither above nor below in a directional sense, but rather separate programs occurring in the same spaceless space and accessed by dimensional portals anchored to the specific energy matrix of these locations. These areas, these etheric light cities, are very key coding points on your planet. All of you will, at some point, spend time within them. Consider them graduate schools. There, access involves the same mechanism as time gates. You would do well to visit these areas and exercise consciously what you already know how to do in subconscious dream states; indeed, you visit these areas quite often in dream states.



The ability to become unfixed in time—and indeed navigate within it—has a succinct utility that serves the integral healing of the whole self within multidimensionality. Certain areas on your planet make accessing the time holograms and multidimensional aspects somewhat easier. Grimes Point, Grand Tetons, Arkansas and Mount Shasta are among the most potent of these. This is due to the frequential energies that are exuded within these portals. Yet it can be achieved merkavically at any point; no event is written in stone nor predestined. Any given event can be changed—not only before and during, but also after its occurrence. Scripting your future and changing the past remains one of the final challenges for many of you, and no time is more potent than now. I am Metatron, and I share these truths. And so it is. \*

# PREDICTIONS

Don't let the prophecies, ancient or modern, trap you in a box of fear and futility. Change the dance by becoming the light that you are — the light that continues through and beyond the box into the adventure of forever.

## Make Life Your Business

Stephanie Clement

**T**enacity can be fun! It moves you from novice to expert when you strive to learn anything new. When you align your goals with your spiritual aspirations, you find that work brings joy into your daily activities.

As we approach Thanksgiving and the winter holiday season, we sometimes stress out about the wrong things. We see previous holidays through rose-colored glasses and we strive to make the present bigger and better in every way. This year, you may want to try a different set of goals.

### CASUAL FOR THE FIRST WEEK OF NOVEMBER

Arrange settings based on the planets. Saturn and Pluto square each other all month. Accept their challenge! Use the intense, sometimes harsh energy to move projects forward at work and at home. While others are frantically buzzing around, work your own program. On November 1 you sense an argumentative tone in the environment. You can shift that tone toward expanding opportunities by talking about the possibilities and not the down side, regardless of the situation.

On November 2 romantic encounters are possible for almost everyone if you are paying attention. So employ friendly conversation, warm greetings and smiles everywhere you go. Your psychic antennae pick up on love easily, but you may not act on your insights until November 4 when Neptune turns direct. Then let your imagination run wild.

When Mercury conjuncts the Sun on November 5, verbal exchanges are matched by intellectual wheels turning in high gear. Let's hope your thinking switches on before your mouth opens. This way you can avoid any disagreeable tone in your voice.

On November 7 Venus enters Scorpio, underscoring the romance and magnetism that started on November 2. You want to look your best, but remember the key to this week is casual. Don't

overdress for any occasion. This way you won't stand out among the crowd, and you will be able to work the room skillfully without drawing attention to yourself. Adapt to the psychic undercurrent and find someone who shares your emotional mood each day.

### CAREFREE FOR THE SECOND WEEK OF NOVEMBER

Even in the midst of an economic crisis, you can plan and execute holiday activities that don't break your budget and fulfill many of your dreams. Planning ahead is always a good idea when selecting holiday gifts and preparing for parties you give or attend. Begin the week with detailed attention to wardrobe and accessories. Tight budget? Organized shopping can be a mental exercise. Try to buy one or two items that will combine with what you already own to produce a new look. This may not be the year to get the very latest Italian shoes, but you might find a perfect piece of vintage clothing or jewelry that accents your appearance and produces a unique look.

Get together with a female to assess your hairstyle and makeup. Yes, guys, even you could try just a touch of something to enhance your appearance. When you dress up your look, you automatically feel brighter and more comfortable at social events. You also share your comfort with others who may be ill at ease.

Be ready on November 10 to offer advice or healing words to someone who can't quite handle what life is throwing at him or her. Optimism in your words and tone is not lost in sorrowful moments. Joy transforms grim moments—it's okay to laugh or share a humorous story.

Insights flood your awareness on November 11. Your intuition is focused, and you can feel psychic vibrations if you pay attention. When you medi-

Stephanie Clement  
stephanieclement@a.com



ASTROLOGY FOR SOUL EVOLUTION



tate, you sense the power of your insights increasing. A simple touch may provide healing energy to the people around you from November 11 through November 13.

Mercury enters Sagittarius on November 15, bringing a strong shift in the direction of communication. Now, recall other times when you were at peak mental flexibility. Remember what that felt like and embody the sensations. Tighten your intellectual focus so you can respond to financial or other problems with clarity. Devise unusual solutions to problems. The key is to gain a carefree holiday attitude without excessive spending and without trying to make everything perfect.

### COMFORT FOR THE THIRD WEEK OF NOVEMBER

Your careful planning last week pays big dividends now. You are ready to send out your invitations, accept those you receive and know that you can be a happy guest, if not the life of the party. Self-control now will benefit you later. Consider how much better you will feel if you limit food and alcohol consumption. Try this strategy: Don't leave home hungry. Even if you know there will be a big spread, eat at home first. Choose salads and proteins that satisfy your appetite without packing in the calories. Then at the party, you can choose smaller servings of anything you want without feeling guilty. This tactic also keeps your mind and body running at optimum levels so you don't feel a sagging sensation before dinner is served.

Choose clothing from your closet, not the designer boutique. What color reflects your inner sensibilities? Wear that color or use it to accessorize. What gemstone helps you to retain the serene attitude that will carry you through each day? Wear that stone or carry it in your pocket or purse. What cardinal direction draws your psychic attention now? Place a seasonal decoration there to remind you of your spiritual roots and values.

Get ready for romance on November 19. You may spend time with a current partner or meet a dynamic new love interest. Or you may simply dive into work projects with a renewed love of your work. Whichever way this energy goes, you feel drawn toward someone or something and can devote your attention wholeheartedly. Rely on factors that are already in place. This is not the time to revolutionize your life! As you connect with spiritual images or phrases, note which ones particularly grab your attention and study them later.

Tune your mind and heart to receive wisdom on November 22 as the Sun enters Sagittarius. Pay attention and make a note to yourself to remember the feelings and ideas that pop into your mind today. With the Moon in Aquarius and the Sun in Sagit-

tarius, figure that your emotions and your personality will synchronize to take advantage of a lucky chance of some kind. You can speak freely about your philosophical ideas today and expect a lively conversation coming back at you.

### COMPASSION FOR THE END OF NOVEMBER

With the energy of the Sagittarius sun between Saturn and Pluto, you find that you have greater influence over events this week. Your insight into the needs of others increases. You become aware of the right things to say and the right action to take to soothe situations close to home and other situations at a great distance. This could be evidence of your developing psychic capacity to send healing energy and thoughts to others.

Expansive, compassionate thoughts take over a large part of your mental real estate on November 23. As you approach the Thanksgiving holiday, you feel truly blessed and fortunate. Challenge yourself to share these feelings with others. You can create significant benefit through thoughtful acts that cost you next to nothing, but live in the memory of the people you serve.

Take time out on November 24 to check your list and make sure you are all set for the holiday weekend. Shop early in the day if possible to avoid crowds. Stock up on items that may go fast when your family and guests arrive to watch movies or play games until all hours of the night. Be on hand with comfort food—the Moon is in Pisces after all!

Arrange time on November 25 to rest and heal yourself. Relax. Dismiss the thought of doing everything perfectly. Accept what you have prepared and rest easy in the knowledge that everyone will enjoy whatever events you have planned. Romance becomes a possibility today. Take time off for dinner with your sweetie, away from the cares of life. Dual massages may be in order.

Expect lively conversations on Thanksgiving. If family members are far away, call them. Serve up funny stories to your guests along with tasty treats. A female has psychic flashes that may affect your mood. Provide creative interpretations. Sometimes a dark dream accompanies a simple message just to get your attention. The message is one of hope and harmony.

Time for a deep breath on November 27 before you turn to the next emotional onslaught. Use this time to regather your strength and power. Listen to your favorite music and relish time in the shower to cleanse your aura and rinse off tension. On Sunday, November 29, you get some big news—very fortunate conditions arise to greet you now. Superb healing is possible when you communicate skillfully and remain open to feedback.



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BY STEPHANIE CLEMENT



**November 1–7:** Working with a partner now produces superior results. The two of you have the intelligence and experience you need to accomplish your goals.

You also challenge each other in creative ways to utilize physical, emotional and spiritual power to benefit others. When Venus moves into Scorpio on November 8, you both recognize that you deserve a treat to celebrate your success. Chocolate immediately comes to mind. If that is not your thing, then some other prelude to intimacy will work just as well. Supportive efforts carry you through tense moments now.

**November 8–14:** Philosophical conversations reveal shifts in your thinking that reflect recent acceptance of new personal values. The power of concrete information pervades your spiritual life in surprising ways. On November 10 you find healing words that smooth your way through difficult circumstances. On November 11 your intuition provides insight into the way finances can be managed. You also receive direct, psychic communication that may not be totally understood until November 14. Reserve action for when you have all the information you need.

**November 15–21:** Probe the mysterious depths of conversations around you on November 15 and listen to voices from other realms as well. Deepen your understanding of psychic phenomena by daring to heal your own sorrows now. In the process of aiding another, you see the progress you have made and are making in your life. On November 20 you feel love coursing through your veins and lighting a fire deep within.

**November 22–30:** The long week ahead begins with attention to matters that affect people far away. A female poses a problem on November 23, and you apply personal power to resolve the public issue while waiting until later to handle the personal fallout. On November 24 an older person provides financial advice or assistance. A female takes charge of a group activity and muscles a plan into place. Use your psychic skills to support her and deflect disagreement. The Thanksgiving weekend requires a compassionate view of each person's situation.



**November 1–7:** If travel figures into your work plans, schedule it as early in the game as possible. Gather documents and other materials carefully and carry them with you. Seek help from other team members, applying as little pressure as possible to obtain what you need. Basically, you control the intensity of situations now by extending your awareness into the psychic

ambiance. In fact, you alter the ambiance by adhering to the structures in place and easing others around obstacles. In assisting others, you meet your own needs and boost morale in the process.

**November 8–14:** A social event this week boosts your spirits and those of your partner. Take time to prepare for this event so you can relax when the time comes. There is really no need to rush. Intuition speaks loud and clear on November 11 about what is coming, and you get a vision of how complex relationships within groups tend to work in your favor. Take time on November 13 for you and your sweetie to enjoy each other without anyone else interfering. A day trip near water will work nicely. By November 14 you are well aware of your intuition, and it provides clear information.

**November 15–21:** Your partner guides your intuition in a social setting toward an individual who needs your help. On November 16 you almost magically say just the right thing to transform difficulty into opportunity. On November 20 you follow up with practical advice or help. On November 19 you apply your many talents to make your partner the center of romantic attention. Light his or her life up with actions and words that imply—and then deliver—the passion you have in your heart. You get your turn on November 21 when emotions match words to a tee.

**November 22–30:** Do your homework and housework early this week because you won't have time later. Philosophical thoughts fill your mind as you run the vacuum and spruce up the place. On November 25 your thoughts shift when intuitive chimes go off in your head to signal incoming messages from a female concerning romance. Your response on November 26 sets the tone for the rest of the weekend, so prepare your speech ahead of time and deliver it with imaginative panache. Reserve November 29 for a social gathering where you again entertain deep thoughts about life.



**November 1–7:** Focus on creative talents to move projects forward. Use your emotional power to fuel your own work.

Also feel free to jump in when others find their energy flagging, as you have an abundance of it. Healing energy flows through you on every level. As you fulfill your duties to others, be sure to take personal time each day to meditate, rest or just hang out with yourself. This way your strength replenishes itself regularly with relatively little effort. Dreams this week guide you to the knowledge you need for encouraging transformation.

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**November 8–14:** A legal matter may arise this week that demands your attention. You find that you can readily provide the necessary facts on November 8. Although a tense situation irritates you, the end result is favorable, so hang in there and remain optimistic. Use your psychic talents on November 11 and 12 to understand what amounts to insider information. Then ask simple questions to test your insights. You feel a strong urge to make independent changes at work or at home, but you discover ways to include others in your plans. Clear the energy field at work by sprinkling sea salt.

**November 15–21:** You are on the verge of a communication breakthrough on November 15. You sense the power of psychic insight just beneath the surface. Try sitting or walking alone in the early morning to shake loose the wealth of information you possess within you. As the flow releases, gather your ideas on November 16 and record them on a notepad you carry around. That way you will not lose track of the practical insights among the more exciting ideas that capture your imagination. You will love the results you get on November 19 if you put your heart into the work.

**November 22–30:** Ordinarily, romance in the workplace is not such a good idea. This week, however, you can bring the excitement and electric thrill of romance to your work. When you are charged up, your work definitely shows it. Inject an exotic quality into each effort. A photo or screensaver of a favorite archeological site or foreign destination will lift your mood whenever you see it. For the weekend you may want to incorporate wine, appetizers or desserts from another country. Remember to call distant loved ones on November 29—or any day this week.



**November 1–7:** Partnership provides the power you need to make major changes in your home or in your beliefs. Daily events indicate where change will be most effective. If you must work hard, work at establishing or regaining the joy you have felt in the past when your efforts resulted in successful completion. If you struggle at first, redirect your attention—not 180 degrees, but about five degrees—to focus on a slightly different facet of the problem. Then use your power to push through a tiny gap in what you at first thought was an impenetrable wall.

**November 8–14:** This week provides time for creative activities. On November 8 you may gather both facts and materials for your project. A female provides basic tools or supplies. Prayer or meditation

early on November 10 serves you well. On November 11 your contemplative practice results in insights concerning travel plans and financial matters. Emotions achieve greater balance on November 12 and you achieve peace regarding an old worry or sorrow. Make time on November 14 to enjoy solitude as you travel by yourself or simply wander without any particular goal in mind.

**November 15–21:** Intuition guides your hand in every creative project you have in the works. On November 15 your imagination kicks in with even more ideas, and you have to choose what to do first and what to store away in your diary for future consideration. Wordplay is a key feature in the work environment all week, so be sure your mind is rested and ready for the games. On November 16 you discover that you have to pay attention or you can get caught in a power play. On November 17, however, your practical outlook assures that you can hold your ground with the most assertive opponent.

**November 22–30:** An associate turns up the energy in a romantic relationship, and you can add just the right sexy quality to his or her appearance. While you're at it, work on your own romance by postponing discussions that might lead to arguing. Instead, focus on making party arrangements on November 22, completing holiday décor on November 23 and shopping for last-minute food items or other practical needs on November 24. Make time for rest and relaxation on November 25 and include your sweetie in this plan. The rest of the week is filled with phone calls, emails and loads of creativity. Take a hefty timeout early on November 27.



**November 1–7:** Your mission, should you choose to accept it this week, is to communicate as clearly as possible with associates and empower them to accomplish more. Use your psychic senses to discover subtle desires that you can fulfill with encouraging words and more obvious treats. Acknowledge each person you meet by mentioning something pleasant or recalling something about them to produce a smile. You get through tough moments easily when your attention is on the joy of completing even the most grueling work. Replenish your mind in solitude.

**November 8–14:** Stresses this week come largely from a partner or associate who talks about desires for the future and seems to leave you out of the equation. To counter this feeling, use your intuitive resources to understand the subtext of the conversation. As luck would have it, on November 10 you discover





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you have been part of the plan all along! A dream provides remarkable clarity concerning changes in your home environment. Bring dream images to life by adding new color to a drab space. The changes boost your sense of emotional well-being and your psychic sensitivity.

**November 15–21:** If you have wanted to make changes in your household, do it this week. You suddenly see a way to achieve the effect you want without spending the rent money to do it. On November 16 your creative talents go a long way toward completing your design. By November 19 you find just the help you need with the big stuff. Loving touches can be added on or after November 19 to complete your project in plenty of time for household guests. Associates at work have something to say about the budget. You benefit most by withholding your opinion until you have all the facts.

**November 22–30:** In keeping with this week's compassion theme, do yourself a favor from the get-go. You don't have to decorate every square inch of your home to get into the holiday spirit. This year you may want to choose just one area to fill with mementoes of seasons past. Leave elaborate themes to others and use your imagination to create a haven of peace and joys remembered. Plan a traditional holiday meal and make a shopping list on November 24 so you don't forget any of the trimmings.



**November 1–7:** Careful planning in the recent past puts you on track for dynamic forward progress now. Gather your energy and focus on your priorities.

Brush distractions aside and stay on target to get the most from your powerful urge to get things done. Create new containers or forms to help accomplish financial goals. Self-confidence grows with each step, no matter how tiny. Around November 4 you get a shot of psychic insight that shows you the exact direction to take. On November 8 a female reveals a poignant experience that reminds you of just how strong you can be.

**November 8–14:** Everything comes up roses—and these would be metaphorical roses in November—as you listen and understand some very good news on the employment front. Use this week to firm up your tactics to maximize the benefit. On November 10 you identify the right people to contact. On November 11 a dream tells you just how to approach a key person outside your immediate sphere. Take at least a brief timeout on November 13 to rest and recuperate from recent activities. On November 14 you get back

into the swing of things, picking up intuitively with the thread of each associate's thinking.

**November 15–21:** At work there is an undercurrent this week of mystical or secret activity. At first you can't distinguish between the two, but on November 15 you take a good look at what is happening. Late in the day or on November 16, you tune in telepathically to a conversation that reveals the entire story. Confirm your psychic impressions by asking open-ended questions. On November 17 you can use what you are told to piece together your own strategy for the future, based on purely practical potential. Later in the week, share the enthusiasm that comes from being sure you are on the right track.

**November 22–30:** Keep your plans simple this week so you can focus on compassion for others and for yourself. Purchase one of those food bags at the grocery store so another family will have a holiday meal. Convince associates to bring healthy treats to work on November 24. On November 25 you and your partner find a way to spread spiritual greetings to neighbors and friends. Transform your home—or at least one corner or mantelpiece—into a winter wonderland on November 27. Invite a small group over on November 29 for a not-so-traditional meal. Put your feet up on November 30.



**November 1–7:** Infuse each activity with the power you feel. Even if you experience a lot of pressure from family or others at this time, you get to wield

your own power to meet the needs of each situation. This week involves a lot of direct effort. Use the facts and intelligence you have built recently to manage emotional flare-ups and maintain objectivity. Tackle only those renovation projects that make sense now. Be sure to ventilate any space where you are painting or refinishing surfaces, and metaphorically ventilate your mind with music or light reading.

**November 8–14:** You are on target this week with major activities that sap your energy but move you forward nicely. Use information provided by a female to establish your personal position at home on November 9. Don't be shy about stating a core value that truly matters to you. On November 11 you gain experience in a creative skill you have been learning. Perhaps you perceive colors in a new way now. On November 13 you move in the direction of more holistic diet or exercise, and this boosts your self-esteem in ways you may not have expected. By November 14 your intuition has circled around to refocus your awareness about a work matter.

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**November 15–21:** Create your own publicity now. Generally you like to accommodate others, but this week you can take care of yourself by voicing your opinion on November 16. First, though, you want to test your views to create just the right tone in your voice. Use concrete words to describe your plan. Others need solid images and respond to words that describe the texture of whatever you are working on. The whole group will love your plan. Proceed with fiery imagination about future potential. Reserve November 21 for yourself.

**November 22–30:** Recent hard work pays dividends now. A female brings joy into your sphere on November 22 and 23. On November 24 you visit an older person to assist in a practical matter. On November 25 you inspire others to see the good in just about everything. Psychic insight causes you to change part of your plan on November 26. Emotions take center stage on November 27, so schedule private time to handle them. Use November 28 to debrief family members and settle on Sunday's plans. You may just have time to work on an artistic project on November 29 while others pursue their own activities.



**November 1–7:** With the Sun in your sign for the first three weeks of this month, you can maximize the power of Pluto. Organize and communicate your ideas as openly as possible. Spend time alone at the beginning or end of each day to gather your thoughts and feelings. Then, reveal your desires while also spreading subtle encouragement to others. Your power comes from deep within your being. Share it through verbal and more subtle communication, perhaps even via telepathic means. Your methods need not be apparent to be successful.

**November 8–14:** Venus in your sign helps you create just the right look for an event involving family. Perhaps you plan a party at your place with your favorite food and drink on the menu. The guests this week may include a famous acquaintance who turns out to fit right in with the crowd. Or you may invite an artist whose work is uniquely inspired. Neighbors help out on November 8. Manage beverages carefully to control alcohol consumption, and provide rides home for anyone who needs one. No alcohol planned? That leaves the party open for more imaginative conversation.

**November 15–21:** You're hot now! Don't hide your brilliant flashes of insight. Organize them into creative verbal packages and write or call key individuals to share. Draw associates into your sphere by

including them in the planning stage. Take baby steps if necessary on November 16, but push hard enough to make some forward movement. You don't have to get everything done in one day. Let ideas draw out like fishing line. Begin to reel them in on November 17 with practical adjustments based on materials you can obtain easily. By the middle of the week your passions kick in.

**November 22–30:** Take time this week to share your wealth of positive feelings. The holidays tend to stress out a lot of people. This year make it your task to reduce stress by modifying complex plans, simplifying food preparation and generally inducing a more relaxed atmosphere wherever you go. Smiles work wonders on November 22 and 23. Careful planning avoids last-minute rushing to the store. Put the finishing touches on decorations on November 25 and allow eclectic attire for family members. On November 27 you could give key people coupons for mini-massages.



**November 1–7:** The first week of November presents you with the task of convincing a group of individuals to work with your financial plans. The budget does matter. At the same time, you can dispense encouragement and compliments with random frivolity. The resulting emotional boost is well worth the expenditure of effort. Once you get in the habit, you find you can do this without reducing your own energy, and in fact, your joy grows each time you see a genuine smile on someone else's face. Use intuitive insight to heal emotional disturbances.

**November 8–14:** Group activities move forward this week if you can put in some intense work getting all your ducks in a row. A female makes action a priority by providing data you need. You provide insight into the data that no one else seems to get, at least at first. Private conversations mend rifts better than public denouncements, so plan time before meetings to discuss specific issues with key persons. Imaginative ideas then flow well on November 11. Surprise a family member with a heart-felt gift on November 12. Surprise yourself with one on November 14.

**November 15–21:** Working from behind the scenes may not be your usual style, but this week it provides the best potential. On November 15 you may find yourself writing in your journal or preparing a paper or speech. Solitary effort focuses your energy for good results. On November 16 you test an idea on someone you trust. On November 17 gather facts to support your position. Your attention is diverted to



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distant locales on November 19. You may even travel with a loved one to a sunny spot where you can pursue romance. Or consider taking a day trip to a place nearby that you haven't seen for a while.

**November 22–30:** You've proceeded on the upbeat so far this month. Now is no time to stop. Schedule a lot of time to help others with their stresses or problems. Take the philosophical view that you don't have to be the top party giver. Instead, give little parcels of peace on November 22 and 23, practical aid on November 24, suggestions based on intuition on November 25 and a simple helping hand with arrangements on November 26. After the party, be the one who clears up and cleans up. By keeping busy, you maintain your optimistic attitude for yourself. Use the weekend to take a deep breath and get some rest.



**November 1–7:** Saturn squares Pluto in your sign, presenting you with "in your face" demands to get organized and get things done. Use that energy openly, but deliver your message quietly and gently. Intelligent activity includes the control you have practiced recently. Use only the effort needed for each task and you conserve energy for other demands. Each time you exert yourself, remember that you strengthen a physical, emotional or spiritual muscle in the process. You come out the other side to experience the joy of greater mental and spiritual balance.

**November 8–14:** No need to feel stuck between a rock and a hard place this week. If you feel stressed, use your emotional desire and psychic power to magically convert pressure into energy to accomplish your goals. Wrap each action in optimism and joy on November 8. On November 9 enlist the aid of a female. Expand on the joy you feel with each little step of progress on November 10. November 11 brings chances to write imaginative ad copy or a fictional story. Take a day off or at least a timeout on November 12. Repair something on November 13. The weekend promises some fun surprises in your very own neighborhood!

**November 15–21:** Escape the typical pressures and get out into the surrounding territory for a while each day this week. On November 15 you may discover a perfect accessory or item of clothing you have wanted. Do this instead of letting petty problems bog you down. November 17 is soon enough to voice your opinion and choose how to deal with ordinary stuff. Set your psychic filter to allow unique insights through while filtering out other people's emotional turmoil. You can do this without seeming

aloof and uncaring because magnetism continues to draw people to you.

**November 22–30:** It may just be your mission to produce and direct a holiday feast this year. No problem! You have years of memories to draw upon. Use well-tested recipes to eliminate doubt. Stock up on extra condiments and snacks so you can handle extra guests. Use November 24 to organize and prepare ahead of time. Be sure you know about the dietary restrictions of any guests you invite. Against the general holiday rule, either allow people to serve themselves, or serve slightly smaller portions with a positive invitation to get seconds. Phone home on November 29 if you are not there.



**November 1–7:** Amidst the mental obstacles of odd dreams and difficult studies, you discover powerful romantic currents running through your thoughts this week. Can you adjust to the distraction? No need to adjust. What you can do is spend time each day in waking dream or reverie, acknowledging mystical thoughts and feelings. Then refocus on work and apply yourself diligently to whatever tasks you have on your agenda, knowing that you can easily return to thoughts of love. As you do this, you find your imagination adapts to both work and play.

**November 8–14:** Successful speaking is your trait this week. You have the wisdom to deliver your message with just the right tone. Address an older person's needs on November 8. Convince a mostly female audience on November 9. A bit of plain luck accompanies your desire to alleviate someone's suffering. Pay attention to insights that arise during your meditation on November 11. Ride the psychic vibrations straight to an inner truth. Greater objectivity arises on November 12 as you come into emotional balance. By week's end you inspire even yourself!

**November 15–21:** Money does not equal self-esteem. However, spending can feel great when you do it for the right reasons. Choose wisely on November 15 so your cash lasts long enough to get everything on your shopping list. Plan your party around simple, delicious fare that satisfies the appetite and leaves people feeling light enough to dance. Prepare something exotic ahead of time and freeze it. That way you won't be up to your elbows in flour on the day of the party. Enlist help from your partner on November 19, possibly to run last-minute errands. Then enjoy your weekend.

**November 22–30:** Use all your knowledge of love to make this week a treasured memory. Provide help for a female associate who needs to make imme-



## NOVEMBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT

diate changes in her life. Yes, take time out to do this, even if it derails part of your plans. Then let go of it and move on to your next super task. Imagine joy for November 26, and apply all your efforts to that outcome. Consider what each social contact or family member actually wants and needs, and provide for them in small ways that smooth their path. Use November 27 to apply what you have learned to yourself.



**November 1–7:** While other people are keenly intent upon “work work work,” you find yourself dwelling on psychic insights that come through meetings with associates and through independent action. On November 4 Neptune changes direction, providing you with more accessible information from subtle sources. Have you struggled to make sense of the signals recently? Share the joy of understanding with others.

## Daily Aspects—November 2009

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



## NOVEMBER ASTROLOGICAL REPORT

BY STEPHANIE CLEMENT

**November 8–14:** While others seem to stress out this week, you manage to escape into a world of imagination and inspiration. Optimism soars on November 8 when you hear your heart song loud and clear. On November 10 you reinforce that feeling with solitary work that feels just right. Bring your message to your public on November 11, and share your insight into the secrets of your heart. Boost healing power on November 13 when you again use meditative techniques. Escape from the ordinary on November 14.

**November 15–21:** Your plan for the week may come to you in a dream that spells out all the dynamics so you only have to write them down. Or you can meditate on November 15 to calm your mind and allow insights to arise naturally. Either way, you are off to a great start. Get practical on November 17 with money matters. Get down to serious work on

November 19. Prepare for an encounter with spicy ethnic food or with visitors from far away who invade your work environment. When the Moon enters Aquarius on November 21, prepare yourself for a whirlwind of activity that could have lasting impact on your personal direction.

**November 22–30:** Although you will want to be open to the needs of others this week, find a way to wrap yourself in love as well. Invite a loved one to meditate with you on November 25 on the true meaning of traditional winter holidays. Then gather images or objects that embody the essence of each holiday's meaning. This eclectic collection may take you far from childhood traditions, or it may weave them into a new formula of joy and thanksgiving. Either way, the two of you have prepared yourselves emotionally and mentally to live the deeper meaning of the season.

## NUMEROLOGY: THE SILVER KEY

### Master Messages To Build for All

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 the title. Meditation and reflection will play an important part this year, as you evaluate what is important to bring into manifestation for balance for 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 conven-

tion, 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) =  $2 + 1 = 3$

**N**ovember ([22] [11]) will be a month that will constantly give you messages and insights while pushing you to think in broad terms for the good of all humankind. You may find yourself having visions or being clairvoyant with these energies. Don't get frightened. Remember that these are sent to you from you in order to help you design and create your part of the new world. If you stress cooperation, harmony and responsibility, you'll continue to build a practical, or physical, foundation for the spirit of all. This may appear to take a lot of effort; however, you are given the strength and courage to meet it, and the rewards are tremendous for you and All That Is. The goal is to integrate the ability to

Rhonda Smith

770-517-3713

Rhonda@theawakeningcenter.com

www.theawakeningcenter.com



receive messages and insights for the greater good, and apply them practically in your life.

### NOVEMBER 1 TO NOVEMBER 7, 2009 (20/2)

This week is a turning point with decision force. The energies offer you illumination of your spiritual awakening. This means you must allow yourself to see alternatives in all situations, and then act decisively in line with who you are. By now you ought to be used to change, and this process may indeed require more change. So do not resist the change that is meant to bring you peace and balance. You start the week with energies that bring you a strong sense of adventure in order to help you overcome any remaining limitations around security, so seek variety in all your experiences today in order to move forward. You're then given a day of increased sensitivity to what lies beneath the surface of your experiences in order to see the truth. And you are supported by the master builder energies to bring your truth into your physical experience.

Then you have a day to be reflective and withdraw into your strong intuitive energies in order to reconstruct all of your energies, especially mental ones, into a positive force. You do this through resourcefulness and adaptability as information comes to the surface and brings light and clarity to your vision. Your environment then becomes easy-flowing as you examine and investigate any details that arise spontaneously in your life. So use discernment and choose what you will reap from this harvest today as well as tomorrow—you are pushed to share your accomplishments and reach deeper understandings in your relationships. At this point you have a day with energies to use your imagination, crystallize your desires and sow your desires into your life. However, don't lose site of the universal law: As you sow, so shall you reap. It is this process that leads to ending the week with master messenger energies that require balance, responsibility and effort, yet promises great rewards if you listen to your higher guidance. Your goal for this week is to perfect your ability to allow your visions and revelations to guide you as you listen to your higher wisdom for direction.

### NOVEMBER 8 TO NOVEMBER 14, 2009 (24/6)

This entire week will be characterized by an increased sensitivity to what lies beneath the surface. This influence brings you the opportunity for aha moments as long as you tune into your inner awareness and seek harmony. As you work with this and become centered in your inner world, you'll find yourself bringing order to your physical world. You start the week with celebration, so stay centered and do not get carried away with what can be restless energies. Your situations will blossom and bring happiness. This joy and centered-

ness bring you news of the new order of you, so bring forth the power of your mind so you can bring order to the situations. Do this using your intuition to guide you in meeting challenges from the old way of being you. You're then given the energies of adventure and change to help you stay in your center—your point of security—so don't hesitate to open your mind and explore unknown areas. At this point the energies of the week come to the foreground in order for you to check your inner balance as unexpected circumstances push you to respond with the underlying energies of the master messenger—you.

You are then given a day of relaxation to withdraw, go within and reflect on how to use your intuitive energies in conjunction with your mental energies. This should be done with flexibility, adaptability and resourcefulness as you keep your vision of your role in the new world before you. Then you are given a day of easy-flowing environmental energies. However, you also have the master healer/teacher energies in order to help you take responsibility for the feeling of affluence coming to you. It is also to help you heal or make whole anything you've corrected this week, so do this with courage and faith that all is in its right order. You end the week with a day of reaping the rewards of your past growth and achievements as well as preparing to move forward. If you share your accomplishments, you will maintain harmony and peace within. The goal for this week is to be able to stay centered within and respond to the unexpected with ease.

### NOVEMBER 15 TO NOVEMBER 21, 2009 (28/10/1)

This entire week will have the vibration of the seed and harvest. It is helping you prepare for December and the manifestation of your vision in January. These energies give you the great ability to crystallize your desires and use the power of the imagination to mold substance into form. It also requires a full understanding of perfected justice—as you sow, so shall you reap. This is the fertilization of the seeds you chose last month to manifest next year; you are starting a new project. The week begins with these energies on the surface so you can use them to set your desires and then continue to use the energy to build the week. Then you are given a day of master energies to ensure your connection as you move into three days of the new energies. These energies will require you to make sure you are centered and to use your intuition so that you don't get carried away by these restless energies. Doing this brings news of the need for systems and organization to effect worthwhile conditions for your vision. And this leads you to successfully handling any challenges to the old ways with patience, persistence and determination. Then you get a day of







increased sensitivity to what is beneath the surface in order to help you regain your center at a higher level of being. You end the week with a day to relax, withdraw, reflect and reassess your vision. Remember to stay connected because your intuitive energies will be heightened even more to help you reconstruct your mental energies into a positive force for your creation. The goal for this week is to become comfortable relying on your intuition and inner wisdom regarding justice before you begin anything.

#### NOVEMBER 22 TO NOVEMBER 28, 2009 (23/5)

This week's energies will be all about adventure and change, occurring from a place of inner security; stay open to events and don't hesitate to explore what is presented to you. Remember, as we move to a new paradigm of belief, it's all an adventure—it's all new. You start your week with a free-flowing day where details of your life may arise spontaneously in order to be examined. This will help you to see if the somewhat intense master builder energies underlying the day verify whether they are part of the foundation of your new plan. This moves you to a day of sharing and interaction—discussing your accomplishments in order to deepen your relationships while maintaining harmony to uplift everyone involved. You are then given a day to expand your vision as the master of spiritual power pushes you to look at co-creation and the group necessary to bring your vision into physical reality. This is followed by a master messenger day to remind you to emphasize the spiritual areas of your creation since, in actuality, you are spirit merely experiencing in a body suit. This is followed by a repeat of the three days from last week of the new-order vibrations of experiences—expressing who you are for the new world and your new vision.

#### NOVEMBER 29 TO NOVEMBER 30, 2009 (57/12/3)

You end this master month with two days of examining your convictions, beliefs and values. You are given the energies of an active mind combined with insight into the intangible values. Your happiness comes as a result of your ability to maintain a logical approach and keep your emotions balanced. To keep that emotional balance, you need to express creatively in some form. First, you're given an intense day of double master numbers. On the surface is the master healer/teacher, which will require you to keep centered and balanced, accept responsibility and act accordingly with compassion to both yourself and others. You are given subtle guidance and messages from the master messenger, so stay centered and open to it all. The last day of the month is one where your

sensitivity is increased yet again. Remember that you are unlimited, and each of these increases is meant to bring you to a new level of awareness as gently as possible. Be prepared to take the responsibility to put things into harmony by staying centered. This will enable you to go with the flow and take full advantage of the opportunities presented unexpectedly. The goal for this period is to take the opportunities to share the wisdom you've gained. ✨

#### DAILY ASPECTS:

## External Reality Crumbles and Inner Talents Shine

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.



Michelle Karén

[www.michellekaren.com](http://www.michellekaren.com)  
[michelekaren@earthlink.net](mailto:michelekaren@earthlink.net)

November is an interesting month, one where we need to become more aware of our inner divinity and actively use the gifts of all that we are. After having gathered the insights that came to us regarding power, money and our relationship to structure, all we are working on is developing our individuality and a true sense of freedom.

Uranus continues to be retrograde this whole month between 23°05' and 22°42' Pisces. These degrees are symbolized by "on a small island surrounded by the vast expanse of the sea, people are seen living in close interaction," and "a materializing medium giving a séance." Challenges that remove us further from our normal comfort zones are also making us tap into our inner resources and remember that we are a lot more powerful than we believe. In the face of a crumbling external reality, the more we focus on our inner reality, the more talents we shall discover. As we re-create our lives on a new, much truer basis, what we previously saw as a challenge becomes an opportunity for greater growth and happiness.

Neptune is retrograde only until November 4 when it reaches 23°41' Aquarius. This degree is represented by "a man, having overcome his passions, teaches deep wisdom in terms of his experience." There are no mistakes in life, just lessons. As we learn from what we encounter on our journey, we become wiser, deeper and more serene.

### MOON MESSAGES

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

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

- Sunday, November 1 between 5:30 AM and 4:44 PM when the Moon enters Taurus
- Tuesday, November 3 between 10:05 AM and 8:53 PM when the Moon enters Gemini
- Thursday, November 5 between 7:47 PM and 11:42 PM when the Moon enters Cancer
- Saturday, November 7 at 2:26 PM until Sunday, November 8 at 2:22 AM when the Moon enters Leo
- Monday, November 9 at 6:43 PM until Tuesday, November 10 at 5:29 AM when the Moon enters Virgo
- Wednesday, November 11 at 11:13 PM until Thursday, November 12 at 9:21 AM when the Moon enters Libra
- Saturday, November 14 between 3:10 AM and 2:24 PM when the Moon enters Scorpio
- Monday, November 16 between 11:14 AM and 9:22 PM when the Moon enters Sagittarius
- Wednesday, November 18 at 6:46 PM until Thursday, November 19 at 7:02 AM when the Moon enters Capricorn

- Saturday, November 21 between 7:04 PM and 7:10 PM when the Moon enters Aquarius
- Monday, November 23 at 7:36 PM until Tuesday, November 24 at 8:07 AM when the Moon enters Pisces
- Thursday, November 26 between 6:17 AM and 7:11 PM when the Moon enters Aries
- Saturday, November 28 at 3:33 PM until Sunday, November 29 at 2:33 AM when the Moon enters Taurus

### SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

- ☾ Moon in Taurus between Sunday, November 1 at 4:45 PM and Tuesday, November 3 at 8:52 PM, and between Sunday, November 29 at 2:34 AM and Tuesday, December 1 at 6:22 AM

This is a perfect time for any financial matter, such as paying our bills/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 the Earth. Additionally, this is a good time for gardening, pottery and sculpting, as well as bodywork.

- ☾ Moon in Gemini between Tuesday, November 3 at 8:53 PM and Thursday, November 5 at 11:41 PM

This is an excellent time for multitasking, curiosity and any form of communication—exchanging information, sending emails and calling friends and acquaintances. This time 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 Thursday, November 5 at 11:42 PM and Sunday, November 8 at 2:22 AM

This is a perfect time for family activities, especially those involving children. It is a good time for spending more time at home, cooking and nurturing ourselves and those we love by inviting the people we cherish over for dinner. It is an excellent time for drawing, creative writing, crazy humor and anything requiring intuition and imagination.

- ☾ Moon in Leo between Sunday, November 8 at 2:23 AM and Tuesday, November 10 at 5:29 AM

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

- ☾ Moon in Virgo between Tuesday, November 10 at 5:30 AM and Thursday, November 12 at 9:21 AM

This is a great time for starting a new fitness program, learning healthy nutrition, fasting, clearing our closets,





cleaning our home and reorganizing our drawers. It is also a perfect time for detailed work, the focused use of our intelligence and taking care of small pets.

☾ Moon in Libra between Thursday, November 12 at 9:22 AM and Saturday, November 14 at 2:23 PM

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

☾ Moon in Scorpio between Saturday, November 14 at 2:24 PM and Monday, November 16 at 9:21 PM

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

☾ Moon in Sagittarius between Monday, November 16 at 9:22 PM and Thursday, November 19 at 7:00 AM

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

☾ Moon in Capricorn between Thursday, November 19 at 7:01 AM and Saturday, November 21 at 7:10 PM

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

☾ Moon in Aquarius between Saturday, November 21 at 7:11 PM and Tuesday, November 24 at 8:06 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, far-out and progressive ideas, interdimensional and time travel, anything related to UFOs, computers and technology in general.

☾ Moon in Pisces between Tuesday, November 24 at 8:07 AM and Thursday, November 26 at 7:10 PM

This is a great time for meditating, sitting by the ocean, anything related to the sacred, dancing, painting, swimming, dreaming, music, photography, film, sleeping, channeling, connecting with the mystical, the magical and the oneness of All That Is.

☾ Moon in Aries between Thursday, November 26 at 7:10 PM and Sunday, November 29 at 2:33 AM

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

## INTENTIONAL MEDITATION

Our intentional meditation begins on Monday, November 2. Take as many blank sheets as you have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Taurus at 11:14 AM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon.

On Monday, November 16, take out your full-moon-charged papers and write one intention per sheet, making sure it is positive and concise. Place your papers outside to be activated by the new moon in Scorpio at exactly 11:14 AM. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

## A WEEK OF COMMUNICATION AND CONNECTION

**Sunday, November 1:** Mercury square Mars (4:51 PM). This is a day when we should be careful not to be too impulsive with our speech. It is good to be direct, but it is also good to be thoughtful of the consequences of what we say. Conflicts could come into the open, giving us a chance to see things as they truly are. Anger could flare up quickly, but also be as quickly forgotten and forgiven. This is not the best day for signing important documents.

**Monday, November 2:** Venus trine Neptune (3:22 PM). This is a very magical day where we feel the oneness of all. It is a great time for a romantic date. We are likely to have a profound soul connection with someone we meet today. The bliss we experience imbues everything we see with a deep sensitivity to other realms of consciousness. This is an inspiring day for artists and healers.

**Wednesday, November 3:** Neptune turns direct (10:10 AM). Kindly see the opening paragraph.

**Thursday, November 5:** Sun conjunct Mercury (12:03 AM). This is an excellent day for clear communication. We express our ideas clearly and with integrity. It is also great for administrative work, furthering projects, catching up on emails and phone calls. Today is favorable for entering into partnerships and/or signing documents.

**Saturday, November 7:** Venus enters Scorpio (4:23 PM until December 25). During the next few weeks, passionate inner feelings could surface. We are more emotional yet more self-contained than usual. We don't want gray zones in our relationships. We could insist on truth, loyalty and power with those with



whom we are intimate. We may want a unifying, body-mind-spirit connection with the person with whom we are in a romantic relationship. The karmic reason for our attachments becomes clearer.

### A WEEK OF DEVELOPING IDEAS

**Sunday, November 8:** Mercury square Jupiter (6:43 AM), and Venus sextile Pluto (9:33 PM). Today is not the best for traveling, moving or anything related to the law or higher education. We could be scattered today and prone to extravagant ideas, disconnected from practical reality. Tonight is good for deepening an existing romantic link or for meeting a new person who proves to be a profound catalyst of transformation for us through the awakening of deep feelings.

**Tuesday, November 10:** Sun square Jupiter (10:41 AM). Laziness and exuberance mark our energy today. We should be careful of unwise speculations, self-indulgence and delusions of grandeur all fed by an inflated ego. Generosity could be stained by the wish to be recognized. If we are aware of these pitfalls, we can use this day to develop more faith in life and ourselves.

**Wednesday, November 11:** Mercury trine Uranus (3:39 AM), and Mercury square Neptune (4:12 PM). Today is phenomenal for new, original ideas and inventions. It is also great for channeling and healing, provided we are careful not to fall prey to spiritual illusions. In spiritual matters, today we need to separate the wheat from the chaff. Using our dreams both literally and symbolically can prove most beneficial. Much can be accomplished while sleeping if we set the correct intention before going to bed.

**Saturday, November 14:** Sun trine Uranus (5:41 PM). Today is an exciting day with much electricity in the air. We wish to move freely toward the future. Our social horizons widen. Unusual opportunities are presented to us, and our creativity takes an unexpected turn.

### A WEEK OF EXPANSION

**Sunday, November 15:** Saturn square Pluto (6:42 AM), Sun square Neptune (6:42 AM) and Mercury enters Sagittarius (4:28 PM until December 5). During the next few weeks we could be drawn to international traveling, expanding our mind, higher education and a generally more positive outlook. Today, more particularly, our willpower is strong, but we could come up against strange circumstances. Deceit and even corruption could stand in the way of what we are trying to create. It is best to lay low and focus on our long-term goals in the meditative peace of our inner being.

**Monday, November 16:** Mercury sextile Saturn (8:59 PM). This is a great day for clearing any backlog work. We are structured in our thoughts, and

our expression is concise. Today is also great for entering into a partnership. We are realistic in our goals and practical in our means to attain them.

**Thursday, November 19:** Venus square Mars (12:23 AM). Financial and relationship challenges could come to the forefront today. Extravagance in either area should be avoided. We could be a little insensitive to the moods of others today.

**Saturday, November 21:** The Sun enters Sagittarius (8:23 PM until December 21). During the next few weeks, our faith and enthusiasm in life expand. We could become more interested in philosophy and other cultures. The wish to travel and adventure in general attract us. Today is great for higher education, lecturing and attending conferences or events that expand our horizons both intellectually and socially.

### A WEEK OF CHALLENGES AND INSPIRATION

**Monday, November 23:** Venus square Jupiter (2:02 PM). Self-indulgence could create some unpleasantness today. We could be tempted to run away from responsibilities and engage in fantasies leading nowhere. Today we should curb our tendency toward laziness or being center stage, and focus on feelings of gratitude and appreciation—a great use of this otherwise scattered transit.

**Tuesday, November 24:** Sun sextile Saturn (7:35 AM). Calm and concentration mark today's energy. We have the discipline to complete difficult projects. We are structured and focused in our endeavors—an introspective and efficient day.

**Wednesday, November 25:** Venus trine Uranus (7:01 PM). Today is a day of exciting social contacts. New partnerships are at hand, and friendships are fun and dynamic. A romantic interest could come about through an unusual, intellectual exploration. Inspiration comes unexpectedly to those artistically inclined and using new mediums of expression.

### A WEEK OF EXAMINATION

**Sunday, November 29:** Mercury sextile Jupiter (3:54 AM). Today is great for furthering our studies, expanding our horizons and traveling. Today we feel positive and full of faith. Our enthusiasm opens many new doors, and a sense of adventurousness accompanies this fun transit. Today is great for gathering with friends from diverse cultures and social backgrounds.

**Monday, November 30:** Mercury square Uranus (11:52 AM). Unexpected communication difficulties could arise today. It is not a good idea to seek support from people in authority. Situations we took for granted could be removed without any advance notice. We need to examine the foundation of all our beliefs. Cherished ideas could be challenged, forcing us to think outside the box. ☼



# The Turning Point

Aluna Joy

**A**s we enter into the shift of the ages prophesized by the ancient ones—a period many feel is the time leading up to the year 2012—we reach a point of no return. At this turning point, the balance of life begins to move away from the world of the past and begins to relocate in a new cycle of time that we see as our future. The door behind us slams shut, while a new door creaks open. It is a strangely empty pause, like when one wave goes out and the new one has not yet arrived. At this point, the stars, the universe and the center of All That Is all align with one magical place. That place is the source, or core, within each of us. We can call this place by many names—the light, the higher self and so on—but whatever we name it, this place is the same in each of us. It is who we truly are.

## A VISION OF POSSIBILITIES

The ancients have also said that a day would come that we would have to make a choice. During a healing session with a dear soul sister, Kenyon, I came to realize in a vision that we have reached this turning point, and it is now time for us all to make powerful choices. This vision made all the crazy, compressed and fragmented energy that we have been feeling make some sense to me.

In the vision, I saw a magnificent, golden, double-door archway in which

I was invited into a foyer by a glorious looking master with no name. The doorway seemed to be made out of solid gold, but it glowed. Past the doorway and inside the foyer, there was a large round chamber. There were huge rings on the floor. These rings looked as if they were made out of stone and looked incredibly ancient, yet somehow also pristine and new. They were exquisitely carved with symbols. The stone circles had little star bursts of light emanating out from them. There might have been five to seven rings working inside of each other. These rings turned within each other like a giant combination lock.

The master said, “This is where you are now,” as if I knew where I was. I knew he did not mean just me. He meant we were all at this place in time in our evolution. Then I was shown that this giant combination lock was a giant vortex or matrix of unlimited possibilities that we could manifest in our very near future. It is here right now, in this very moment, that we can decide where we are going, what we want it to be like and how it will feel. The utter volume of possibilities was overwhelming to me, and the symbols were ones I didn’t understand. The symbols on the stones were transmitting a message to me, but not in a language I knew in this moment.

## A CHOICE FOR THE FUTURE

I asked the master, “Where should I go? What should I choose?” The master replied, “You must do the choosing,” but out in front of me, I saw all these realities that I had not been to before. They were foreign to me, yet strangely familiar. I felt insecure and said, “How can I choose something I don’t know in this moment?” And the master responded, “You choose with your heart.” I knew that these beautiful, unknown worlds within worlds were calling me—and

all of us—to take a stand and make a choice for our future.

I then became aware of the huge effects these choices would have, not only on our lives, but also on the lives of future generations. The ancients said that there will come a day that you will have to choose, and that day is knocking on our door right now. We are breaking new ground in a new world. We are building new bridges for us and for future generations to cross. We are creating the infrastructure upon which to build a new world. “Wow!” I thought, “this is heavy work we are doing here.” This would explain why we feel the way we do. I thought to myself, “I sure hope we get some cosmic brownie points for all of this.”

The master then asked me to stand in the center of this stone ring, and I felt myself anchor onto all the possibilities. It felt like a collapse of time, space and dimension into the present now; I was everywhere all at once. This explained the feeling that I have been having, like the tension of an approaching storm that never breaks through and rains. I realized that it will not rain until we have made our choices. We get a grand release when we choose one side or the other. It was here that the vision ended. The healing session was over. It was time for me to go back home.

## STEPPING INTO THE ROLE OF COCREATOR

The Star Elders say that we have already created a new golden age in

### KEY POINTS

- We have reached a turning point in the transition to the new cycle of time, paused on the brink of alignment with the All That Is.
- This is a time of powerful choices for our future; new worlds are opening up before us, and we but have to choose the way those worlds will take shape.



**ALUNA JOY**  
aluna@alunajoy.com  
www.alunajoy.com

spirit. We felt its birth in the year 2008. Now it is beginning to manifest the infrastructure of a new world in the physical, 3D world. As it begins to manifest, the energy downloads and the insistent, unending pressure for us to take a stand and make a choice will become increasingly more powerful and impossible to ignore. We are being called to fully step into our roles as cocreators within the collective consciousness. Yes, we are feeling like we are going to explode, but do you remember the movie *Powder*

and what that explosion implied?

Many even feel that they have already died and begun to take the journey to another reality. I don't argue that this might in fact be absolutely true. How would we know? Our third eye is getting slammed with the matrix of future possibilities. This is going to cause some temporary headaches, nausea and generally some unexplained and unrealistic uneasiness. The energy will feel very fragmented and compressed as we experience a time, space and dimensional breakdown. This

energy is clearing out an old obsolete world. Humpty Dumpty has fallen off the wall, and he is not coming back together again. The egg is breaking right before our eyes.

The new world is becoming a sledgehammer of light, and it wants us to make a leap into it now. Remember: We are our own ancestors returned. The divine light inside of us will lead the way. Keep moving, keep choosing and keep on keeping on. Everything will be fine if we gratefully and ceaselessly listen to our hearts. ✱

# Animal and Companion Communication

Marcia Reeves Thrasher

**M**any people don't own a pet because of time and living constraints, but all of us have had contact with animals at some time. We sometimes ignore their sufferings and often forget to send blessings and thanks as we nourish our own bodies through them, but animals—whether pets or in the wild—are a part of us all. Animals have spirit just as humans do.

Have you ever attempted to communicate with your pet—not talking to or at it, but actually communicating? Have you ever thought to yourself that

the possibility even exists for communication with your pet? What would you say? In Reiki, we learn that communication through thoughts, known as telepathy, is real. We all have the ability to communicate telepathically, and animals are also telepathic. If you own a cat or dog, you may have wondered whether he or she could actually read your mind or know what you think. All things are possible, and in this universe of unlimited possibilities, frivolously denying something just because you never entertained the thought can boomerang and show up at your doorstep in the form of a sick puppy or unruly horse; since thoughts are real, animals can often become ill by picking up on thoughts of their owners.

## REIKI HEALING FOR ANIMALS

For a human being, having regular sessions of Reiki is not only relaxing but healthful as well as helpful in dealing with emotional and spiritual matters. Often after a calming, relaxing session

with a qualified Reiki practitioner, one feels inspired and open to answers to long unanswered questions and dilemmas. In my experience, animals actually seem to be even more receptive to such forms of healing than do their human counterparts. Reiki is as good of a preventive measure for companion animals as it is for people. For animals, a strong immune system beats taking drugs or succumbing to bacteria or viruses just as well as it does in humans.

If a human being has a close connection with their animal companion, I find it is a good idea for both the animal and their companion to have a session together. This forms an even closer bond for the two and lets the animal know its companion truly cares and only wants the highest and

### KEY POINTS

- While Reiki is well known for its benefits to human beings, many people might be surprised to know that it is also highly effective for animals.
- Sensitive healers and human companions can communicate with their animal counterparts through a combination of body language, empathy and telepathy, allowing a unique level of feedback during healing.

**MARCIA REEVES THRASHER**  
Rome, GA  
706-506-8210  
[animalreikisource.com](http://animalreikisource.com)





best outcome. Even large animals such as horses are candidates for Reiki with their companions. Reiki is never harmful, as it always seeks out the blockage and goes to the source of the problem. What a comforting thought. After all, thoughts are real and tangible, and they should never harm. As companions to our animals, we should always want the best for our animal friends. Have you considered communicating with your animal friends?

### **AN EYE-OPENING EXPERIENCE**

One of the first large animals I worked with was Cha Cha, a horse with painful joints and inflammation. The experience was a lesson for me because of my previous experiences with horses: my first encounter with these beautiful creatures was when I was young and my parents had rescued a Shetland pony. When Flicker became accustomed to having a regular meal and learned that he was no longer in danger of starving, he became ornery and would not let anyone around him. I usually ended up flat on my back with a few sore spots—although luckily no broken bones—to show for my feeble attempts at riding this wild pony.

I was somewhat reluctant when Cha Cha's owner called, but I approached the beautiful, dark-brown horse without fear, giving her room to become accustomed to my presence. After I had been given a brief history about what I might expect from the horse, Cha Cha then gave me permission to begin treatment. She was skeptical at first and turned to give me a look I'll never forget. She was letting me know that she really didn't know if I could help her but that her companion had never harmed her before, and if she was all right with what I was about to do, then so was Cha Cha.

I began, as usual, by reading her aura, her energy field. What I didn't expect was the enormity of it. Like a shock wave, I could suddenly sense that Cha Cha was now into this thing that I was attempting. There was direct communication now. Cha Cha was amazed that I could feel her presence. I was in awe at the enormity of it all. It was at this point that Cha Cha began directing

me, turning her head to me and nudging me with her nose back or upward or even to the other side. During this time, her companion was nearby giving her own interpretation of what Cha Cha wanted. I could feel the ripples down her sides and her spine, which were in pain and hot to my touch. Her flanks responded as her muscles rippled. My hands became so hot that I moved them a few inches away from her body to avoid any discomfort.

### **SUBTLE COMMUNICATION DURING HEALING**

She would tap the ground with her hooves; each tap had significant meaning to her and for me. When the treatment improved the area enough for Cha Cha that she actually felt good at that point but also felt that she had had enough there, she'd nudge me, indicating that it was time to move to a different location. This two-thousand-pound beauty chose to be careful around me, yet once or twice it was in my best interests to jump back quickly to avoid the happy expressions of a clearly satisfied client once she started to feel noticeably better.

What stunned me more than anything was the close rapport we developed in such a short time span. Within minutes of introduction, I was given the permission to go ahead. Cha Cha was surprised at the treatment itself as well as by my lack of fear and total adoration for her immense and powerful field of energy. I've since read that a horse's biofield or energy can extend for many yards out past their own bodies. This is how horses can detect the threats posed by predators—both animal and human—and know when to hide. In this way, they can even sense other horses or their human companions when they are nearby.

I saw Cha Cha for several treatments afterward. I learned to go later in the day or evening for these visits, as within minutes of what was sometimes an hour-long session, I found myself drenched in sweat. The strong flow of energy was stifling, even with the airflow in the barn, but overall it was satisfying and we both benefited, Cha Cha and I. I remem-

ber sleeping well those nights, and that is always a welcome benefit. What I experienced during these sessions was a definite sense of admiration for animals and validation of something I'd known since childhood: Animals have spirit, as do trees, rocks and plants. In fact, spirit can go wherever needed, and if I open my mind to all those possibilities, then I can find peace and joy.

### **SPIRITUALITY IN EVERYDAY INTERACTIONS WITH ANIMALS**

In addition to using the healing modality of Reiki, I am blessed with the ability to tap into that other dimension we call spirit; there are actually many dimensions and many realms other than our linear timeline. It is this ability that guides me in my daily affairs. There was a time when I hid it away, only to find that I could not be me without my spiritual self, without the total package. So why would I disassociate it from any healing sessions? I use both my intuitive ability and my analytical skills—which can be very linear, but necessary—and, whenever possible, I am open to my guides and the guidance of the universe, using my psychic ability to serve others.

Since my time with Cha Cha, I have experienced many sessions with animals, their companions and with people without animal companions. Since I am owned by a colony of feral cats, I regularly get to practice Reiki and use my intuitive abilities whenever possible to deter and prevent disease and sometimes disaster for these creatures. Cats are inquisitive beings; anyone privileged to be owned by a cat or two is surely smiling in agreement at this statement. "Just because it's there" is always a good reason for a cat to investigate anything.

I have cats who prefer to not go outside the boundaries of our home, yet at the rare times they do get out, they sometimes become overwhelmed and stunned by sights and smells and sounds. They will stop in their tracks and just sit, not knowing which way to turn. There have been several times when I've had to track cats who have gotten out and gotten lost. I've found them only yards from their home,

immobile and even unable to answer when I call out to them. At this point I have to stop myself, find the quiet and call with my mind instead of my voice.

Reiki goes beyond the classroom. It is a way of life, a very old form of energy healing that opens up new vistas and

journeys for many. Animals and their companions can both benefit from intuitive sessions, and guidance is there for anyone wishing to learn and grow. ✨

# The Answer

Heather Fraser

**M**ost of the time when I am out for my daily hikes, I receive what I can only identify as “downloads” of information or insight. It’s as if, as soon as I hit the outdoors and begin to move my body, I become a free bird, released from my cage. This is my time away from writing, parenting, driving, daily chores and responsibilities. In the great outdoors, I am set free, my spirit infinitely expands and I become a fully open, receiving instrument. I never intentionally ask for this to happen, and it still throws me for a loop when I realize all of a sudden that I am thinking thoughts that are far beyond anything I would normally be thinking in the everyday ordinariness of my daily life. And so I walk. I breathe deeply, and my heart dances with the all my faithful nature friends—the trees, the

sky, the wildflowers, the butterflies, the grass and the wind. I’m at home here, safe and unhurried. I open like a flower and receive God’s grace.

Suddenly I am aware that I’m thinking the thought, “The seeker seeks forever and never truly lives. The knower knows there’s nothing else and therefore only lives.” I really like this thought, but I find myself doubting and wondering if it’s simply something I’ve read before that I’m just remembering or whether this is my innermost self speaking to me.

Wherever it came from, I am carried along into a vast silence of nothingness. This nothingness is pure creative potential. It contains no answers—only choice, only stillness—until we make a choice about something we want or long for. Then a glorious cosmic dance of movement begins: Do I go this way or that? Do I create this or do I create that? Do I take this job or that? Do I love this one or that? We want answers to our questions. We want to feel right. We want to know we’ve done the right thing. We want to know for sure. We pray to God to give us the answer. But mostly, we want someone or something else to tell us what to do. We don’t want to be responsible for our choices.

## THE POWER IS WITHIN US

Yet choice is the *only* thing we have. If we are willing to be completely honest with ourselves, it’s not an answer we truly want, but sweet relief from the paralysis of not choosing, of not being able to make a decision. There is no answer

out there to anything. Once we can grasp this deeply within our being, we can begin to see that, in the vast cosmos of nothingness or cosmic intelligence or benevolent source of All, we are responsible for putting in our own order. To this and only this will we get a response. To ask the divine for the right answer or the right thing to do is to clearly deny our power as masterful creators.

If the divine were to speak to such a request, I’d imagine it would say something like this, “I have no answer to give you. I am your humble servant. Whatever pain or joy you hold within your heart, whatever lack or abundance you dwell upon in your mind, this is what I will bring to you. I know nothing else but to move in the direction of what you feel. It is your energy of thought and feeling that awakens me into service to you. As your humble servant, I am loyal to whatever energy your thoughts and feelings are requesting. I am not here to give you answers. I am here to simply give. I am here to fill your orders. I am incapable of judgment. I know no right or wrong, good or bad. I only know how to give. I am the silent nothingness that only moves to create upon your request.”

If I am filled with fear of loss and pray to God for anything from this

### KEY POINTS

- When faced with the vast silence of nothingness that is pure creative potential, we may be tempted to seek answers from the divine for the choices with which we are faced.
- True spiritual maturity, however, recognizes that it is the divine in ourselves that is solely responsible for the choices we make and the spirit with which we face our daily lives.
- When we recognize that we create our own moments from who we really are, we can begin to take personal responsibility for our lives and stop searching for answers outside of ourselves.

**HEATHER FRASER**

Ontario, Canada  
[www.heatherfraser.com](http://www.heatherfraser.com)



panic-driven state, God will simply fill my order by reading my feelings, and I will receive more fear of loss. And yet if my car were careening out of control, and I let go of that moment of fear and surrendered to God, knowing there's nothing else I can do—if, from that place of absolute clarity and strength, I prayed for safety—safety would surely be bestowed upon me. This is our power, but we must learn to commune with this cosmic intelligence and be humbled by its benevolence toward us. We must learn to have reverence for its ability to only give, expand, increase, and we must learn to do these things not for its sake, but for our own—for whether we learn these things are not, we will receive. Do you want more humility, reverence, increase and expansion or lack, isolation, pride and restriction? You are the decider; you get to choose.

#### **TAKING RESPONSIBILITY AS SPIRITUAL ADULTS**

In the world I grew up in, God had all the answers, and I was supposed to know nothing. As adults, I think most of us have felt the comfortable malaise of not having to feel responsible for the problems in our lives. It's so easy to say, "It's God's will," and let the focus fall on something outside of ourselves. Yet we must be able to admit to ourselves that

this way of thinking has made it very easy to live without accountability for our thoughts and actions. This is the crossroads we are standing at in our evolution as individuals and as a whole. The majority of mass consciousness still believes in an all-knowing God. We still feel more comfortable relinquishing our power to something or someone outside of ourselves, despite the fact that every day we view the massive world screen of suffering and imbalance that such a belief causes.

To transform into the true divinity of who we are will bring great discomfort and a shattering of comfortable illusions, but only if we choose to resist the truth. To be able to look in the mirror of God's light and say, "Yes, I see. I see the places within myself that have hardened and grown cold. Yes, I see how my allegiance to my own self-hatred has kept me separated from the truth of my divinity. I see how my heart and my mind are miles apart and how my mind feels more comfortable to live in. Yes, I see that to live in my heart would bring me to my knees with the agony of knowing how false I've been, how much I've hurt myself and others. I understand how ignorance of my divine nature has created and contributed to all suffering and imbalance. Yes, I see that, if I could only go there and feel that pain and let it run out of me, my mind and heart would

melt into one. Yes, I see that then I would be free to create anew."

No one is going to save us from our pain and suffering, and this is a big mind shift to adjust to: Deep down inside us all, we've been taught to give our power away to parents, teachers, governments, doctors, authorities and a false idea of God. The statement, "God helps those who help themselves," takes on a whole new meaning when we begin to take personal responsibility for our lives and stop seeking and searching for answers outside of ourselves. God is us, and therefore we must help ourselves. What is it going to take to see that we are the ones creating our world? It is not an angry God punishing us for our sins! It's an angry us creating every single moment based on our ignorance of the divine, how things work and who we really are.



To end all seeking and simply live is to release the cork that's been wired to the champagne bottle of our soul and allow the sweetness of our true, authentic selves to burst forth in a spray of joyful relief. What else is there to do than to share our inner world of soul with the outer world of others? This is our holy work. We are the champagne. We must be uncorked. We must be poured. The time has come to celebrate who we are. \*

## *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





# ESSENCES OF NATURE

## FRIENDS AND BENEFITS

*Mary Ann Antenucci*

Friendship is a simple concept—spending time and sharing your life with people you care about. Shared values are not a requirement. Some of the best friendships happen when and where we complement one another—we have admiration for others' traits and we share our admirable parts with other people. Friendships help us add new fabric and texture to our lives. We don't have to agree, but we can find peace with another in just being.

How much value do you place on your friendships? Do you rely on them? Do you take them for granted? How much do you allow your friends to enhance and augment your life? Do you feel alone with your friends, or do they make you feel a part of something greater than yourself? Friendship can bring about the best and the worst in us. How good of a friend are you? How good are your friends to you?

### **HEATHER ESSENCE FOR THE ATTENTION-HUNGRY**

Heather essence is for people who feel that all their friends exist to pay them homage. They go on and on about every little detail of their lives and won't let anyone else get a word in. If someone else jockey for position or wants to share in the exchange, they will quickly and deftly turn all the attention back to themselves and their version of reality. We all have friend like this—lively, talkative and often entertaining. However, there is no exchange. These people require an audience, and when they don't have one, they may demand attention in some negative manner. To be the focus of attention is their primary directive. They live to be heard and seen.

Heather essence helps to balance out an unabashed need for attention.

It can be used both for a temporary state—like an inability to stop talking about a recent trauma or drama—and a long-term state, such as a deep need to constantly legitimize one's pain. In some ways it is a listening remedy because it reminds people to take a breath and realize that others have value to share. Heather essence also works by filling up that hunger for attention. It fills the hole and frees the mind—the self-obsessed become self-reliant. Friendship comes from mutual concern and connection; it is acting as witness to one another's growth.

### **PINK MONKEYFLOWER FOR THE SHAMEFUL**

Pink Monkeyflower essence is used for when you feel you are not good enough—you are fearful of connecting and befriending others because you don't want them to see the deep-down darkness within you. Somehow you have decided you are not worthy. You feel a sense of shame, like you have to hide integral parts of yourself. You might think to yourself, "If people knew this about me they would run for the hills!"

Pink Monkeyflower essence has a shame component. It could be as simple as being embarrassed by the shoes you were forced to wear as a kid that made you feel less-than. It could also be as complex as a long-held family secret. The key is that you feel set apart in a very negative way and hide yourself in your supposed shame. Pink Monkeyflower essence is an emotional shock absorber. It teaches you how to

take a friendship leap and how to be more open to others. It eliminates the fear of being exposed. You feel safe enough to show yourself—warts and all—and your friendships reflect this unconditional love.

### **PINK YARROW ESSENCE FOR THE GIVER**

Pink Yarrow essence is for the "emotional sponge" friend. You are compassionate to a fault; you want to fix everyone and cannot stand to have anyone around you in any kind of pain. You feel their pain even more than they may and wind up agonizing over their choices and circumstances. You bleed for them.

Pink Yarrow essence helps you to retain more healthy boundaries in relationships. You can care and love, but you don't have to deprive your friends of their growth lessons. You don't feel compelled to fix or correct things for them—or worse, make it all go away. Pink Yarrow essence helps you support your friends by being solid, true and supporting their journey. The friendship then becomes a gauge of deep change.

### **CALIFORNIA WILD ROSE ESSENCE FOR THE APATHETIC**

California Wild Rose essence helps you to participate in your friendships.



**MARY ANN ANTENUCCI**

714-965-2424

[Fifthelementessences@msn.com](mailto:Fifthelementessences@msn.com)

This remedy works by breaking down the isolation and apathy that accompanies self-involved loneliness. This essence makes you want to engage and be a part of something; it helps you to remember the value of exchange.

California Wild Rose essence is used when you take a back seat to life and don't care enough about who and what are around you. Oftentimes this is demonstrated by a lack of concern or care for others—you just don't care. California Wild Rose essence works by giving you back that spark of vitality. You want to participate, you want to be included and you want to feel all the elements of life. Your friendships and relationships will become a source of enthusiasm.

You will love how friendship makes you feel!

#### **GOLDENROD ESSENCE FOR THE LOST**

Goldenrod essence is for the friend falsely trying to fit in. You want so much to be liked or be in with the in-crowd that you don't know what you want or how you feel. You desire to be part of the group even when it doesn't suit you; you suppress your needs for the needs of the group. Goldenrod essence reminds you of the value of being true to yourself. You have value when you feel more sure and honest about what you can contribute. You have something to share—friendship comes from who you are and what your unique blend brings to the table.

\* \* \*

Friendship—no matter how light or profound—makes us experience all facets of our nature. We are all connected. We are connected by our very cells—we resonate, we vibrate, we attract and we repel. None of us are really alone, although some may want to be at times. We are a system of connection and cooperation, and we wouldn't be here if we didn't connect at one time or another. Friendship elevates us—we can see ourselves through our actions and reflected in another's eyes. We grow together and apart, but we grow. We may be lonely at times, yet our humanity unites us. What would we be if no one else here? Friendship is the benefit of life. \*

## Self-Discovery **ACTIVITIES FOR CHILDREN**

**Lesson Plans for Parents and Teachers** *Lynne Cox*

### Oneness Adventure

**S**winging in a hammock early one evening, you look up into the tree. It looks as if the branches of the tree touch the light-blue sky and reach as far as you can see. You feel a gentle breeze rocking you back and forth. You think of Angel. "It sure is a heavenly evening, Angel," you say.

"It is indeed," Angel replies. "It's the perfect moment for a oneness adventure, don't you think?"

"A oneness adventure? I wonder what that adventure is going to be like," you think to Angel.

"Just lay back, take a deep breath, and relax in your hammock and you'll see," Angel replies.

"Well, that's easy enough," you say, as you breathe deeply and then lay back, smelling the fresh air while softly swinging back and forth. Your eyes begin to get heavy, and you feel yourself beginning to drift away. It feels like you are floating on a cloud and sailing across the sky on the currents of the wind. You see a flock of birds flying gracefully in perfect unison with one another. They are turning and swooping in

oneness. They are so fascinating to watch. As they veer out of sight, you look down, and you can see for miles and miles. Mountains, valleys, rivers and even the ocean are now within your view.

All of a sudden, a strong gust of wind rises up, and the cloud you are resting on begins to speed up. Before you know it, you are flying into space. The sky begins to darken, allowing you to see brightly shining stars, and then you are somehow whirling at the speed of light through the universe. You feel an inner stirring of awe as you see billions of star clusters and nebulae within the cosmic web of luminous



**LYNNE COX**

604-941-3575 • [lynne.cox@shaw.ca](mailto:lynne.cox@shaw.ca) • [www.shininglight.ca](http://www.shininglight.ca)

light. Whoosh! Flashes of light of every color imaginable pop up out of nowhere as stars and planets appear and disappear. It is awe-inspiring everywhere you look. You feel like you can touch the farthest star at the end of the universe. You take a deep breath, and that's when you feel it: Your heart feels so full. You pause as you take the time to feel and experience this moment.

"Is this my divine energy that I feel flowing through me, Angel?"

"Yes, dear one, it is," Angel replies.

"I feel such a strong heartfelt connection with all these stars. I remember you mentioning quite some time ago that we are starseeds. Is that it?"

"Oh, yes—and much, much more."

"More than this?" you question.

"Much, much more," Angel replies.

You bathe yourself in this amazing love and light energy, and then you breathe and send your heartfelt love back out into the universe.

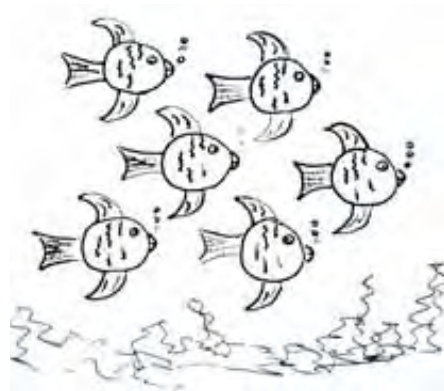
"Wow, now that's a powerful way to use your divine energy," Angel suggests.

"What did I just do?" you ask Angel.

Angel laughs. "You accepted and connected with the love and light energy of the universe by breathing love in. Then you gifted it back by exhaling your heartfelt love. It's a very powerful way to give and receive love."

"Well, it's so easy! I can do that anytime. I'm getting the feeling, Angel, that if everyone did this, we'd be living in a very different world. Is this what peace on Earth would feel like—this feeling amplified in all that we say and all that we do?"

You look back at planet Earth and feel the wonder and beauty touch your heart once again. You feel yourself mesmerized as you look at our deep blue ocean, wispy white clouds and green-grey formations. As you focus upon Earth, you begin feeling a pulling motion that is drawing you closer and closer to it. Within sec-



onds, you are rocketing back toward planet Earth. The closer you get, the larger and larger Earth becomes. Mesmerized, you see snow-capped mountains with branchlike rivers flowing to the ocean. You see mountains and canyons alongside yellow, curvy sand dune landscapes. You breathe in deeply the love and beauty that is all around you, and then you exhale and send this loving energy to all that lives on planet Earth.

In the blink of an eye, you begin slowing down, down, down, down. You feel like you are travelling in slow motion. You take another deep breath, and then splash! You've landed in the beautiful blue ocean. To your surprise, the water is crystal clear. You can see perfectly, and what you are seeing is absolutely amazing. The ocean is teeming with life everywhere. A school of fish begin darting about as a unified wave of the one mind in action. You bob to the surface to take another deep breath and then dive down for another look. As you scan the crevices of the rock and sandy ocean floor, you see hundreds of sea anemones. They look like flowers with long, spaghetti-like tentacles. Others seem to have colorful, flowing petals. You call out

to Angel in astonishment, "Look at the pure white feathers and mushroom ones!"

That's when a very large, green sea turtle gracefully swims past you. Surfacing once again to take another deep breath, you see the Sun and then—spontaneously, out of nowhere—you begin singing a song. As you dive once again, you can't get the song out of your head; that's when you see something emerge from one of the rock crevices. It's a very large octopus. He begins wrapping himself around you gently. His flowing body and arms sway with the soft ocean current. The song continues to play in your head as you dance together. "Could he be telepathic?" you think to yourself. "Is he hearing this song that is playing in my head?" As the song comes to an end, he softly releases himself from you and mysteriously disappears to his hiding place. You quickly surface for a breath of air.

"Did you see that, Angel?"

"I did."

"My heart is still pounding. What just happened?" you ask Angel.

"Did you know that octopuses are very intelligent? I'm sure that's why he was attracted to you. I guess he also wanted a little company."

Still astonished, you say, "I'll remember this moment for the rest of my life."

You catch your breath then dive down for one more look. Starfish of every color are everywhere. That's when you spot something quite large coming toward you once again. As it gets closer, you laugh inside as you realize that it's a playful dolphin.

Dolphin greets you and snuggles up close to you. As you begin swimming, he swims along with you. You bob in and out of the water until he guides you to a sandy rock that has the perfect angle, allowing you to get on shore and stand up easily. Standing at the water's edge, you look to see where the dolphin is. You hear him squealing and clicking and then



see him playfully doing back flips and tail walks. Laughing with pure delight, you ask Angel, "Are you watching this show?"

"Oh yes, he's quite a showman!" Angel comments.

After several minutes, he comes alongside the rock and puts his beak up on the sandy surface. Sitting on the rock, you touch his rubbery skin and then bend over and give him a great big hug. You feel such a heart connection with him as tears well up in your eyes. Dolphin begins to make soft squealing sounds.

"You understand, don't you, Dolphin? You feel our connection too!" Dolphin moves his beak up and down. "He's saying yes, isn't he, Angel?"

"He is indeed." Angel replies.

Dolphin stays for several more minutes before slipping under the water. He surfaces once again to give you another few back flips and a farewell tail walk, then under the water he goes. You sit there gazing into the ocean for some time. You take an extra moment to breathe in the loving energy that you feel and then deeply breathe out, sending loving energy back into the ocean.

You turn around and are surprised to see large sand cave formations. You can see where the ocean waves have carved them out. You carefully walk through the many caves, and then Angel says, "Now take another deep breath." To your absolute astonishment, you transform into pure love and light energy.

You stand there, tingling. "I feel so free! I feel so free!" you say again and again. Your spirit does a little joy dance as you take in these new feelings of lightness.

You pause and then say, "I'm spirit! I'm free! I'm divine light energy! Wow. There is a lot to take in here." It's quite some time before you whisper to Angel, "I'm still tingling."

"Are you ready to take your next step?" Angel asks.

"Take my next step?" you question.

"When you are ready, you can step right through the sandy cave wall."

You gingerly move your light foot and watch as it disappears into the cave wall. You bring it back, and there it is in front of you. You take another step and, sure enough, you flow right through the sandy wall. You feel the aliveness of the sand as you walk or flow through it. You see a glimmer of light and then a gold vein inside of solid rock. You are absolutely stunned. You realize that you are flowing through both sand and rock. You flow out of the rock and begin to see sunlight once again. After emerging, you look around and see the rays of the sun shining through a large hole above you. You take a deep breath and watch as you begin to feel your physical energy returning. After another deep, loving breath, you send out your loving energy to the sand and rock, quickly saying to Angel, "I never would have known that the sand and rock have life energy in

them too. They have always looked so solid to me before."

Angel replies, "Yes, you live in a world with many mysteries."

Looking around, you see more sunlight coming from another large opening only a few steps away. Each step feels so different now. With each step you take toward the cave opening, you feel the weight of your feet and legs. You hear the sound of water. As you reach the cave entrance, you see a waterfall surrounded by a beautiful garden of wildflowers. You continue feeling each step as you walk over to the waterfall. Wildflowers have planted themselves between the path of rocks that lines the water's edge. A tiny, sparkling rock catches your eye. You bend down and place it in the palm of your hand. As you are getting up, you place your other hand on a large rock. It feels solid and very warm from the sun's embrace. You sit down upon it and contemplate all that you have experienced.

"Angel, how is what I've experienced possible?" you ask.

"It is because you are much, much more than you have ever imagined."

When you awake in the morning in your soft, cozy bed, the details of your journey with Angel are still fresh within you. You wiggle your toes and they feel normal, but as you focus on your hands you feel something in one of your palms. You open your hand to discover a tiny, shiny rock.

## LEARNING OBJECTIVES

- ★ Children are asked to add their own loving ideas to the Oneness Adventure story.
- ★ Children are encouraged to create their own sandy rock garden in order to create a contemplative or fun moment for themselves.
- ★ Children are encouraged to view the latest Hubble space photos and to watch nature shows in order to become more aware of their inter-

related oneness and their connection with everything.

- ★ Children explore the power of their breath and the power of their loving thoughts to help in the process of healing our environment.

## ACTIVITIES

### ~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experience.

- ★ What do you like about swinging in a hammock?

- ★ What was it like for you to imagine yourself zooming through space?
- ★ How do you think you would feel if an octopus started dancing with you?
- ★ What do you think it would be like to swim with a dolphin?
- ★ How did you feel imagining that your body transformed into pure love and light energy?
- ★ When you were hearing the story, how did you feel imagining yourself walking through the sand and rock?

### ~EXPANDING THE STORY ADVENTURE~

The purpose of this activity is to expand the Oneness Adventure, first by using your name many times throughout the story and then by adding your very own loving ideas. Peace and unity is the challenge we have not as yet been able to manifest on Earth. How do you think it can be done? Ask the children what new ideas they would add to the story.

### ~CREATE YOUR OWN OUTSIDE GARDEN ACTIVITY~

The purpose of this activity is to use your own creative energy to make your own garden. Go on an adventure and pick up clean natural shells, rocks, twigs and sand. Get a container with sides that are at least four inches high. Place a pile of sand in the middle and then place shells, rocks and twigs around the outside in your own creative way. Whenever you feel like you would like a quiet moment, you can go and draw in the sand.

**Supplies:** one four-inch high container with a lid to keep your garden clean (any width), sand, rocks, shells, twigs and so on

Ask the children what feelings they had as they were drawing in the sand.

### ~ONENESS CONNECTION ACTIVITY~

The purpose of this activity is to contemplate our oneness connection with one another. As children recognize we all breathe the same air, they can grasp a little of our oneness connection. There are many ways oneness shows up, and science is proving our oneness connection with everything on a daily basis. Over the next year, go to the library or onto the Internet and observe the latest Hubble space photos. Discover how sandpipers and starlings fly in unison and fish swim in schools. Watch nature shows, and listen to the many science discoveries that are gifting us with more and more evidence of the vastness of our interconnection with one another in oneness. Ask the children:

★ What have you experienced, discovered or learned that helps you understand our oneness connection with everything?

★ If everyone understood our oneness connection, how do you think our world would be different?

### ~BREATHING IN AND OUT LOVE ENERGY ACTIVITY~

The purpose of this activity is to deeply recognize the powerful ability you have to give and receive love through the combination of your heartfelt thoughts and your breath.

Ask the children to practice being aware when you are having precious feeling moments, and then breathe the loving energy in and out. Practice doing this exercise first thing in the morning and last thing at night. Questions for the children:

★ How do you feel when you send out loving energy through your thoughts and breath?

★ What experience over the past week have you felt touched by?

★ What changes have you recognized within yourself after doing this activity in the morning and evening?

### ~THOUGHTS, WORDS COMBINED WITH THE BREATH ACTIVITY~

The purpose of this activity is to gain a deeper understanding of Dr. Emoto's latest discoveries. Go to the library or onto the Internet with the children to learn more about Dr. Emoto's research, and then ask them the following questions:

★ What have you learned by reading Dr. Emoto's latest discoveries?

★ How have the Oneness Adventure story and Dr. Emoto's research helped you to more deeply understand the ideas on oneness?

After gaining a better understanding about Dr. Emoto's discoveries, create your very own moments of purifying water. Whenever you have a glass of water, take a bath or go past a lake or the ocean, take a deep breath and silently send the water your powerful loving feelings in order to help purify your environment. Ask the children:

★ How have you felt after breathing deeply while sending loving thoughts to a glass of water, your bath water, a swimming pool, river, lake or ocean?

★ In the spirit of oneness energy, how do you feel about breathing deeply and sending love to everyone or everything within planet Earth and the universe?

★ How does it feel to know that you have the power within yourself to help in the process of purifying your environment, simply by using your loving breath and thoughts?

### LEARNING SUMMARY:

Children have been asked to add their name to the story in order for them to become more connected with it. They have also been encouraged to add their own creative story ideas. They have also been given an ongoing challenge of inspiring themselves and each other to add ideas that promote unity in peaceful ways.

Children have created their very own sand, rock and shell garden in order for them to have a moment of quiet contemplation and fun.

Children have been encouraged to contemplate the idea of oneness by viewing the Hubble space photos, watching nature shows and becoming aware of the latest scientific studies that are proving that we are all interconnected in oneness. Since what children focus on grows just by putting out the intention to contemplate the ideas, they will attract many references to this subject.

Children have become aware of the moments within their day that are precious to them. During these times, they have used the power of their breath to breathe love in and out. They have also been encouraged to visit the library or to go onto the Internet to learn more about Dr. Emoto's latest discoveries. They have discussed what they have learned with one another and they have also been mindful to send out loving energy whenever water is in front of them. They have recognized that they have the power within themselves to lovingly help in purifying the environment. ✨

# THE MOVIE MYSTIC

## Cold Souls

Stephen Simon

It feels so good to have a movie to write about again. For those of you who have followed this column for the last seven years, please know that, as long as films like *Cold Souls* are released, I will continue this column, even though it will be on an irregular basis.

Now, to the film: *Cold Souls* is a jaw-dropping, original film, with the only possible comparison being to *Eternal Sunshine of the Spotless Mind*—one of my favorite films in Spiritual Cinema.

In *Cold Souls*, the gifted actor Paul Giamatti plays himself as an actor who is having an impossible time connecting to the character Uncle Vanya that he is about to portray on stage. He feels so incapable of connecting to the seemingly soulless character he must portray that, in desperation, he visits a clinic where souls are extracted and placed in storage.

Even though he is skeptical about removing his soul, he agrees to the process because he is promised that his constant inner turmoil will be relieved once his soul is extracted. The soul extraction itself is painless and quick. He refuses the option of looking into his soul to see its essence, but he is finally persuaded to see what it looks like after the extraction. While other souls he is shown have the appearance of

large fruit, it turns out his soul looks like a chickpea!

Much of the first two-thirds of

the film is extremely humorous in this same vein, as Giamatti explores the soul extraction, then has to live without a soul and then chooses to try out another soul as a temporary replacement. Ultimately, he realizes how empty he feels, and he begs to have his own soul reimplanted—only to discover that it has been pirated and sold on the black market to the wife of a Russian soul-trafficker who yearns to

be an actress and wants the soul of a famous American actor. She has been told that Giamatti's soul is actually the soul of Al Pacino and is utterly delighted.

The last act of the film takes on a much more serious tone, as Giamatti travels to Russia to reclaim his soul with the human mule who has been trafficking souls back and forth. The woman whose soul he temporarily borrowed was also in Russia, and his desire to find her leads the film in a tragic direction here as well. Not to worry; the film does end well.

"Original" is much too weak of a word for *Cold Souls*. The constantly inventive screenplay by writer/director Sophie Barthes immerses us so completely in the concept of the film that we are absolutely swept along in its audacity, humor, drama and pathos. From a spiritual standpoint, the way the film delves into our personal relationships with our own souls is breathtaking. The film is very careful (and brilliant) to say very early on that the soul-extractors have no real idea what the soul is and does. They just know how to extract it.



Stephen Simon • [Stephen@spiritualcinemacircle.com](mailto:Stephen@spiritualcinemacircle.com) • [www.spiritualcinemacircle.com](http://www.spiritualcinemacircle.com)  
Welcome to the Movie Mystic! The films we discuss each month are not reviewed in the traditional sense of that word; rather, we look at metaphysical messages in films, both current and classic.





This conceit is crucial, because it gives us in the audience the opportunity to decide for ourselves the importance and functions of our soul.

Paul Giamatti (*Sideways*, *John Adams* and so on) is one of my very favorite actors, and it is hard to imagine anyone else playing this role. His restless unhappiness, skepticism, hope, humor

and empathy as he evolves throughout the film capture us and hold us in his thrall. What would it really be like to have to live without a soul? What would it be like to have a borrowed soul? What does our soul really mean to us? All these questions and emotions play out in Giamatti's face and body throughout the film.

Films that ask but don't answer the big questions about who we are and why we are here are indeed the "soul" of Spiritual Cinema. *Cold Souls* will provoke those questions for you, your friends and your loved ones. What a great gift that is to those of us who have been starved for this kind of spiritual film for such a long time. Let the discussions begin. ✱



*Lily Jones*

Dear Ms. Lily,

My husband has been allowing our four-year-old daughter to watch shows like *Ghost Hunters* on television with him, and now she is "seeing things" and says that the walls in her bedroom at night have eyes! I think she is much too young to be exposed to such things. I have tried to tell her that there is no such thing as ghosts so that she will sleep better, but this is not working well. Help!

—Melissa, Texas

**W**e actually swim in a sea of invisible, multidimensional energies, including ghosts or earthbounds. Like bacteria that normally cannot be detected with the naked eye, these energies are always all around us. These ghost hunters are using high-tech equipment to scientifically prove these entities exist, although any good medium can detect such things during daytime hours.

It is not surprising that you indicate that "riding the river of de-Nile" is not working well for your lovely young daughter. I would like to point out that it is likely that anyone would "get the creepies" just from visiting places like the Gettysburg battlefield, and virtually all widowed people of all beliefs tell me they just somehow simply *know* that

their loved one is still around visiting. Heaven is not far away; in truth, it is just another dimension close by. Like the air that is filled with television, radio and cellular waves, we know they are there, yet we just cannot see them.

Our young ones seem especially gifted in detecting loved ones who have passed over as well as ghosts. I find that night terrors are usually caused by flashbacks of tragic events from a recent past life. Assuring a child that he or she is safe, and explaining that the nightmare was from long ago can help immensely, even if the child is too young to talk.

Parents with open minds who educate themselves about the true causes of unexplainable events feel not only more calm themselves but gain wonderful empowerment by overcoming the heartbreak of not knowing how to help their child in time of desperate need. Validating a child rather than saying, "You are just imagining things" builds a solid foundation of trust that will help to develop not just positive

self-esteem and self-confidence but also to inspire lasting, deep respect for you as a parent, something that can become vital in teen years!

I agree with experts who say there is no St. Peter at the pearly gates who says we cannot come into heaven because we are too naughty. When our time to go home to heaven arrives, we are given the choice of whether to go to the light or not. Spirits become earthbound when, for whatever reason, they are not ready to pass or feel unworthy to do so, but there is no need to be fearful of them. To me, ghosts can feel a bit grumpy and territorial, but think about how frustrated you might get if too many people were to suddenly act as if they were not hearing what you may need to say.

First and foremost, it is important for you to remember that your guardian angels are in charge of this dimen-



**LILY JONES**  
PO Box 476  
Boling, TX 77420  
832-247-3842  
ask\_ms.lily@yahoo.com  
centerpointhouston.com

sion and to call on us for protection. Anytime you feel as if there are negative energies about, simply verbally command them to go away. You can also call in angels to help earthbounds to go home to the light. The trick I learned, with the most amazing positive results, is to call in a priest or clergy member in spirit form to aid earthbounds. You can also use holy water to bless your home or burn sage or incense to clear away negative energy. This is called smudging. Archangel Michael says that he is always available to help protect you and your family; just call his name.

Our loved ones reach through the ever-thinning veil to bring unconditional love and support. I see loved ones around your daughter—like your own grandmother, who has helped rock her to sleep at night since she was a baby. One of the best gifts a parent can give their child is to acknowledge the everlasting love of our family on the other side in heaven!



Dear Ms. Lily,

*At night I cannot sleep well, as I feel many spirits that want my help. I am getting tired of not sleeping, and if this is a life contract I once made, please help end it, as I am permanently retired. Please.*

—Fr. P., Canada

**T**hank you for writing. Even professional “rescue” mediums like me sometimes find it necessary to declare our bedrooms private for a night! As soon as I read your letter, I called in the angels—including Lord Metatron, Michael, Uriel, Raphael and Gabriel—to assist you by intervening with the spirits who are requesting aid. I also called in members of the clergy in spirit to take over your post, and in profound awe and amazement, Pope John Paul II himself responded! Wow.

The angels ask that I gently remind you that it is not necessary to feel responsible for determining which spirits may or may not be worthy of aid or forgiveness—which, in truth, may be the actual life lesson you contracted

for yourself. Karmic debts are neutralized when the life lesson is completed. I like to say, “Thank you, angels, for the life lesson. Now I am ready to move on.” As many of us have found, part of this is also learning to forgive ourselves for not being perfect as well. I also like burning seven-day candles in my fireplace to invite guardian angels in to watch over me and those I do prayer requests for.

All the Angels are singing praises of thank you for the lifelong devotion you have spent helping others. They say that countless lives have been changed in a positive manner. Love and light to you!



Dear Ms. Lily,

*Recently I received a letter from a psychic in New York City claiming that all sorts of misfortune would befall me if I did not send money right away. I am an eighty-year-old widow on a fixed income and cannot afford this. It appears to be sort of a form letter with my name inserted in several places, but I cannot help worrying that something bad is really about to happen. Please help!*

—Mary, Texas



**Y**ou are very wise to seek a second opinion, just as one would with doctors. Unfortunately, there are unethical people in almost all professions, including psychics—which is one of the reasons the angels ask me to help folks. It is good to be somewhat skeptical when choosing a psychic advisor and to use your own good judgment and intuition in selecting one that you feel comfortable with. While a good psychic should not just tell people what they want to hear, they should also be able to show you windows of opportunity that may be coming your way along with any possible pitfalls that could be coming.

Life can throw us some curveballs, so it can be a safe bet to tell someone that something negative could happen. It does not matter who you are or where you might come from, there will always be rainy days, but as humans, we

appreciate sunny days more after the rain. Yet excessive worry can actually inadvertently manifest what we wish to avoid. While it is okay to be concerned—to be like the scouts and “be prepared”—realize a negative situation is like the weather in Texas: Just wait a few moments, and it will change!

We indeed do program countless life lessons or challenges into our life charts. What never ceases to amaze me, however, are the many blessings in disguise. I have discovered that, no matter how tough a situation may be, the angels are always there to help us. Ask, and you shall receive! Just remember that whining is not asking. What we think or focus on mentally is what we usually get. Our thoughts are energy more powerful than you may ever imagine. The Secret of *The Secret* is to simply say thank you to your angels and, with an attitude of gratitude, to manifest what you desire that is for the good of all. Say, for example, “Thank you for the perfect job for me. Thank you for the perfect partner for me. Thank you for a smooth transition. Thank you, angels, for loving and healing me.” It is that easy.

I see many blessings for you, Ms. Mary. The angels say that you are to be highly commended for the many life challenges you have already overcome! They also reveal that what you have given selflessly to others for so many years will soon be returned to you tenfold. We usually think of karma in the negative way, that if we do something naughty, it will come back to us. However, karma is also expressed in ways that if we always give or do for others without accepting good in return, naturally, the universe can and will then put us into situations where we have to ask for aid. The angels advise that it is time to allow others to give back to you, which may include the need to ask. You are an earth angel who has raised more than one child with physical challenges alone, and yes, you are worthy of much love, sweet Mary. Thank you for writing. Love and light to all! Ms. Lily. \*

# THE DREAM ZONE

*Katia Romanoff, PhD, and Lauri Quinn Loewenberg*

*"The paradoxical fact [is] that we are not only less reasonable and less decent in our dreams but that we are also more intelligent, wiser and capable of better judgment when we are asleep than when we are awake."*

—Erich Fromm

Dear Dream Zone,

*I dreamt I was stuck in a bathroom on a plane and that we hit turbulence. The plane seemed like it was going to crash. The flight attendant let me out and then puked on me. Then a guy came at me with a knife! Good one, huh?*

—Mia, 38, Wausau, WI

**Lauri:** Planes in dreams often represent our careers because, like a plane, it is something that we want to "take off," to climb higher and take us places. Are you worried about your job right now? Are things a bit rocky? Like the flight attendant that puked on you, has someone dumped on you at work? Did someone criticize you, as the knife might indicate? You were trapped in the bathroom because you probably had to hold in your frustrations rather than be able to relieve yourself of them. Your dream seems to be showing you how you are being treated so that you can better arm yourself in waking life.

**Mia replies:** Yeah, there is someone at work who is a huge drama queen, and she is trying to make me feel insecure about my position. She loves to dump on people. She even did it to me last week, and while I shouldn't fear her, I do. Thank you.



*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 LOEWENBERG, KATIA ROMANOFF, PhD  
[www.thedreamzone.com](http://www.thedreamzone.com)

Dear Dream Zone,

*The past two nights, I have had a dream that my husband's ex-wife is hot after him. They have not been together in thirteen years, but in my dream I am struggling to keep him, and he does not appear to have a commitment to me! The entire five years that they were together, she left him numerous times and he always took her back. He was there for her and paid for two children to be born that were not his during this time. I also, for years, have a recurring dream that my ex-boyfriend, who chose another woman over me, would have to pick between me and his wife, and he always picked her. I called it my rejection dream. Any ideas?*

—Lalori, 37, Newport, OR

**Dr. Katia:** You occasionally have an anxiety that your husband might not be committed to you. It is normal to sometimes fear rejection. That anxiety triggers this kind of dream in you. Chances are that your marriage is quite secure. Something thirteen years ago is part of your husband's past, for sure—a mistake he made in his younger years when he was suckered in by a manipulative partner. He is long over that and settled with you. Your ex-boyfriend's betrayal of you in your past also influences your anxiety about being rejected, as you were deceived by an uncommitted partner. Again, that is normal, considering we tend to be



"once bitten, twice shy." That kind of betrayal affects a person on a very deep level and may surface for years in your dreams and inner anxieties, but the dreams are actually a way that you are healing from this and moving on. So they're a good thing; you are functioning just fine!



Dear Dream Zone,

*I was walking with a muck farmer when I saw a big snake all coiled up ready to strike. I thought it was going to get the farmer, but it struck at me and wrapped itself around my left ankle. It kept biting me over and over again.*

—Pam, 55, Oswego, NY

**Lauri:** The muck farmer represents the part of you that can turn negativity, frustration or depression (the muck soil) into something positive. He is walking with you because this part of you has been helpful to you in your life's journey lately. Even though you may feel you have had too much negativity in your life, you are indeed working through it.

Snakes in a dream often represent physical or emotional healing that needs to take place. We see snakes in the Caduceus, the symbol for physicians and healers, and therefore the subconscious mind equates snakes with healing. Believe it or not, the fact that the snake bites you is a good sign! It indicates that the healing has begun. In your dream, you are bit repeatedly. This may point to either a huge amount of healing that you need, or it may be connected to trying to heal the same ailment over and over again. It is significant that the left leg is brought to attention in this dream. Is there any physical issue with your leg? If not, then the leg represents your ability to move beyond an emotional issue.



This dream seems to be saying that the worst is behind you now.

**Pam replies:** Your analysis has shed some light. I have been married for twenty-four years. We have suffered a

lot of heartache, as we both lost a child from previous marriages. He also has an ex-wife that still hasn't let go. I try not to let it get to me, but it does. In addition to these emotional issues, I

also got a tattoo on my left ankle six months ago that my body seems to be rejecting. I have made a number of trips to doctors, and I'm thinking about having it removed. \*

# Ask Rochelle

*Stars of Celestial Waters through Rochelle Sparrow*

Dear Rochelle,

*I have always felt that it is possible to reverse physical conditions that beset us, as we bring them on ourselves, and love and the universe can perform anything. I would like to think that I could do the same with the arthritis in my hands and back. The task seems enormous yet exciting, and I am enjoying the search. Am I on the right track so far, or is there more that can help my focus at the moment? Thank you.*

—Love, Debby

Thank you for connecting with Spirit and for your knowing! It will help you. Here is what my guidance states: "You are correct to know that your being needs to think more flexibly. We are speaking here of"—the energy that comes through indicates neglect—"that occurred within early childhood. Your being neglects the ideas you have that can move you forward"—there is a strong energy of momentum—"in terms of how you view your creative spiritual prompts." Writing is the energy that manifests itself here.

"We suggest that you begin to write down your ideas for creative interaction with Spirit. This can take the form of a short story, personal experience with people or direct interaction with your own guidance." Remember, we create our life from the inside out through our healing. "Once you become flexible in terms of your internal interactions with Spirit, which display themselves as your creative interest, your being can then begin

a practice of kundalini yoga. In that way, you will begin to gain flexibility in stronger ways than you have imagined. Moving forward is the correct way. Blessings."

\* \* \*

Dear Rochelle,

*I have suffered from repeated cancerous tumors. They come and go. I know I create their existence, and I know I create their non-existence. Can you share with me how to stop this repeated pattern that has been ongoing for the last five years?*

—Thank you, Neil

Thank you for your courage. I believe you now can stop this pattern. The guides suggest: "You are correct to notice a pattern. Your being has taken on the momentous task of clearing away the perfectionist ideals you received from your father. Your father presented you with a set of standards to meet, and as you continually met these idealized standards, your being felt a succeeding disappointment, as if the standards met were not enough. Because of this, you began a repeated pattern of success followed by disappointment in your life. Your being learned early on that you are quite strong in your ability to become successful in career matters,"

an energy of media surfaces, "and in relationships." The energy manifested strongly suggests a spouse. "However, your being also suffered from a sense of disillusionment, because it did not feel as though the goals achieved were ever quite enough.

"What is occurring now is that the cancer is the result of a repetitive series of emotional states that your physical body has taken on to help you understand the repeated patterns of your emotions. As an energetic prescription, we suggest that you become more open to the possibilities granted in any moment of achieved success. In that way, you can offer yourself the comfort of achievement now, rather than at some future date that never appears. Your cancer is in remission, correct? Therefore, allow yourself the ability of achievement now. In that way, you no longer need to project the emotional state of oncoming disappointment into your future. That is the correct way. Blessings."

\* \* \*



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602-430-6447

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[info@rochellesparrow.com](mailto:info@rochellesparrow.com)

Dear Rochelle,

*I have a long-standing problem with my lungs. I may need a lung transplant. I am wondering if there is anything I can do to prevent this and heal my problems.*

—Thank you, Liz

Thank you for your courage. Okay, let's see what the guides say: "You are correct to know that your being had experienced suf-

focated emotional repression from your mother" The energy expressed here is maternal. "Your mother did not wish for you to express anger or resentment," especially toward her, the energy indicates. "This suppression prevented you from feeling safe enough to express anger and to breeze through your emotions. You began to repress your emotions of anger. Your being now wishes to have the ability to assert all of your emotional life. You

are correct to begin to allow yourself to breathe and to simultaneously express anger. You can do so in an assertive manner. Through this practice, your ability to breathe will become more open. You will begin to feel a sense of emotional freedom without suffocation and will feel free enough to begin an exercise program of walking. Once you begin to walk, your being will free yourself of this illness. That is the correct way. Blessings." \*



# SELF-HELP

## FOR THOSE WHO BELIEVE IN ANGELS



Lynn writes from Oregon: "I so enjoy your newsletters and reading about the most benevolent outcomes (MBOs), and I just wanted to let you know that MBOs now fill my life, even when I don't ask for them. Yesterday, my friend Diane and I drove to Portland, an hour trip over the coast range. I always ask for a safe, expedient and smooth journey when I do this. She says that she forgets, but feels like they happen anyway. And as we talked, I realized I feel the same way. Now that I've got my angels in action, I think they are just there. I still tend to ask, but I don't worry as much if I forget. I am just wondering if you think this happens once we have put our angels into action."

My guardian angel has told me that, even with as long as I have been requesting most benevolent outcomes (around fourteen years now), if I were to stop requesting them tomorrow, it wouldn't be too long before I would be just like everyone else: simply reacting to events and not being protected and guided. Remember, one of the major benefits of requesting MBOs is that the act of requesting them keeps you on

the soul contract or life path that you yourself laid out prior to your birth for the purpose of gaining the most knowledge and having the most experiences that this life can provide you.

### TORNADO MBO

Heather writes: "Dear Tom, I just had to write and let you know one story that happened to me (and there have been many since I originally found your website). Two weeks ago, we moved to a wonderful house in the country. That itself was the result of an MBO request, but the one I wish to tell you about is the one that saved my family. We had only been here for three or four days when a huge thunderstorm kicked up. Now I love a good storm, but this one got nuts fast, and all of the sudden, I realized that we had a tornado heading straight for us. I could hear it coming and see the way the wind was blowing the debris up. I shouted for my children so we could run down the basement, and as we were running toward

it, I mentally requested an MBO for the storm to not cause damage or injury.

"Just like that, the storm slowed right down and died to a more gentle rain. To say I was completely in awe would be an understatement. I know this saved my family and the house we just moved into. I say a huge thank you every day that I found your site, and I cannot tell you how many times I have requested an MBO and have seen it work since then. So again, thank you!"

That is wonderful to hear. I do recommend that you say your MBO request out loud, however. In this case, I'm sure there was such emotion and danger involved that there was an exception made.



**TOM T. MOORE**  
TomTMoore6@aol.com  
[www.thegentlewaybook.com](http://www.thegentlewaybook.com)

## **BENEVOLENT PARKING OUTCOME IN BOSTON**

Patrice writes: "I would like to tell you about a neat story that happened to me as a beginner using MBO requests. I was taking my son to the Special Olympics, which is a big event in Boston. We were nervous about parking because the event was huge, and parking is few and far between at these events, especially in Boston. So you can imagine how handy MBOs can be around here.

"We entered the parking lot, and there was not a parking space to be found, so I immediately requested an MBO for a parking spot to open. In the back of my mind I thought, 'This probably won't work but I'll try anyhow.' My husband looked at me with a look on his face that said, 'Okay, what are you doing?' but within seconds someone backed out, and in we went to the space. My husband was so surprised. He turned to me with a smile and remarked, 'Nice job!' I was so delighted and stunned. This outcome really was quite a feat, considering the fact that there were no parking spaces at all in this crowded lot in downtown Boston. It was quite remarkable."

## **BENEVOLENT OUTCOME IN TURKEY**

Diana writes: "I had another amazing experience with MBOs during this summer holiday. We went to Turkey, and I requested an MBO for the city where my in-laws lived to be cooler and life more bearable at that time. In the city, it started to rain a little, and so the air turned cooler than it normally is at that time. It never rains there in the summer. Even my mother-in-law was surprised at the weather. I had a huge smile and, of course, thanks for my guardian angel.

"Another most benevolent outcome we recently experienced happened when my husband was requested to urgently meet a former business partner to 'finish an accounting matter.' In the past, the former partner had always hinted that we owed him money (which we did not), since he had pushed us out after business had become successful. Anyway, when he requested the meeting, we thought he was going to ask for

that money again. I requested an MBO for the meeting. The morning of the meeting, the man forgot about it, but later in the day they met again, and my husband told me that the former partner handed him \$2,000 in cash as a settlement of accounting. My jaw dropped. I like to think that my MBO request was helping in that situation.

"The last most benevolent outcome I would like to share happened two nights ago. I requested an MBO for help in organizing our office space, as I have had some quarrels with my husband about that issue. I had almost instant insight about the situation, and my husband agreed that the idea was good on how to reorganize our space."

## **COMPRESSION OF TIME MBOs WHILE DRIVING**

Darlene in Texas writes: "I always request an MBO for divine protection, keen awareness and defensive drivers all around me and a safe, uneventful trip to work each morning before I back out of my driveway. If I'm running late, I always request an MBO for a compression of time so that I can arrive at work and be able to punch the time clock at the precise time I am supposed to clock in. This has worked for me each and every time I have requested it. Sometimes, in my mind, I just know I'm going to be late but I never voice it, and my guardian angel always gets me there.

"Last week, I went to see my parents, who live six hours away. As I was returning home, I went through a small town and, in my haste to get back home, was pulled over for speeding. Despite the fact that I was stopped for going 48 mph in a 35 mph zone, I only received a warning. Thank you for enlightening me on MBOs. I use them all the time!"

## **MOST BENEVOLENT NEW KITTY OUTCOME**

Gail writes: "My story is about a benevolent outcome I asked for when looking for a new cat to add to my household. I requested just the right kitty for our family and that, when introduced to my old, huge cat and our dog, that there

be none of the hissing or even fighting that usually happens at first. I still marvel at how complete and wonderful the outcome was. We found the most loving, sweet one-year-old kitty, and she is a complete joy for us. The extent of her gentleness and congeniality is unusual for a cat, and from the first moment she met our older cat and dog, she got along splendidly with them. Anyone who has introduced a cat into a household with another cat knows what a miracle this is. *The Gentle Way* helps us in our everyday lives, reduces our anxiety and is a good tool for turning our life challenges, big and small, over to a higher power."

## **EAST TEXAS MBO**

Kathy writes: "I have an MBO experience to share. A couple of months ago, I moved back to my small hometown in East Texas from the Dallas area. It has been a challenge to slow down and adjust to the way it is in small towns and how everyone moves at a leisurely pace.

"One morning on my way to do errands, I was stopped by a train. A very, very long train. I immediately recognized that this was a message from the universe to slow down. I turned off my car ignition, and while waiting, I recalled childhood memories of waiting for this train, which was quite relaxing, or so I thought. At the first sign of the last car in the train, I started my ignition and zoomed across the tracks while the red lights at the railroad stop were still flashing.

"As I crossed the tracks, I saw a police car waiting on the opposite side, and remembered that I'm to wait for the flashing lights to cease before crossing. The police officer immediately turned on his lights and did a U-turn, and I pulled over. When the officer approached my car, I had registration and insurance papers in hand and immediately apologized, stating that I was wrong and hadn't waited for the lights to go off. I also added that it had been decades since I had had to wait for a train.

"As he went to his car to run a check on me, I began thinking about how I did not have the money to pay for a ticket, and so I said the following request for an



MBO: 'I request a most benevolent outcome in this situation. May it be that I only receive a warning ticket or even be granted an outcome better than I could ever expect or imagine. Thank you, thank you, thank you.' The officer came to the car and said, 'I'm going to give you a warning, but I don't have my warning book with me. This ticket would cost you \$300 or more. You need to learn to slow down and take it easy. Okay?' 'Yes, Officer. I will,' I replied. And then I said thank you to my guardian angel."

### **MBO WHEN IT DOESN'T LOOK LIKE IT**

Annette writes: "I had a very stressful time when we were beginning work on writing our RFP (request for proposal) for our Federal contract at work. I had left my second job to be available to work on this and honestly, after sitting in a few meetings, did not want to be involved (my gut told me we would lose a portion of our contract), but this was part of my job. My friends and family had been telling me that I needed a break after working two jobs for three years while dealing with my Dad's passing and how my Mom was 800 miles away, and the contract issues at work were just too stressful. My guardian angel kept telling me that I needed to get some rest, and I would often reply, 'I can't take a break right now; I'll take one when all this is over.'"

On December 24, at 7:45 in the morning, I fell and broke my ankle outside of a shopping center while getting a last-minute Christmas gift on my way to the office. It looked like something from a cartoon: I slipped on some ice, and one leg went one way and one went the other. I landed on my more-than-ample backside, slid down the ice and, since I was wearing boots with excellent tread, when my foot hit the pavement, my right leg twisted up behind me and I ended up with a nice spiral fracture, a dislocated foot and ankle and a few other interesting, but minor injuries. The first person to see me was an off-duty paramedic, who came running to me, followed by an on-duty police officer.

In the emergency room, I had to wear the new flannel pajamas I had picked up for myself as an impulse buy (they were only five dollars!) after they cut my jeans away. They reset the ankle but told me that I would need surgery on the leg and would have to wait a week to let all the swelling go down. As I lay in the emergency room for what ended up being ten hours, I heard my guardian angel say, 'You needed to take a break.' I had a great pity party Christmas morning, as I was in some pain, and had surgery a week later. My husband was such an angel! I was out of the office for eight weeks and in a wheelchair for twelve weeks. While I was out of the office, the person one of the managers wanted to write the RFP got to write it, and I worked some from home with our budget officer.

"Throughout this experience, I learned several lessons—some serious and some humorous—all of which made a big impact on me and facilitated some changes that have been positive: Be careful what you ask for (like not wanting to work on the RFP), and listen to your guardian angels when they are looking out for your health; they have your best interests at heart. I also learned that my guardian angel has a sense of humor even while taking care of me completely; from the off-duty paramedic and the police officer to the flannel pajamas, my guardian angel had everything ready. So sometimes what seems at first to be a negative thing can turn out to be a positive thing. Slow down and smell the roses, everyone!"

### **BENEVOLENT VAN POOL OUTCOME**

Sue wrote to me on Facebook: "Hi Tom, have a great MBO story for you today! I work at a large university and participate in their van pool program to help our environment and save a lot of money on gas as well as wear and tear on my own vehicle. In this program, you cannot get a van pool vehicle until you have five additional people who work full time and are committed to riding with you on a daily basis. I left my other van pool in January, as their working start and stop times really didn't match with mine, and I had to

stay an extra thirty minutes each day to catch a ride home with them.

"I decided to try to start up my own van pool with myself as the primary driver, finding five others who live near me and have my work hours. I immediately started out by saying a request for a most benevolent outcome involving people who would be good matches for me and my alternate driver's personalities, so that we would be able to have a good group riding together for the two hours of commuting every workday. It took me a long time (seven months) to get all of the people together, but finally, after much frustration on my part, wondering why it was taking so long, I got my last person and applied for the van.

"This organization requires that every newly forming van pool attends a formation meeting with the university's alternative transportation coordinator and the representative for the van pool company. During this meeting, I was told that we would not get the customary brand new van, but would instead get the only van available, which was a used van. I was a bit disappointed, but having said requests for MBOs all along this journey of getting my van pool group started, I figured that there was a reason for all of these hurdles. I was assured that the used van was safe and trustworthy and, because I trusted in my MBO requests, I said that it was fine and that I would take whatever they gave me.

"This meeting was two weeks ago, and last Thursday, the company representative emailed me and asked if I would be available to meet her and get my van the next Monday, which was yesterday. Of course I said yes, double-checked the day and time with her and made arrangements for it yesterday. Well, when we showed up for the meeting—for which we had taken time off of work and were driven several miles across town by my coworker—we were told that the representative had made a mistake and told me the wrong day and that the delivery was to be today instead. I was very disappointed but tried my best to be polite and positive to the coordinator, even as I was wondering

why this had happened and what was going on. Of course I quickly remembered that I had said MBO requests for everything I could think of surrounding this whole event and thought that there must be a reason or two for the misunderstanding.

"So now we come to today—the real van delivery day. Once again, we show up at our meeting time, wondering what our used van will be like. The company representative shows up and takes us outside, saying, 'I felt so horrible about the mix-up yesterday that I decided to give you a brand new van and not the older one!' Wow, talk about a fantastic MBO! Thanks, Tom, for your wonderful work and your efforts to get the word out about most benevolent outcomes. Many blessings to you and your family!"

### BALKY LOCK MBO

Rick writes: "The lock to the laundry room door in our apartment complex has been balky lately. It seems as if I spend five minutes trying to get the key to unlock it every time I need to get in. I've used MBOs for it, and they've worked. The other day, I asked for one almost an hour before I went down there. To my surprise, when I arrived, the door was wide open and a couple of people were already doing laundry, and I guess previous MBOs must have gone beyond my key working, as the property owner finally fixed the lock! It's now in perfect working order."

It's those little mundane MBOs that make life easier!

### BENEVOLENT OUTCOME WITH A BANK PROBLEM

Laura writes: "After making a purchase, I was overdrawn at the bank by \$130, plus a \$27 charge and another \$35 bank charge from the salesman for the bounced check. Oh boy, did I ever pray. I returned the used product, but the clerk wanted me to pay his \$35 bank charge. Well, I had no money, and the \$125 from the product was not returned yet. I owed my bank \$130, plus the \$27 fee. What request for an MBO should I say? I have not slept the past few nights trying to word this correctly. Thank you."

Folks, this is not rocket science. Requesting benevolent outcomes is the simplest way you can communicate with those loving souls we call guardian angels. You don't need me to create each one especially for you—in fact, knowing your own situation the best, you'll undoubtedly request a better MBO yourself. As I wrote Laura, you don't have to have absolutely perfect wording. Your guardian angel knows what you mean. Just say, "I request a most benevolent outcome for my problem with my bank, and may the result be even better than I can hope for or expect, thank you!" You can also request an MBO for being led to enough money to pay all your expenses.

### LOST EARRING MBO

Daphnee writes: "I am now in New York and reading your book bit by bit as I am spending time with my family. I only wanted to let you know a funny and short thing that happened to me: After I started reading your book, I had

a dream one night. I cannot remember the dream, but I do remember that during the dream I was requesting an MBO for something. I was amazed that I was still able to request one while dreaming. I cannot explain it, and I was wondering if you ever heard of such a situation.

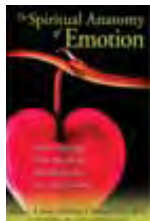
"Another little story I'd like to share involves my four-year-old girl, who was given some expensive earrings by my sister and her godmother. This morning, she lost the back of the earring, which is very tiny. I requested an MBO to find it, and I had not even started to look when the angel directed me straight to the place where it had fallen. Nobody was laughing at me anymore as I said my thank you three times. I am now going to request an MBO to request more MBOs every day."

That was a nice MBO find! And yes, I have dreamed of requesting MBOs as well, and I think that you were being reminded in the dream to do that also—perhaps in connection with finding the earring.



Don't forget that you can go to my website and click on "Signs." There you will find a sign that says "request benevolent outcomes today." You can print out one or several and paste them up around your house to remind you until requesting becomes an absolute habit. My new book *The Gentle Way II: The Story Continues* is also available now [in prepublication], just in time for the holidays. Have a most benevolent month, everyone. \*

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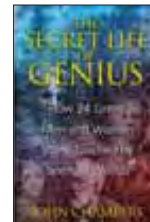


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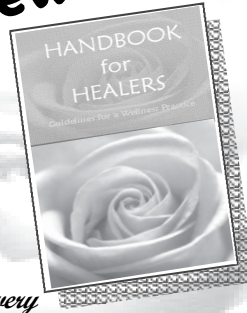
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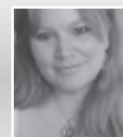
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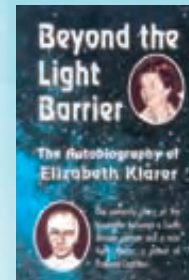
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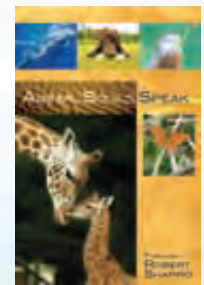
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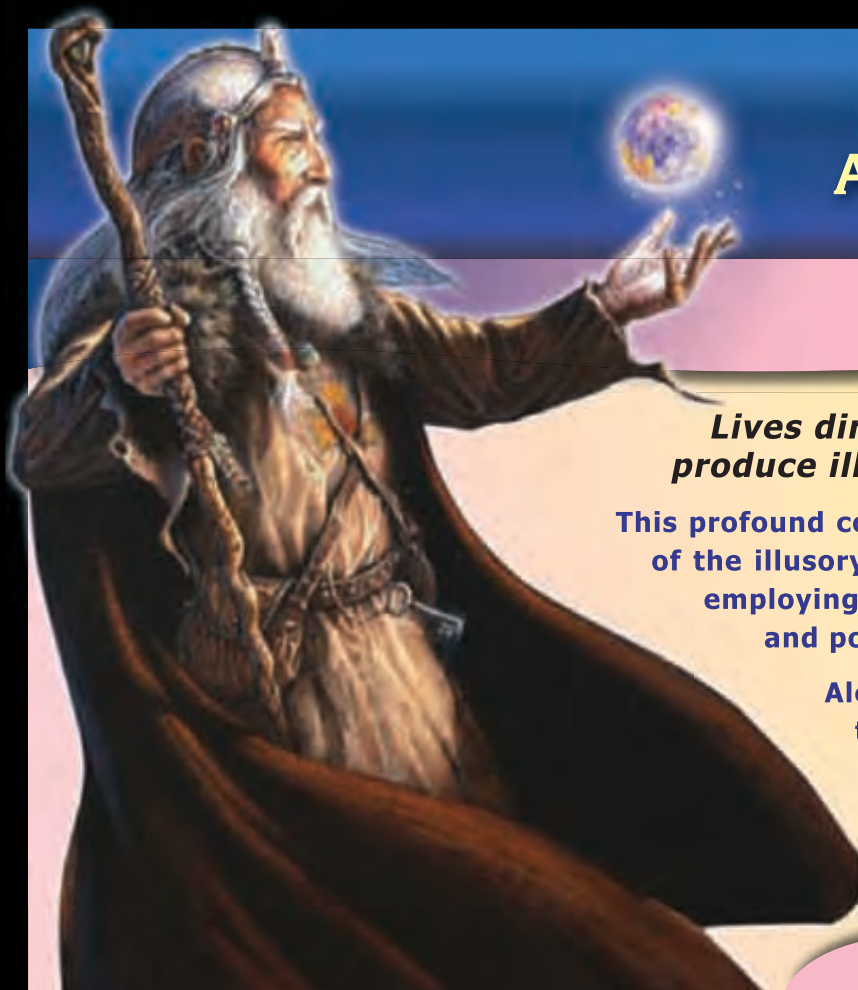
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## INSPIRED INFORMATION

**from beyond the focus of Earth to guide, teach and help you now, as you awaken to your natural self and your natural talents and abilities.**



# Sweet Sounds

## OMA through Frankie Z Avery

In keeping with the energy moving around your world at the moment and for the next six months, we recommend that each of you find some kind of musical instrument that you can play with. It can be a flute, a tin can or a stick, if you wish, as long as it's yours. It can be a plastic potato pipe like your grandfather had. Some of you have old mandolins sitting around. It doesn't matter, but at the moment if people would do something as simple as blow on a harmonica or a recorder or something—anything, even if it seems completely disharmonious—it would be very healing.

### RESONATE YOUR HARMONIC FREQUENCIES

The energies coming through your Earth right now are riding on what is known as a sixteenth harmonic or a sixteenth wave—this can be disputed, depending on your philosophies. The energy has to do with awakening symmetry, harmony and balance for personal expression. Take this time to play with any kind of musical instrument that you want. This is a way to get to that energy so that the new chakra opens more freely for each of you. Again, it doesn't matter if you don't play it well. You don't have to. What matters is that you create a sound.

Like tuning forks, the sounds you create here will begin to resonate with everything else. You will find as you work with your sounds and these frequencies that you will begin to open up, especially those of you who are trying to awaken the new chakra that is emerging between the heart and the throat chakra. We've spoken of it before and how it is the chakra of the divine heart. Many of the Indigo children have felt it opening, and it is alive and well, which is why it is now beginning to reverberate in everyone. In this chakra

### KEY POINTS

- "During this time, you are encouraged to take up a musical instrument and meditate for healing, creating sounds to open chakras and awaken harmony for personal expression.
- Some sounds are indicative of hidden wounds in your emotional history. Ridding the body of these sounds can help you to locate those wounds and assist with your healing process. Strong sounds can also be a powerful way to train your consciousness to avoid negative habits.
- Many other sounds that are typically thought to help heal physical ailments are also helpful with your emotional state of being.

resides the message of purpose that stems both from previous lives and from within your spiritual body prior to stepping into this physical body.

Imagine being able to see and awaken to that, to begin to know your purpose and to awaken the vibration that you vibrate to purposely so that you are not just seeing your purpose in life but are actually being your purpose in life in each breath you take, each step you take and in each action that you do. Support yourself in this endeavor: Meditate by yourself once a day and with others once a week if you can, even if you have to do it from a distance. Get on the telephone. Call this friend or that relative and ask them to be with you for a moment in prayer and meditation. You don't have to be together. We know you live in a treacherous world.

### THE POWER OF THE STRONG COMMAND

In addition to meditating, remember the other steps to happiness: Don't blame. Don't complain. Don't find fault. Don't procrastinate. Now there has always been a question about why OMA says the word "don't." We will tell you the reason we use that word. When you find yourself procrastinating, say, "Don't," and then proceed to do what you need to do. The word "don't" has a specific sound that will stop you. Suppose a child were crossing the street and a large vehicle were coming. If you look out at the child and say, "Oh darling, you haven't looked both ways, so please step back onto the sidewalk," he might be splattered. What would stop him? The word you need is one syllable strong. "Don't!"

The words "no" and "stop" do not do the same thing that the word "don't" does. Listen to the vibrations of the letters. "No" keeps on going on and on with a much smoother sound, but the word "don't!" stops things. The letter *d* is hard in your vocabulary. The *d* and the *t* in your language are very strong, and that final *t* in "don't" is like a gate closing down. This is why, to the American ear, if someone is speaking German to you—even if they are telling you they love you—it sounds as if you've just been cursed. Don't you stop for a moment when you hear it? Why? It has many *g*'s and *d*'s. It is a very firm language. The firmest word in your language is don't. So when you hear yourself complaining or you hear yourself gossiping—

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isn't gossip another form of complaining?—just say the word. If you are around a thousand people, just perhaps think it loudly. You will stop yourself. That is how you get control of your mind and your actions.

### RIDDING THE MIND OF NEGATIVE SOUNDS

*Sometimes a sound gets stuck in my head. Do you understand the term "ear worm?" My mind, going ninety miles an hour, will pick up snippets of some song that will then go on and on and on horrendously in my head. I will think of it, and no matter how much I'm talking or if someone is talking to me—or even I'm watching TV—it keeps going through my mind and my brain. I want to be able to tell it to stop—"No, don't!"—whatever it is that I can do. I never know when it is going to happen; I just hear it.*

Imagine that you have a mental spittoon. This is something you can visualize, as you see yourself. Sit down for a moment, and then take the index and middle fingers on both hands and tap the sides of your head, near your temporal lobes. Then imagine that you are pulling that sound out of your third eye, because it actually has a body of its own. Pull it out and throw it out into this spittoon. What you will notice as you pull is that you'll first start pulling energy. Then you will see what seems like a dental floss tied around paper or garbage or something similar. You will notice that you are pulling things out. Keep pulling it out until you get it.

When you have a sound stuck in your head like that, it comes from having gotten on a track of thought that is reinforced by something painful that happened to you in your life. So as you can begin to pull the sound out, you will also feel the negative history popping out with it. When you can, just place it all in your mental spittoon. When you are done, take the palms of your hands and put them on your temples. Then take your fingers and tap the top of your head, with your palms on the temporal area and your fingers tapping atop your head. Do you see? Rest the palm of your hand against your temple: tap, tap, tap, tap. Then take a deep breath.

Do you like the song "Amazing Grace"? If so, then sing the first stanza of "Amazing Grace" to yourself. It is a very cleansing, healing song that will not start another "ear worm." A sound fragment can become maddening when it is circulating around something that has made you angry. Take it out and use "Amazing Grace" to fill the vacuum. It is impossible in your language, even for the most dedicated atheist, to remain hostile around the song "Amazing Grace" because of its combination of songs. You've heard of the perfect fraction, the golden mean, for beauty? Phi equals 1.6180399, yes? The notes in this song are auditory perfection, and they are very cleansing.

### HEALING FREQUENCIES

Sound can be very helpful, very complementary. We have given you frequencies for your use in the world during these times. That is why the frequency for oxygen is beneficial for all people all of the time. You could sleep with it at night, and it would be very beneficial; you don't have to

take up your time. We also recommend that you play de-stress frequencies for animals or humans around your plants. Children, frequencies to reduce stress are very good for your plants. Your plants will grow better, and you'll feel better and calm down.

Many of the frequencies made for specific physical disorders are good on a larger scale, but people don't ask what this sound does on a non-physical venue. There is a sadness to that, because the sounds can do many, many things that are beneficial. Whether you have arthritis or not, the frequencies that can be helpful in healing that disorder can also be compatible with many other things. The sound frequencies helpful for arthritis can reduce the trauma of memory patterns. One of the things that the frequency for arthritis does is dissolve. If you will listen to the tones for arthritis, it will help dissolve some of the trauma of your childhood, dissolving it not only on a physical level, but also on a historical level. After you have spent four listening sessions with the arthritis frequencies, then use the frequencies for cleansing your aura. Use those two in combination, listening to the arthritis frequency three to four times, then the aura cleanse frequency followed by the arthritis frequency three or four more times, and then the aura cleanse frequency once more. In a like manner, the frequencies for prosperity work not only in this lifetime but are generational. Over time, they can replace poverty consciousness, going back into subcellular and atomic levels and helping to rebuild consciousness on many levels.

### WHALE SOUNDS FOR BABIES

*What sounds would be good for babies?*

The sound for oxygen and the sounds of whales. Whale sounds are always wonderful for babies—baby anything, except tarantulas. Whale sounds are not good for baby tarantulas, but for almost every other newborn, you might have contact with, they are good. For baby tarantulas, you could play the sound of wind through a tree. That and the music of Maria Callas are excellent for baby tarantulas and also for baby elephants. For most infants, most any recording you can get of whales will be good. People who take the time to produce whale sounds are usually quite particular about the whale sounds they produce. Because whale sounds are so very distinguishable, they pick out the best. So you can let the child hear it. The sound of the humpback whale is always good, but it must be played very low. Oftentimes, people who play whale sounds play them much too high so that they can hear them very clearly, but you really almost want to hear them on a sub-awareness level.

Now, whale sounds are wonderful for babies, but might not be so good for a store that is primarily a business, even a healing business. Whale sounds have a tendency to be so calming that people think that the material world doesn't matter. People will enjoy the vibrations, but they will not have a tendency to spend money. In this case, a sound for

manifesting would be a good one to play before you unlock the door in the morning and again as you close up at night. Just create a manifestation nest. Even then, you must also be careful to think good thoughts. Remember that things will manifest very quickly, so you must direct that energy.



Children, have you gotten OMA's message about playing with a musical instrument and meditating? We ask you to do it daily and regularly. You might be surprised, if you put some of our thoughts into practice, how much easier things would be. It is just a suggestion. With that, we are so blessed to be allowed to be in your presence, and we wish you a grand and glorious farewell. ✱

# The Tidal Wave of Transformation

## Higher Self through Carolyn Gervais

**W**hat I'd like to share with you today has to do with the creative source that lives in everyone, and just how creative that source can be in a person's life. As we look around at the present conditions in the world, it can seem very disheartening. But as most of you know, we are going through an evolutionary process where extreme opposites are striving to find a way to balance and unify.

### UNDERSTANDING POLARITIES

Right now there is a tremendous amount of feminine energy coming in, which is awakening and expanding awareness levels. This feminine energy, as you open to it, is steadily transforming the insanity and chaotic conditions of the human world. This feminine energy brings with it the capacity for soul empathy, love and compassion, which opens the human heart to the understanding that all transitions enliven the extremes in duality.

It's time for the extremes—such as rich and poor, fear and no fear, good and bad and love and hate—to become balanced in the human psyche, and therefore in the human world. Extreme opposites such as these create resistance to the changes that must take place in order for humanity to transcend the old energy. For the feminine energy to create the harmony you are all striving for, it needs to be mixed in and balanced with the old, masculine energy. This

### KEY POINTS

- The awakening of the feminine energy will balance the old, masculine extremes, which cause much of what is disheartening in the present world.
- "To balance dread with bold recklessness, you need to temper your fear of losing control by believing in your ability to create as the soul you are."
- Experiencing a parallel life is one of the opportunities the creative source presents to us in order to help us move beyond a reality defined by polarities.

old, masculine energy has been the dominant energy on the Earth for thousands of years.

In other words, the masculine power has been out of balance with itself, causing it to become very self-destructive. This imbalance is bringing with it many difficult challenges that are affecting everyone in some way. But know that with the awakening of the feminine energy, balance is taking place everywhere in your world, no matter how it appears on the surface. As you all know, transformations first take place on inner levels before they can manifest in the physical world. That is all part of the natural process of the ever-evolving human.

Here is another way to look at the miracle of creation. If you really think about it, all of you are like seeds of the creative source. You, as these seeds, have been germinating for eons and eons. This means that parts of your consciousness and human brain have been asleep—unconscious and even dormant—waiting for your awareness to reach a point of expansion that would allow all of you, as the germinating seeds of creation, to open like a flower revealing its secrets. Well that flower is opening, and it is revealing to you its secrets of who you are. And the true power that lives in you—as you—is one of the secrets the creative source is revealing to those who are ready to accept it.

### RECONCILING POLARITIES

So, you see, there really is reason to celebrate, because the transformation has been accelerated in all of you who seek the truth of who you are. And it is also accelerating on many levels of the mass collective consciousness, which all of you who see these words have helped to manifest. You help the process from

**CAROLYN GERVAIS**  
[www.awakeningyou.com](http://www.awakeningyou.com)  
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the inside out as you awaken levels of the power within you to transform and transcend duality. Transcendence here means to move beyond, to rise above and even to surpass the third-dimensional frequency and its worn-out views and beliefs.

The old, masculine energy has chosen a self-destructive path for itself in order to stay in control and suspend the surrendering to balance with the unifying energy of the feminine polarity. But surrendering it is—bit by bit, little by little, every moment of every day. The balancing act that is going on between the two polarities is creating a transformational tidal wave, you might say, that is sweeping away the old world order to make room for the new world that is being birthed through all of you who read this.

All of you can speed up this human process as you work to balance the masculine and feminine energy through the balancing of the extremes in your individual lives. As with any extreme, no one can maintain either polarity without a loss of balance to the self in some way. Because in either extreme, one can become absorbed by it to the point where the mind and body are consumed; leaving no room for anything else during that time period to act on. And whenever any extreme is acted on, it is most usually destructive in some way for those that get caught up in it.

In order to bring balance, a third factor must come into play. How might you find that third factor? You can find it through the experience of duality and through the deep insight that you have acquired from each of your incarnations. Or some of you might say, through each of your parallel lives. Make no mistake, however, you are now at a level of understanding and knowledge to clearly see the third factor that is needed to balance the extremes in your lives on all levels—if the desire is there and if faith in your inner knowing is strong.

### **WITH LOVE, ANYTHING IS POSSIBLE**

In order to balance ignorance and all-knowing, there must be insight to the understanding of the wisdom you search out and absorb. To balance idolization and hate, there must be equality generated through compassion, and it is an open heart that breeds compassion. To balance the poor and the rich, there must be an aware middle class that brings the two extremes closer to the center point. And to balance dread with bold recklessness, you need to temper your fear of losing control by believing in your ability to create as the soul you are—who is participating in the game of being human.

Now is the moment to concentrate on something bigger than yourself by finding ways to help balance the lives of your fellow humans, which will help to balance your own lives as you are lead by the creative source to make changes. There are many opportunities the creative source gives people to help them more clearly see who and what they are beyond the human form. Here is an interesting example of one of the opportunities the creative source provides.

There have been movies, books, documentaries and programs in the last few years that have increased interest in the phenomenon of parallel lives. In fact, scientists are dis-

covering more black holes and worm holes in space. Some are even thinking there might be a connection between parallel lives and these holes in space—that they could be openings into parallel lives and parallel Earths.

What is exciting about this is that there are some scientists who actually have minds open enough to grasp such a concept. This is proof that the balancing of the feminine and masculine polarities is at work in your world. Minds are expanding to the degree that some metaphysical concepts scientists use to laugh at are not so far out there after all, as you would say. Mix that thinking with the feminine polarity, which is of the creative/love energy, and anything becomes possible.

### **A STORY OF PARALLEL LIVES**

I would like to tell you about a parallel life experience that really took place in the channel's life. When she was single and in her early twenties, she was living in an old, one-story apartment complex by herself. One morning a female friend we will call Jessie was at her apartment. Jessie heard this sound coming through the wall that connected the channel's apartment with her neighbor's, and Jessie asked the channel what it was.

She told Jessie it was the coffee pot of the lady who lived next door in the apartment on the end and that she heard it every morning. "No, that can't be," Jessie remarked. "It's you who lives in the end apartment," Jessie told her.

"No, I don't," the channel replied. "I've seen the lady in the end apartment many times. And I can tell you, she seems very lonely and sad every time I see her. And I know she lives by herself."

Jessie asked patiently, "Are you sure she doesn't live on the other side of you, or in one of the other apartments?" "Yes I'm sure," the channel said. She was trying to make Jessie understand. She continued, "The lady on the other side has blond hair with two little kids. The lady in the end apartment has long, straight dark hair with gray in it, and she is in her 50s. In fact, I said hi to her the other day when she was unlocking her front door at the same time I was unlocking mine. She looked at me with her sad eyes and said hi back out of courtesy, but it was obvious she didn't want to be bothered because she quickly turned her head and went into her apartment."

"Will you just do a favor for me and go outside and look at which apartment you live in," Jessie pleaded. So the channel went out to prove her friend was wrong, and instead found out Jessie was right. She couldn't believe it. She knew she didn't imagine that lady in the end apartment next to hers for all the months she had lived in the complex.

What the channel had come to realize—with the experiences she has had—is that there is always a message, an acknowledgement or a personal need that opens a door, however briefly, to another realm of existence come to be known as parallel lives. Does the door open at the same moment for each parallel self and offer a different perspective to both in their perceived worlds? Yes, it does. But how each self experiences the opening depends on the individual. What

is experienced and how it is experienced in those moments depends on what each parallel self needs from the other.

The message in this experience was that the channel's life wasn't as lonely and sad as she thought it was; she clearly saw and knew that the lady in the end apartment was even more alone—to the point of severe loneliness. Had Jessie not told her to go look outside, who knows how long the channel would have seen into that parallel life, thinking it was taking place in what she could only describe in terms of her time frequency. But because there really is no time, the door to any parallel realm is always open to those who need to glimpse another perspective of themselves.

What further proved to the channel that she was seeing a parallel life was that everyone's front door in the apartment complex opened on the far right of their apartment, as did her's. The front door of the lady's apartment in the parallel life opened on the far left of her apartment. That meant the channel's door and the lady's door were directly parallel to each other—mirror images.

### YOU ARE AWAKENING

The point is, everyone experiences what they need to experience, and in the way they need to receive it. No way is better than another—only different. The insight given has to correspond to the inner workings—circuitry or wiring—in order for it to be openly accepted and received in a way that is compatible with the person's totality. It is important to know that the knowledge we give to and receive from our parallel experiences, and any other worldly experiences, takes place whether or not we are consciously aware of it.

These experiences happen on unconscious levels, fully conscious levels, through the experience of déjà vu, during meditations and in vivid dreams. It is obvious, is it not, that the human evolutionary process is moving you beyond your prior ability to see, understand, know and experience life. You—as the germinating seed of the creative source—have been awakening in stages and phases. Parts of you have been asleep, unconscious or even dormant. With each new phase of awakening, you will have more and more conscious experiences that would have previously seemed to you like a science fiction movie. Don't doubt that the balancing of the feminine and masculine energies is bringing creative changes, transformations and wonderful experiences as it awakens in you and shows you how to find the peace of restored balance.

Do you want to know the third factor in balancing the feminine and masculine polarities? Since the feminine aspect is the creative, emotional heart energy, and the masculine polarity is the pushing-out, detached intellectual energy, the third factor in balancing the two is a blending of the intellect and heart, which creates wisdom. Wisdom creates harmony. Harmony creates peace. Peace creates love, and love creates everything.



Wisdom is the knowing that there can be no real creation unless the intellectual mind of the creative source is balanced with the love of the feminine energy—what many call the love of the Goddess. And the God of all goddesses shines its light brightly. \*

# Learning to Operate From the Heart

## Metatron through Lois Noonan

**G**reetings, Metatron here to share with you some of the secrets of the ages along with some very up-to-date suggestions for dealing with these times. Please accept our sincere thanks for the opportunity to interact with you. We are honored!

Briefly, in the beginning, there was only energy—a potential without form that some people call God. Any name will do. Over truly countless millennia, the formless

substance began taking form, and this was orchestrated by the original atom. So much for history. The only moment in which to create is the present moment. We, the angels, as well as you, the humans, have mastered manipulating the substance into a virtual experience, an illusion. It is a game, dear ones, and you play it well. So many of you are willing to go right

### KEY POINTS

- “You, coming from the heart—love—will become nonjudgmental.”
- Learning to accept means learning to remove yourself from the activity of the situation and let it be.

**Lois Noonan**  
214-5250 Pinedale Ave.  
Burlington, ON, Canada  
L7L 3V9  
905-333-6630  
lnoonanangel@gmail.com



to the edge before you step back and reconsider. Reconsider what?

### OPERATING FROM THE HEART

What else can you do with this seeming mess you created? Yes, “seeming”—it is an illusion created for an experience that nearly had you trapped. Any bonfire can create a raging inferno. Hell? No. It is an illusion, and you are remembering that you are in charge of your experience. Hallelujah, the universes rejoice. Some of them are ahead of you, and some are still behind.

The beauty of this choice you made is in the connection to the heart—love never totally disappeared. The tamest flicker of energy is growing and remembering a different way of being. Aha! So it is that at the last momentous time in your illusion, you are ready to wake up and smell the daisies, so to speak. We love some of your expressions.

The miracle is that many, many souls are remembering a state of love, pure and simple. However, it is also powerful beyond any measure you can imagine right now. The gift is the opportunity to get on the band wagon and join the movement for an experience coming solely from love—a feeling of love. This is not a mental definition of how it should be.

This is operating from the heart and recognizing the right of every soul to make this choice or not. You, coming from the heart—love—will become nonjudgmental. Are you willing to take this step? What will you do with the mental image of judgment? Can you let it go and accept that every soul will do the same when it is ready to do so?

Be aware that we said “accept,” not “allow.” To accept is to step aside and let it be. Remember, your I-am is your center of boringness. It is not necessary—nor is it likely in this moment—that every soul is at the same level of awareness as you. How blessed you are if you are reading this. There are no mistakes. It is a message for you. Know that you have drawn it to yourself to aid you in your process, your evolution. This evolution is endless. By the way, stop fretting and enjoy. Step into your beautiful heart—that ultimate space that supports you—and grasp the magnitude of you!



We are excited. We look forward to meeting you face to face, or heart to heart. We are always available. We love you all without exception and without judgment. We know the perfection of your soul and we accept this. So be it and so it is. \*

# Communing with the All

## Golden Arrow through Alexandra McColm Ward

*This is an excerpt of a private session for Charles William (Alexandra's husband) and Alexandra. The information contained in this session struck especially deeply for us, and we feel that it is important to share with you. We hope that this is a blessing for you as it has been for us.*

**G**reetings to you, greetings to you indeed. Truly it is a pleasure for us to be here with you, to communicate with you, to commune with you and to interact with you in this way—truly a delightful experience for us. Something that we think that you do not quite yet understand is that when we come and com-

municate in this way through this physical expression that you call an entity and we say that it is a pleasure for us to commune with you, what we would like to emphasize and express is that communing is very important.

### THE IMPORTANCE OF COMMUNING

Communing is the coming and blending together of all of our energies. It is important for us to come in this way to you—in this body, with this voice, with these words. This is the communing of all of us—the coming together of all of you, all of Alexandra and all of us. From our perspective, we see that you think that you just sit and listen to the words that we are speaking. You have a perception as you hear them, and you have comments and questions in this interaction, yes? Yet it is so much more than that.

You are not a spectator, a listener or a student. You

### KEY POINTS

- Understand the importance of communing, coming together as one and blending all of our energies at all times.
- The only limitations you have are those you place upon yourself from your belief systems and from those limitations you have held within your consciousness.
- When you know that you are limitless, there is nothing at all that you cannot do, nothing you cannot be and nothing you cannot have.

### ALEXANDRA MCCOLM WARD

PO Box 5505

Blue Jay, CA 92317

951-315-8170

goldenarrow@goldenarrowchanneling.com

www.goldenarrowchanneling.com





are not a fly on the wall, so to speak. You are having this conversation and hearing these words that you want this body—these vocal chords, this non-physical expression—to say to you. Do you understand? You are not a part of this communication, you *are* the communication. Discover the importance of communing in the physical expression—in the physical body, in the physical reality—that you are experiencing. Communing is the utmost that you can do in this physical expression. When you are in the non-physical, communing is the coming together of energies at all times. You commune and blend and flow with different expressive energies all the time. Therefore, communing when you are in the body is extremely important.

We bring that to your attention at this time, because when we begin our “opening phrases,” so to speak, most humans hear them but do not understand what they really mean. They do not go to the deepest part of the meaning of the words that we speak, and we have spoken these exact same words to you many, many times. So we bring the importance of communing to your attention at this time, and when you go within—whether it be in meditation, in solemnity or in concentrated effort—communings is what you are looking for from an emotional standpoint.

Communing is a blending and flowing. By blending and flowing, we mean the literal coming together of feeling, sensing and knowing: The melding of all of the senses, all of the feelings and all of the emotions. Do you see what our fingers are doing? [Golden Arrow put the channel’s fingers together in an interlocking way.] We are using these hands to express to you as if these hands were transparent, translucent—just energy. They are actually just energy, but you see them as construction, yes? You see them as solid, and yet when you are in the non-physical, when you commune with All That Is, you are literally blending and flowing—coming together and going, coming together and going—with all energies that exist.

So when we present to you, to all of humanity, our opening statement that it is a pleasure for us to commune with you, we mean that we are literally blending and flowing in a non-physical reality with your non-physical reality. Do you understand? You therefore are not a student, not a participant and not simply an observer, yes? You are indeed the main actor, so to speak.

### **PARTICIPATING AS ONE**

*Could you say that it is a co-creative experience?*

From our perspective, cocreation does not exist at all. It is a term that humanity uses as separation. Co-creating implies that you and another created something together, so to speak. Yes? From our perspective, there is only one creator.

*I think I understand. Even though, with our separate entities and thought patterns, we see them as separate, they truly are all One.*

Yes, you see us—although you don’t literally see us—and from your perspective, we seem to be an individualized entity, yes? But we are not.

*We all are All That Is.*

Absolutely! Even though we do not have a physical body as you do, you just look different from us. You have the physical body expression that you are intended to have in this particular life experience in physical reality, but you are not truly that at all. You are just energy. Just because it is compounded atoms does not mean that it is not just energy. So as we have said before, you are we. We are you. Is there any individualization there at all?

No.

Correct.

*So if we could just see ourselves all as one, in truth and reality, as we sit here—whether it is one, or ten or one hundred—it still is that we are all participating as one, rather than as a hundred individuals, so to speak? Would that be correct?*

Yes, in a manner of speaking. Herein lies the difficulty with words, yes? Words are limited, and as we speak through this physical expression in this body, our words are limited to what Alexandra has in her vocabulary. Do you see?

Yes.

### **NO BEGINNING OR END**

Yet we say that there is so much more to reality than words can ever identify. What we would like for you to know [and we are going to refer to 2150 A.D., a text that you feel is extremely important to you as an individual, Charles William] is the word “commune”: to come together, to blend and flow together and to become one. And that is even inaccurate, because, we are all one, regardless. We are not becoming anything. We *are* already. We are one; we are energy. Yes?

*They described it in the book as “macro contact.”*

Yes, that was the phrase that they used for that time frame. Here you are in 2009, and you are at this time frame. What we would like for you to know is that what the words in that written material are attempting to get across to you is that it does not matter if it is 2150 or 2009 or 1857 or 232 B.C.; it does not matter what the time frame is. The objective for all of humanity is to come to the realization that time has no meaning at all in terms of experience.

Intentions and declarations have the same effect as the macro contact mentioned in 2150 A.D. What you read and are reading and incorporating into your life in that written material is the fact that you can indeed experience what the character Jon Lake experienced—or is experiencing, or has experienced or will experience. Will, has, is—all of it is the same. We say to you that there is neither a beginning nor an end, ever. You have always existed. It just so happens that you chose this body form in this particular experience. But you, as Source energy, have always been. So what we want you to know and to grasp as the importance of 2150 A.D. to you is to recognize, realize and bring into your con-

scious thought that that character is you: You are Jon Lake! Do you understand?

Yes.

So as you hear these words, you can gather that there are no limitations—none whatsoever. The only limitations you have are those you place upon yourself from your belief system, from what you have held within your consciousness to be defined as limited.

### STATING YOUR INTENTIONS IN THE EVERYDAY

Now, let's talk a little bit about how to adjust to this in the daily mundane. When you know that you are limitless, there is nothing at all that you cannot do, be or have: nothing. And as you state your intentions to rewrite the compact disk of your belief, making those statements or intentions that change that indelible imprint, you put your conscious thought out there, state your intention and declare it to be so, exactly as you want it to be. There is then a cushion of time on this planet for that declaration to manifest, because you are in a limited environment, the daily mundane—we would say, of “boomerang”—and that cushion of time depends upon how clear the compact disk of your belief is of particles and limitations. So when we say to enjoy the journey, then enjoy the moment of the journey that is your time to play in that enjoyment, as your manifestation is coming.

*When you say play and enjoy, what does that encompass, exactly? Do we take our focus off of that which we have stated our intentions about and put our attention on something else so that we don't think about it?*

The conscious effort is one of knowing: “I intend and declare that I *know* that manifestation is coming to me now! I know that what I have just stated is coming *now*!” While in the knowing of that arrival, you go about the next step of acting on what has been spoken. It is in that action, as action has energy and the intention and declaration have energy. So once you have stated an intention and have declared it to be so, the energy whooshes and is gone; it is out there, and the indelible imprint that you have held has now been changed, simply by the energy flow of your intention and declaration.

Now you have made a statement, an exact statement, of what it is that you prefer. Let's use an example here. We will use the example of the energy of money: “We intend and declare that money is flowing to us from every form imaginable, and it is flowing to us now. Thank you so much and so it is.” Once you have made that statement—or sent it out, so to speak—you have stated it, released it and let it go. Now your job is to literally release it and let it go, without any expectations of where it is that all of that is going to manifest and come from. When you release it and let that go, you have then raised your vibration from the solid state that it was into a higher plane. Even though there is no higher or lower, you have increased the energy, allowing it to flow better.

Now you go about the physical action, using anything and everything that you can imagine or think of to assist

you. We use the word “assist” here, although you don't have to assist it at all, because the money is flowing to you and because you have made that statement to be so. The physical manifestation comes from the physical action taken in the mundane. All right, so now you go about acting—sending out letters, making telephone calls, emailing and so on—in every form that you can imagine that money could flow to you from—and understand that there is so much more that you have already stated, money is going to flow to you from everything imaginable and unimaginable—and as you go about taking that action, it boosts the energy yet again, causing it to vibrate at an even higher frequency. This allows you to physically feel the buzzing of energy, excitement, enthusiasm and anticipation that comes from the statement that you have made and all that you are taking physical action to do—energy that you *know* is flowing and coming to you.

In essence, all you have to do is make the statement, take the action and then allow it to flow to you—without any expectation, without any reigns or stops on it—and what will flow to you will literally be energy, as energy is just money, money is just energy and thought is just energy.

### DENYING NEGATIVE THOUGHTS

*I have been waking up recently with some thoughts that are negative to me. Can I make an intention before I go to sleep to negate this?*

We are not telling you something you don't already know here, but this will help to “seat” these concepts: When you wake up, the thoughts that you are having create what you will experience during that day. Your eyes do not have to be open.

*Can I make intentions to take away any negative thoughts first thing in the morning?*

You purposely set this up for yourself to have this contrast as a bang, first thing. So why are you not doing this?

*It seems that I am awake but not yet aware, but I really am aware. Is this true?*

No, you are aware; you just need to react to these thoughts more quickly. The quicker your thoughts, the faster your reality will change. Try this intention: “I am *not* going to think that way; I am just now waking up to a new day—a day of abundance—and abundance is flowing to me from places that I do not even expect today. I am now beginning my day in the way I want to begin it: full of hope, full of knowing and full of Source.

You are the one who chooses to wake up thinking as you do. No one is waking up for you. You are deliberately shooting yourself in the foot before the day even begins, allowing your whole day to revolve around that negative energetic thought you are holding on to. So make the intention we gave you, and the day will change to be what you want. You are always in control of your thoughts; just learn to react more quickly and state an intention: “I will not think this

way. This is a brand new day, as I intend and declare.” The secret is for you to know that you have complete and utter control of all of the thoughts that you have. Yes, you might want to say that your mind is racing and that you have all sorts of things that you don’t want it to do, but we say to you that it is not so. You have total and complete control over what you think and when you think it.

### RAISING YOUR VIBRATIONS

*I know this. I am not a victim, and I take total responsibility over all I think and say.*

If you truly know that and believe it—if that is really so—then you should know that you can create anything that you want. Anything! All that means is for you to think the thoughts that raise the vibration so that manifestation can occur. Do you understand?

*I understand what you said, yes. The thoughts that raise the vibration: Are those the ones that we have been talking about, the intentions?*

Yes. And Charles William, you have raised your vibration from the time we first spoke, we believe it was over the telephone, before you even met this Alexandra personality. It really took place much farther back than our first meeting, but you were just not aware of it then. The realization and recognition began the first time we interacted with you.

*I can see now that even back in the earlier religious days, I actually did have some expansion then, but I was not aware of it as I am now. Perhaps it was not the same thing then.*

No, it *was* the same thing, exactly the same thing, but not to the extreme that it now is. When you are Source, you are never *not* Source. Vibration is vibration: there just are levels of vibration on an Earthly, planetary level of recognition. So since we first spoke on the telephone, you have raised your vibration eight to ten times from what it was, and it has only been eighteen months.

### INSTRUCTING YOUR MIND TO CREATE DESIRABLE MANIFESTATIONS

Our interest is to walk this walk with you and to let you know that there is nothing that you cannot do. You are the only one who can stand in your way. You are the one who creates any stumbling, or falling, and at any point in time, you can say, “I have stumbled enough, I get it,” and then the stumbling disappears, and there is no pain attached to it at all.

*I guess then that what I am feeling is that I am impatient at times.*

Well, we would like to say that you are extremely patient. You are a very patient person. And if you find yourself feeling impatient, just say to yourself right then and there: “I am extremely patient in everything that I do and everything that I see.” Do you understand? Teaching your mind how you want it to think is your job. Your mind is individu-

alized, separate, from the Source energy that you are. And since you are 80 percent Source, you, as Source, are to be instructing the mind in the way you want it to think, the responses that you want it to have and the manifestations that you want to create.

What we would like for you to know is that it is important for us to commune—to come together, blend and flow to the degree that you are at peace with your surroundings here on this planet and in this relationship and to the degree that you have abundance, financial wealth and stability flowing to you so that you can raise your focus to take on another project, and that project is us. Money is for your well-being on this planet, but remember that it is just energy.

### LETTING GO OF RESISTANCE

*The last couple of days, I have felt tired, but we watched a movie called The Fountain, which seemed to have some similarities to the parallel lifetimes that the character Jon Lake was experiencing in the text. I felt very in touch with Source at the end of that film, and all through the night, I felt as if I were almost buzzing. Did that affect me for a day or two and do something physically? I have felt tired the last couple of days.*

In actuality, it was the opposite. When you raise your vibration, you do not get tired. You do not get enervated. When you raise your vibration and you feel buzzing, you can literally go nonstop, accomplishing and producing without tiring. Do you understand? It is and was your resistance that created that enervation. Resistance always creates tiredness and exhaustion. After you saw that movie, you related to it in the way that you know, that exists. The idea of parallel lives is absolutely so for you. When you went to bed and into your dream state on a different level, you were resisting your old thought patterns, and old religious beliefs were in debate about where you are now.

So in your sleep state, you denied that that existence is indeed so, and when you woke up, it is that resistance that you woke up with. You woke up feeling enervated and weakened, so to speak. You were not at your optimum at all. You know when your vibration is crystal clear and how you feel when your vibration is very high, and your vibration was very slow and sluggish. Now, in that moment that you felt that, in that moment upon waking, you could say to yourself, “In this moment of now, and forevermore, we raise our vibration to our optimum, and we let go of all feelings of enervation, sluggishness and tiredness, and we release all of that, now and forevermore. Thank you so much and so it is.”

*Oh, wow.*

We keep reiterating and restating the point, and we do not want to belabor it at all, but we just want you to understand that your Source energy is always in control of your thoughts. So if you are not thinking in the way that you would desire to think, then change it in that moment. Whenever you are



not feeling high vibration—and you know the feeling of that high vibration—state at that moment that you are changing it; you are changing your vibration now and forevermore. Thank you so much, and so it is.

*“I intend and declare that I raise my vibration, now and forevermore, thank you so much, and so it is.”*

“We intend and declare that we let go of all resistance that we have.” Whether we know about it or not, we feel it; it is in our physical structure, and we feel sluggish, energated and tired. “We let go of all of that now and forevermore, and we replace it with the highest vibration that we can feel, now and forevermore. Thank you so much, and so it is.”

*Before I go to sleep, I have been spending the last three to seven minutes thinking good thoughts about what makes me feel good, and then I say, “I intend and declare to be open to more of All There Is and to know about me and my oneness with All That Is. I bring that to me now, as I sleep, as I dream and in my sleep state. Thank you so much, and so it is.”*

Add this: “I bring that knowing,” including the understanding that, in your sleep state, you have as much opportunity for contrast as you do in your awake state. There is no difference, whether you have your eyes open or closed. All of it is existence.

*Could it be my dreams—that it is not my subconscious, but other realities, other lifetimes, that I am living through?*

Yes, yes and yes.

*Didn’t you once say that it is during our sleep and dream state that we do a lot of “work”?*

Yes.

*What does that mean, that “we do a lot of work”?*

It means that you have contrasts and experiences and that you leave the physical realm and work on your spiritual self outside of this Earth realm. There is no time outside of this Earth realm—no time at all. So you can do incredible things when you are in your sleep state, incredible things: You work with your guides and teachers that are with you always, in experiences and in other realms of reality.

*Are there any other intentions that I could make before I go to sleep to facilitate even more growth, even more understanding, even more remembering? I want to remember more and also to remember about my past lives, as it seems that perhaps that might be important for some reason.*

It is right to a degree. We would like for you to sleep soundly and peacefully and to wake up peaceful and joyful, with a high vibration. That is what our desire would be for you.

*That is my desire, too, obviously.*

For you to remember other lifetimes is insignificant to this lifetime, in particular, and remembering those lifetimes can be extremely exhausting. But you do have those choices.

*So would it be better for me to remember those lifetimes while I am awake?*

You can, but let us say this: We do not feel that they are important to know in your awake reality. That it would create conflict and keep you from the present. That is a lot of how humanity has described schizophrenics. They are able to experience all of those other realities in this physical form, and it keeps them from being productive, so to speak, in the daily mundane.

*I don’t want to know everything, just a few of the significant soul mates that appear and incarnate with us regularly.*

Let’s just say this: Bring it on gradually. For some people, it is important to remember right now, but for you, it would be a distraction at this time. So bring it on little by little, because you have work to do and things to accomplish, in just this relationship, and not withstanding your children, not withstanding your job activity or the work of manifesting and creating abundance, that is quite a bit. It is all right, though. You have lots of time to uncover all of that, and it will just appear, without being a distraction. There is no need to focus on it at this time, as you will have that information before you leave this body. We will say this, however: There are times that remembering is important. Alexandra, for example, got all of her designs for her jewelry line from her dream state.

## FRAMEWORKS OF THOUGHT

*Would you say that the subconscious would be the non-physical knowing?*

No, not at all. The unconscious and the subconscious are what humanity has keyed as levels of awareness, and that is not our perspective at all. The unconscious, the subconscious and the conscious are just energy frames, like window panes: You have a large window here in your home, with several panes in it. Those panes are separated by bars. In the framework of the mind, the unconscious would be one pane, the subconscious would be another pane and the conscious would be another.

*Is it just another viewpoint?*

No, not another viewpoint—it would be a different energetic vibration. Does that make sense?

*Is the unconscious where I am when I am sleeping, in my sleep state? Does any of this relate to my sleep state at all?*

Not really. Don’t get caught up in the conscious, unconscious and the subconscious. They are just frameworks that humanity has given for different elements of the mind and thought. When you are in your sleep state, the unconscious and the subconscious do not exist at all. Now humanity might say that they do, but from our perspective, they do not.

The mind is a part of the brain. It is a physical ramification, a physical element. The mind and the brain are what

humans have designated as different, when in actuality they are one in the same. Humanity must pigeon-hole concepts. They must say, "The conscious is your perception when you are awake and you know what is going on, and the unconscious is when you are awake and you have no idea what is going on in the mind. The subconscious is even deeper than that, and we know virtually nothing about it." That is what people in consensus reality have said, and who started that thinking? The church, in actuality, started that thinking many thousands of years ago, and throughout each generation, scientists have taken those beliefs and expounded on them.

Yet from our perspective, all there is is the mind, the brain that creates thoughts. It is your vibration, your energy that creates the thoughts. The mind is just the cellular structure that holds the thought, which then creates manifestation.

### CLEAR THE PATHWAY

*So the non-physical—who we really are—controls the mind that creates the thought that creates reality, or can we allow the ego and the mind to have their own thoughts and then be the puppet rather than listening to the non-physical? But really listening to the non-physical is learning and remembering who we really are so that we can then take control over the mind.*

Listening to the non-physical is the key—learning how to listen, because the non-physical communicates every moment.

*Yes, there are times when I just hear clarity on things and write them down.*

Think about how many times you get those awarenesses.

*Sometimes Alexandra will say to me, "I heard them say," so is this her non-physical, her Source speaking to her conscious mind? To her, it is "you guys" speaking.*

It does not matter. What is the difference? There is no "us guys"; it is "All That Is." So what she is verbalizing is a pigeon hole—words trying to describe what cannot be described. When she says Golden Arrow or Source or whatever—when she says, "you guys"—it's a framework of refer-

ence for what she is "knowing." We communicate all the time. She just gets it in the shower, because she is not thinking of anything else, and it is routine, in that "non-thinking," she hears. That is the secret; that is the key! So how can you live a whole day, a whole mundane day, and be able to hear Source in every moment? Clear the path; clear the pathway.

*How do you do that?*

It's like sweeping the sidewalk and sweeping all the grains of dust and debris that have littered it over time, sweeping all of that away. What you have left is the clean and clear sidewalk. That is what you are doing with your intentions and declarations. That is exactly what you are doing, even throughout the day, whenever you do it.

*Is it really noticing when a thought, conflict or contrast arises?*

Practice sensing, practice feeling. Practicing just being in the no-thought state. That does not mean to quiet the mind; it means to listen.

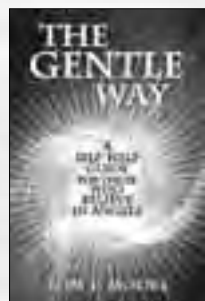
### LISTENING TO THE SILENCE

*I find at times that a certain song or tune would positively affect me. For example, at the end of Gladiator, there is a melody that just touches me deeply in a positive way. Every time I play it, it affects me the same. Does that make sense?*

Yes, but it is just the remembering of how you first felt when you heard it, and every time you play it, it reminds you of that feeling that you had. You can have that feeling all the time, and you don't even need to hear the song: just play it in your mind.

*So when I am meditating, it is better to have nothing going on, or is it okay to play music sometimes?*

When you are practicing going to the "no place" to the "no thing"—to infinity—it is easier to go there in silence. It is the silence that holds all things. However, we will say to you that there is a time and a place for the music, because that is who you are. Music resides in your energetic field. Do not discount it, for there is a time and a place for all of that. We send you blessings, peace, harmony and joy. So be it. ✨



## THE GENTLE WAY

A SELF-HELP GUIDE FOR THOSE WHO BELIEVE IN ANGELS

Tom T. Moore

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# Mother Earth's Gift to Humanity: An Awakened Heart

Archangel Michael, Ophelia and the Sirian Council of Light  
through Reverend Lea Chapin

February 2009, Freeport, Grand Bahamas

**G**reetings and welcome, it is I, St. Michael, and I will tell you what has occurred on this day. Today Mother Earth lowered her vibration to reach down to humanity's collective conscious, and she opened herself to radiate peace and love to humanity. She is a living, breathing entity such as you, and her heartbeat will now begin to touch the heartbeats of human beings; her gift to humanity is an awakened heart. At her very crystalline core, she holds love and peace. She is extending the essence of her being to humanity at this time as a healing balm to clear and heal the collective consciousness of all humans in order for humanity to now hold the love vibration and frequency of the divine feminine energy. She has come to help human beings to embody and embrace the love vibration that this planet was meant to hold. Mother Earth will help all who desire to hold the frequency of love within their very essence.

Mother Earth's healing power of love and nurturance from her very essence at her crystalline core holds more love and more healing power than you can imagine. She is now sharing and sending her love and her power to humanity, for humanity has now raised its collective consciousness to a point that Mother Earth can share the essence of her spirit being with humankind. Despite all who refuse to honor and to respect her, Mother Earth has chosen to give this special gift of love to humanity at this time. Mother Earth's love for humanity is the divine love of a mother for her children, for she does indeed love all of her children. This is a significant and powerful time in human history, for the opportunity for humanity to ascend

to a higher vibrational frequency of love and ascension has never been available in this way to humankind, not even during the time of Atlantis and Lemuria.

## HEALING THE WOUNDS OF THE PAST

Planet Earth was originally seeded from the planet of Lemuria. The creative energies that originally designed the etheric blueprint of Mother Earth were seeded from the planet of Lemuria at the time of Lemuria's destruction millions of years ago. This is when the original creation of planet Earth was formed. Many people believe that the big bang theory explains the formation of the planet. In a sense it was indeed so, for the creative energies of Lemuria activated the etheric blueprint of Mother Earth to now exist as a living planet. At its original creation, a matrix of light in the form of a web was etherically laid over planet Earth.

In 2001, Kryon, a magnificent being of light who is in charge of the magnetic grid upon Mother Earth, completed the peace grid that was the original matrix of light formed over this planet. Kryon's peace grid had to be completed before the three-day activation in February 2009 in the Grand Bahamas could occur. Humanity's collective consciousness had to be elevated into a new vibrational frequency before the influx of these new energies could be infused upon the planet. Now her essence of love will be felt by humanity for 10,000 years. The energy that was released in the Grand Bahamas in April of 2008 created a powerful vortex of clearing on a mass scale so that the energy of Mother Earth's love could be received and felt by humanity. What people sense as hope, change and unity with the current administration is really a shifting into the new world order, the golden age of enlightenment.

The energies released during this three-day activation have been a powerful healing balm that has never been felt or experienced on this planet in human history. The work completed in the Bahamas in April of 2008 created a vortex of energy that

## KEY POINTS

- The energies flowing from the Great Central Sun sealed the planet with the pure essence of love and light during the three-day activation in the Grand Bahamas in February of 2009.
- These energies can now bring forth the pure essence of love and peace for humanity and Mother Earth, ushering in the great shift of consciousness known as the golden age of enlightenment.
- These new energies will awaken human beings to a new level of responsibility for each other and the planet, allowing them to truly embrace and embody the true essence of love within their beings.

**REVEREND LEA CHAPIN**

727-302-0437

309-343-1033

leachapin@verizon.net

www.churchofthewhitelight.com





allowed the crumbling of the institution, economic decline, lies, secrets and untruths to be revealed. The energy of the three-day activation in February of 2009 has sealed and will heal the wounds that have been opened, allowing Mother Earth's healing balm of love to heal the wounds of the past, both individually and on a planetary scale. Mother Earth has once again chosen to help humanity in the transition from humanity's collective consciousness from fear into love, as the collective consciousness of fear created by humankind has left a negative imprint upon this planet.

### **TRANSFORMING FEAR INTO LOVE**

At the time of the destruction of Lemuria and later Atlantis, we—the celestial beings of light—had built a matrix of peace over the destructive and dormant energies of both Atlantis and Lemuria. In July of 2009, the dormant destructive energies from the time of the final fall of Lemuria and Atlantis were healed with love. This three-day healing event in February of 2009 in the Grand Bahamas has been focused on the healing of the destructive Atlantean energies that had been submerged under the seas of the Atlantic, Pacific and Indian oceans. The power of love from today's event will travel like a tsunami around the globe during this three-day event, healing the universal collective consciousness of humankind and transforming it from fear into love. By the end of the three-day event, the matrix of love assisted by all the celestial light-beings will have created a powerful sealant and healing balm of energies throughout every inch of this planet.

The awakening and activation of the Lemurian and Atlantean energies called forth an unprecedented time in human history to ascend and transmute fear into love. This three-day activation has sealed the pure Atlantean energies and Mother Earth's healing power of love into the hearts of all who choose to awaken to their divine potential. These new energies that were in flux will awaken the masses to a new level of responsibility for each other and the planet. No longer will people simply speak of unity and love; instead, they will begin to embrace and embody the true essence of love within their beings. The declining economy and global state of affairs will drop those who are in need of a spiritual wake-up call to their knees, but all souls who remain aligned to the true principles of God will remain untouched by the global economic decline. By accepting and receiving Mother Earth's gift to humanity with an awakened heart, you will be aligned to her heartbeat in universal love and peace for the next 10,000 years.

### **THE DAWNING OF THE AGE OF AQUARIUS**

So many beings are calling out for love and unity for the planet, and Mother Earth has heard the call. Before humanity incarnated upon this planet, a call was sent out for the Earth volunteers to assist the planet and sacrifice their own knowing, entering into a period of spiritual darkness in order to complete the cycle of light and love for planetary and individual ascension. Now this cycle will come to completion at the end of 2009. With the Age of

Aquarius, the dawning of a new era has arrived, and peace and love will prevail on this planet for 10,000 years.

The 1,000 years of peace signifies a changing of the guard from fear into love. Each ten cycles of a 1,000 years will mark the completion of a phase in Mother Earth's ascension process. Only those who choose to truly feel and embrace Mother Earth's love will be able to move into the first 1,000-year cycle of peace. Each 1,000-year cycle represents an evolutionary leap of consciousness for humanity. All of creation's frequency will be heightened and altered and aligned to the energy of the Great Central Sun and the divine One. Regardless of whether that life is expressed in physical form or in spirit, the ten cycles of 1,000 will influence all life. The plant, animal and mineral kingdoms will all be affected by these planetary cycles of change, and every living being on this Earth will be touched by the living light of God's healing power of love.

All who choose to receive these gifts during this event will enter into a state of grace for the next 10,000 years. What this means is that God's grace will be bestowed upon all living beings who accept this powerful healing balm of love into their hearts. All living and newly deceased souls have an opportunity to erase all karmic debt and start anew in the first 1,000-year cycle of peace. All who choose to remain in their old beliefs and archaic ways of thinking will stifle their level of consciousness for the next 10,000 years. Please accept this gift from Mother Earth on behalf of the Great Creator, as she is a lightworker just as you are. Mother Earth sacrificed herself with full freewill choice when she allowed humans to inhabit her, and while she has the power and capacity to regenerate herself, humanity is expected to honor and respect her as well as her resources. The collective consciousness of the people has answered the call of Mother Earth to respect her resources. Now is the time for humanity to awaken to the possibility that Mother Earth can indeed regenerate herself and that her survival is no longer endangered.

Mother Earth has now allowed the essence of her pure crystalline energy to be brought to the surface of the planet so that humankind can move from fear into love. As the selenite stone was thrown into the sea, it went around the globe one hundred times in ten hours, sealing Mother Earth's healing balm of love for the world to now embody and embrace. Mother Earth is no longer in pain but is able to regenerate herself from humanity's destruction upon the surface of her back. It is important to remember that, with this new energy upon the planet, Mother Earth is now able to regenerate herself and her resources and will no longer be affected by the negativity and destruction from those who choose to disrespect and dishonor her.

## **Message From Ophelia: New Energy**

**G**reetings and welcome. It is I, Ophelia. I have come to help you understand a few things about this trip. The energy that was released over this

three-day event will create quite a stir in people. They will feel that something is different but will not be able to identify what they feel. Humanity will now fall in love with everything positive, and positive energy will prevail over the planet, as people's dreams and wishes can now finally be fulfilled. People will no longer have to wait for their mission to begin, and the time and energy of true manifestation has now begun. Again, whatever you think shall manifest quickly.

The people here on the island of the Grand Bahamas reflect the unity and oneness that the world is to reflect. You have been guided to this island because the people here already live in the universal principles of universal love and oneness. This was a perfect place for the Atlantean energies to be reactivated and the healing balm of Mother Earth's love to be sealed, because the love is already present on the island. We, the Sirians, are influxing powerful energies throughout this planet to support the evolutionary and ascension process, helping it to return to its original state of love. Long before the Earth volunteers came to planet Earth, the planet was vibrating at the purest essence of love in which it was created. However, Mother Earth allowed spirit beings from other star and planetary systems to begin an incarnational cycle into the wheel of karma to help transcend fear into love.

Planet Earth has been a training ground for many experiments for the wheel of incarnational karma to be completed. After this next 10,000-year Earth cycle has been completed, the wheel of karma will be completed and humankind will not have to incarnate on this planet any longer. The wheel of karma will be completed and will be over. This is why it is stated that what you have not spiritually cleared from your soul by 2009 will be with you for the next 10,000 years. After 10,000 years, the spiritual journey of Mother Earth will return to its original state of peace and love. The Earth volunteers will then return to their original home planet, and the cycle of human life on the planet will cease to exist as we now know it, as peace and love shall finally prevail upon the planet. Planet Earth will return to its original state of utopia in which it was created, for only loving energies and spirits of good nature will exist on planet Earth.

The golden age of enlightenment of 2012 was only an earmark and not set in stone. The energy of the golden age of enlightenment was activated in April of 2008 during the seven-day activation in the Grand Bahamas. Now the energies infused by the Great Central Sun have sealed the planet with the pure essence of love and light during this three-day activation in February of 2009. These energies can now bring forth the pure essence of love and peace for humanity and Mother Earth. The great shift of consciousness, known as the golden age of enlightenment, will be fully activated upon the planet by January 1, 2010. This will mark the beginning of the 1,000 years of peace for the next ten cycles of 1,000 years. Each cycle of 1,000 years will carry a powerful vibration frequency of love that will supersede the previous 1,000 years until the 10,000-year mark of what we know of the wheel of karma is

completed. Human life as you know it will be over. After the wheel of karma is completed in 10,000 years, then the next chapter for Mother Earth's evolutionary process will begin.

## Message From Mother Earth: A Gift for Humanity

**G**reetings it is I, Mother Earth. I come to awaken the hearts of all who will listen, for it is a crucial time in history: The next 10,000-year cycle for humanity has now begun. It is truly what the Hopis and Mayans foretold when they spoke of the thousand years of peace. You are now moving into the golden age of enlightenment for the next 10,000 years. I, Mother Earth, have shifted into a higher vibrational frequency of love in order to hold the new energies flowing in from the Great Creator and Great Central Sun. Humanity will follow suit, and today is the beginning and ending cycle of a new era.

Those awaiting the Mayan prophecies of 2012 will need to understand that the great shift of 2012 has already arrived. During the activation of the pure Atlantean energies in the Grand Bahamas in April 2008, a powerful vortex of energies heralded in the golden age of enlightenment of 2012 and the energy of the divine feminine. By the end of 2009 and the beginning of 2010, the energy of the golden age of enlightenment will be in full bloom. Over the next several months, this energy will cause the economy to boom and things will blossom. Then, over the summer of 2009 and late fall, things will plunge again to a lower level. Those who are not able to embrace these new energies may stumble and fall, as what has been sealed over the planet during the activations in the Grand Bahamas in April 2008 and February 2009 will remain in humanity's collective conscious for the next 10,000 years, yet those who have received and embraced these new energies will continue to prosper on all levels. These new energies will create a new cause and effect cycle, and what you think will manifest quickly. What you reap, you shall sow. Be careful what you think, for it will manifest quickly, and I mean *quickly*.

The dawning of the new era of the golden age of enlightenment has arrived. The event held in Key Biscayne, Florida was a three-day activation from Friday, July 23 to Sunday, July 25 that merged the blending of the Atlantean and Lemurian energies together once again upon this planet. Now the two energies of the civilizations of Atlantis and Lemuria can finally be at peace. Mother Earth will have healed herself enough to allow these energies to blend and fully emerge and resurface with a new vibrational frequency of love upon this planet. The destructive energies from these two civilizations will be healed, and once again the pure essence of those civilizations can emerge upon the planet during this golden age. No longer will humanity be allowed to destroy the planet, and the new era of the golden age of enlightenment is to be a living example for love, as the planet was intended to be the love planet. ✨

# Getting through the Birthing Process

Angels through Kerry Hettleman

8 August 2009

Everyone is talking about the changes we are going through and the challenges we face, so there is no need to repeat that information here. My intention and the direction of the energy today is to remind us of the most important piece of information on how to get through the Earth's birthing process without experiencing the pain of her labor.

When we remain in our God center, regardless of what is going on in our world, we can step out of polarity by refusing to engage in any fear, judgment or the perspective of good versus bad, staying in an observer mode. It is in this place that your power lies and peace reigns. To remain in the observer mode allows us to feel the joy of Mother Earth and the power and glory inherent in the birth of the New Earth.

We do not need to experience or internalize the labor pains of Mother Earth giving birth, but we may experience the joy in being present during the evolution that is already in process. To consciously intend and direct our energy in anything that brings us joy and allows us to feel the love is the most important contribution we can make at this time! The cycle of billions of years of cycles within cycles—combined with the evolution of the human species—brings us to this time of our graduation from this plane of existence and entry into the next. To step out of polarity and to proceed by literally walking in faith can be the most glorious time of our continuum of expression. Bless it and enjoy the experience.

Today we urge you to put all that is transpiring into a bigger perspective in order to view the events in the now,

## KEY POINTS

- During this time, when Mother Earth is going through the labor pains of the birth of the New Earth, we have the opportunity to contribute by focusing on the joy and glory of that birthing process, directing our energy toward love and hope.
- Consciously avoiding perspectives of polarity, we step into the now and see the bigger picture if we remain in an observer mode.
- Enjoy the experience of walking in faith, and this time will be the most glorious time of our continuum of expression.

knowing that we can actually enjoy the ride as we are carried by the waves into our new paradigm. The matrix of the "prison planet" is about to dismantle and dissipate now that the truth that has long been withheld is being revealed; it will indeed set us free. I smile when I recall Dr. Brian O'Leary's bumper sticker that reads, "The truth will set you free, but first it's really going to piss you off!" To come to this place of peace and acceptance within allows us to rise into the next level. To judge, criticize, condemn and fear will surely keep us in the dimension of polarity, battling it out until the end of time. There will be no pot of gold at the end of the rainbow if we continue to be drawn into the push and pull of the battle that exists within this matrix of polarity. We must consciously choose to step out of it now. Remember the wisdom of the saying: united we stand, and divided we fall.

In observer mode, we can continue to live, laugh and love all the way through this time when the planet and our solar system move through this galactic plane into the center of the photon belt. We are being bombarded by gamma rays and energies from the center of the galaxy, and that geomagnetic shield that has protected us before now is no longer there to protect us. The veil is being lifted, and dimensions are intersecting and overlapping. So we must learn to move and flow within this pressure cooker, as time and space is condensing and compressing. Once the Earth has given birth to our new world (on or around December 21, 2012), the pressure will be released and we will come out the other side, able to exponentially expand and express with powers and abilities we never knew we had. So do not focus or engage in the polarity of the birth process. Just observe and keep your focus on the glorious outcome! ✨



**KERRY HETTLEMAN**  
PO Box 11953  
Prescott, AZ 86304  
[www.timelyacceptance.com](http://www.timelyacceptance.com)





# The Animal Whisperer®

## Communicating with Our Animal Friends

*Kim Malonie*

Hi Kim,

We recently adopted a lovely tiny Chihuahua named Spunky. He's the same size as our cats and weighs about four pounds. The first night he was with us, he slept on our bed and, in the wee hours at 4:00 AM, I was awakened by the sound a young mouse squeaking on our bed. Our Siamese cat Simba had brought it in alive, without hurting it in any way, and had placed it beside the newcomer Spunky. Needless to say, I was totally grossed out and, half-asleep, I put a blanket around the young mouse and put it outside. I then told our cat he was a bad boy and not to do that again.

I couldn't believe it when, an hour later at 5:00 AM, he brought in another mouse! I think it was the same young one. This time, he pawed gently at Spunky to wake him up and put the mouse in front of him. Spunky just nuzzled him with his nose and went back to sleep. Then Simba lay down beside him and fell asleep. By this time I couldn't get back to sleep and, once again, I took the mouse outside and told the cat I was very disappointed in him. What is going on with this mouse, cat and dog thing?

—Nauseated in Nassau

Simba says he'd like to respond himself here: "Hi, this is Simba, your beloved Siamese cat. Jeez, Mom! I never thought you would get so upset with me for offering a present to my new tiny friend. I knew he would be my best friend from the moment he came in the door; he's so tiny and petite. As you know or (perhaps you didn't know), Chihuahuas are natural-born hunters of rodents: they can

actually go in the burrow to find them. I just thought that, since he was new and afraid of being in a new home, I would go hunting for him to make him feel at home.

"I didn't expect you to wake up and find my present for my friend, lack of forethought on my part, I guess. You should have seen the look on his tiny face! He thought the gesture was very welcoming on my part, and said he would be honored to be my friend. Well, I must thank you for getting me a little friend that's not too big and aggressive for me to play with—actually, he's just the right size.

"Don't worry, be happy! So many people have doubts and fears all around them all day. No wonder you feel weighed down. Now is the time to leave them behind. Come on, admit it. Worrying has never done you any good, so why give it your time and attention? When you stop worrying and give your concerns up to God, things will start to go more right than wrong. Trust me, we animals are as close as it comes to the Creator; we just know these things. Love, laughter, white light and blessings."



Dear Kim,

We have a lovely little Chihuahua named Princess. She is a year old, and we love her dearly. My husband and I

recently started working longer hours and Princess has become depressed; she doesn't eat as much, and our neighbor tells us she won't go for her daily walks with her while we are at work. We pay this neighbor to take her out every day for a walk and have play time. We are only gone for eight hours each day, but now Princess has started to soil and urinate in the house, which she never did before. Can you please help us?

—Teed off in Texas

Princess says, "The lady you are paying to take me out while you're at work is not doing her job and is not worth the money you're paying her. This is making me very upset, because when she does finally come here to take me for a walk, all she does is open our back door and say, 'There, you go get out and do your business; I haven't got time for this.' Most days she doesn't even come over, and then I cannot get outside when I have to relieve myself: that's why I have to go in the house. This is making me very depressed, and I'm not used to not having my family around me most of the day. Could you please install a small doggy door so that I can come and go



**KIM MALONIE**

[www.AnimalWhisper.com](http://www.AnimalWhisper.com)

[kmalonie@eagle.ca](mailto:kmalonie@eagle.ca)

R.R.2, Box 101, Bewdley, Ontario, Canada K0L 1E0

by myself and put a pee pad on the floor in the living room so I can relieve myself during the day in case it's raining while you're gone?

"These Bach Flower Essences will help me, and you can find them very easily at a health store: walnut is helpful for difficulty adapting to new circumstances and coping with change, and mustard is useful for alleviating depression. You can put two drops of each in my water bowl and give it to me for two to three weeks, and this will help me. By the way, I'd love to have a real friend

to keep me company during the day; that crazy cockatiel is boring, and all she does is chatter to herself and look in her mirror all day to see how pretty she is. How vain is that? I don't need a mirror to know how beautiful I am; I just know it and feel it! I'd love to have another Chihuahua around the same age to keep me company, preferably a female, so we can relate to each other."

Thank you for letting us know all your concerns, Princess. I'm sure your family will listen and incorporate your suggestions.

Did you know that you are amazing just the way you are? So many people keep a mental list of all the things we should be doing better—just like a running record of all the ways we think we fall short of perfection—but remember that no one is perfect. Start keeping track of all your fabulous qualities instead of what you think of as flaws, and you'll be surprised at how many wonderful qualities you realize you have! Love and blessings from all the animals at Kim's house. \*



Drunvalo Melchizedek

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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.

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# 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.

Now we are rising up from that sleep, shaking old, stale beliefs from our minds and glimpsing the golden light of this new dawn streaming through the windows of perception. This book is one of those windows.

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- WHEN EVOLUTION CRASHED, AND THE CHRIST GRID AROSE
- EGYPT'S ROLE IN THE EVOLUTION OF CONSCIOUSNESS
- THE SIGNIFICANCE OF SHAPE AND STRUCTURE
- 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.

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