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Introduction

As things occur and you make changes and you play, you feel the energy change. This feeling is important to understand — how you're doing this thing with your thoughts; not your thoughts that are in here [brain] but that be around you — how your light plays around you. And since the brain is beginning to open more now, more pieces there inside available, you play as thought here and feel it in body so you don't contemplate yourself as physical body all of the time. You begin to realize what is around here and is part of you, so you vibrate here [to what] you term your auric field, and you resonate to the energy of the planet more.

You're remembering how to do this thing, how you literally not only vibrate from inside, but vibrate all around you to know all things. This is what this phase is that you're going through now, humanity. This is why it is difficult time, why the wars are going on, because of these vibrations here and the old structure inside, belief system — good/bad. It is expansion and it causes great confusion in here — all this dying going on, all this agony around. It is going to get worse, in your terms, because there has to be a clearing. And the clearing is not a judgmental thing. It is like a graduation. Light now (that you are) is beginning to recognize itself and its power here. Power, in your world here, equates to military strength or control. Until this is understood what really power is, this battle of the lights (and it is light with light) is going to get very confusing. Great religious coming apart, so to speak, upon your planet.

We are at a confusing phase now in teachings. The words in your metaphysics have taken you to this arena, this level of understanding. And we've told you that the words are limitations, but they must be utilized because that's what you vibrate to, that is what you require here, that limited wisdom, and it is the words. We've spoken before, you must go beyond the word, the sensations here.

In this new teaching, those of you that succeed in truly

knowing you and your light will be the basis for the new civilization. It will be based upon light's understanding.

Now, the only thing that is going to survive through these times in your years coming is going to be a higher frequency, vibrating very rapidly — willingly being in body and willingly understanding what the body is, knowing the chakric forces, knowing that you are these things, not having to play die physical body, leave physical body to understand this thing.

It is a little tricky explaining this next shift. There will indeed become this great urge, great knowing; what you term healer, healing centers [will] spring up. They will be done, in a manner, simply by the light vibrating, reminding itself that it is. The difficulty is that you play in here [brain].

You've manifested these forms to be in this density, to carry your package of light here, and to work from within that light, secretly, in a manner, through density. I will explain it in this way again (I have spoken to you of this before): You utilize your mama and your papa to assist you in building a structure that you would inhabit. A lot of you *did* have the power to create a physical form, to walk with it upon the planet without what is termed the birth process, yet you would not know the *feeling* within the body of what is termed the human that you're coming to assist unless you moved through the canal. The feeling is different when you manifest your form from the thought of your light there — it is different feeling, not as dense. So you chose your mama and papa to be born here, to come through, and to hold density so you would be able to communicate, in a manner, with the level of human that you are working with to change, to alter these things.

Now you're moving into this remembrance that you *can* be light and be body. The structure that we must alter now is a portion in your brain system, this physical portion in here that holds this force of thought, in a manner, that this is the only way the light can be in the body. We're going to alter this thing, where you control it here [within the brain].

As these forces build within you, your beingness is going to become more translucent — your physical form — your skin much more sensitive. Some of you are getting this energy al-

ready. Your head becomes very sensitive [to] the slightest touch, and it's going to get more sensitive. That's why water and your fruits and your vegetables (primarily your fruits) are very important, because they vibrate at a very high rate, much higher than some of the other foods, and you're training the form physical in these higher vibrations. Literally you're becoming what is termed a great tuning fork. This is *your* display now. It is not to say [that] eating your fruits is doing it for you. It is to say, "I eat fruit, for it allows my light to vibrate faster in the body. I know this is a wise thing to do, so therefore I do this thing for assistance," and then you won't need fruits later.

It is a new thing now. This gathering, we shall call it here, about the planet, is checking once again for those that desire to go further. [It's] a time of choosing also, that you may stop where you are or continue further. All you have to do is what is termed raise your hand that you desire this thing in your quiet moments, and it will be more unto you, more light.

Your metaphysical teachings have taken you simply to this place now. You have this concept, at least the thought of it, that there is no good and evil. Now you will move into a knowing of it. You've heard that you must look upon your enemies with love, not to worship them. You've heard these things. This is the time to experience this knowing. That does not mean you look upon the physical form (yet you will) loving this thing, for it's a manifestation of the being's-ness. The light there, gaining its wisdom, is what you love, liken unto watching a little child playing with his things or watching your little goat jump — how much fun it has in the body, even though it may hurt itself if it falls. You love this display. It is going to be what is termed a requirement, simply for this reason: If you do not understand the feeling of loving all things, you will fall into what is called the abyss of doubt and judgment and play in a limitation, limited behavior, trying to alter these things.

These forces we have spoken of before, these names, these beings that are coming forth to do great service of light, though it does not appear so, it is that you must understand you are part of the same energy, all the same. We understand how you enjoy your hierarchical behavior, and that is all right. That is simply a

third-dimensional thing. It has nothing to do with this “no time” here. You have followed a rope, a lifeline, here and these forces stay out there (so to speak) so you can remember [how to] get back.

Your words are going to become very powerful here. As you become more light and you understand how you lower your frequency by the thought of you — what you’re doing — you will understand that the words you speak are also a lowered further frequency. They are a vibration within the light of you, in your great light, a vibration that *you* are putting forth to create manifestation in this plane.

At this time (that be now) you have been very careless with your words, and you’ve learned gently unto self how things are beginning to happen. Now you’re going to see (in a manner, some of you, literally) what is termed the stream of light come forth. How the word, the vibration of the word, takes the light and limits it in front of you and creates a form. You term them thought forms, yet it’s more than a thought form. It is an expression of a God walking in its desire to create. In your book, your Bible, you have “In the beginning was the word.” That’s in this level of activity — to take the light lower, to vibrate it here. That’s how do you do this thing — in love! Money — it be there, for you *say* this thing, you *see* this thing, you *know* what it is and it is there. There becomes no doubt here. Understand?

All of the yellings that you beings do here as you play drive your car, mad at another, you are creating a vortex, literally. And you’re going to see this now as you beings move through your decade here, of not only what you think, but as you speak it, it becomes *more*, faster here. And you’re going to realize it be wise to be quiet a little bit, and then you’ll realize later that even the *thought* is doing this thing, and you acknowledge it. You acknowledge this thing as wisdom unto you. “I get it! I understand!” and you’re light more and more.

These are the phases you’re going through, literally in the body. You’re living these things for the gathering of the wisdom of it. What you declare, you will become — because you want to. Because you want to! That is called a completion. And we’ve talked that you’re pulling in all of your pieces together, your past

lives and your future together here in this time, to keep this great spiritual key present, and that is your wisdom — what you know, what it feels like.

Your friends, your extraterrestrials, we've told you, dead-end out there. Dead-end! This is the time where you made the choice, literally here, to become either a profound master or stuck in what is termed a third-dimensional role. You're coming back to assist yourselves now in this time. All of you are. This is the phase where it was lost, in one manner, and this is the phase where it will be gathered and understood again. These are *profound* spiritual times (your word, "spiritual"), but they are profound times of light masters here, of freedom, of understanding what is termed the particums of light that you are, that are about you and communicating there, in a manner.

It is time to know the beings from Orion and their connection to you. You're part of them. It is time to know the beings [from] what is termed Sirius, the Pleiades and more. It is time to *feel you* through this black hole that you've been through and know that is there. That is who you are. Some of you are part of a great grouping that holds this universal system together simply by the thought, simply by allowing it to exist, and you're participating within it to assist in awakening (your word here). You are *that* in love with this experience and all things that are going on here. I'll give you a clue: You have succeeded in creating the shift. Now others upon your planet are coming to the awakening, for you let them do this thing their way.

It is time for you to do more now, another thing: You term it "healing," only it's not that simple. Yet it is, for it *would* be termed a healing, because when the light understands itself, it understands the light of the other and it is not really a healing; it is a remembering — the other *remembers* its power. That is how it works. Now I'll entertain your questions.

Would you comment on The Only Planet of Choice, the twenty-four civilizations, the Council of Nine, Jehovah and the Hoova?

Well, we have covered some of this before. We understand your attachment to how things *were* done, and what was the purpose for these things. Let it be understood that these truths, pieces, are part of the experience, the game. Yet what is more

important is not these particular groupings (yet they are because they overlook your experience here, but you are part of they/them), and you are involved in a particular . . . we'll term it "mission" here because that is the word you beings associate with. And part of the experiment [is] to see if it can be [done] — the part of *living* the process of awakening so you will have the knowing that it can be done — because you're preparing yourselves for another mission. This is sort of a training ground for you — preparing yourselves for another mission, it would be termed, to go into unknown worlds, not in this universal system, in another system. So this is like practice here, a safe arena, believe it or not, to practice your power, a gentleness, a great awakening. For these unknown worlds truly are, from your perspective, unknown. They are known by the Father and they are known by what would be termed the Council of Nine and three other beings. This is a selection process here for those that desire to go further. You understand? Like what is termed a school.

In the seeding and the creation here, one of the major reasons was to, we'll term it, learn Lucifer's wisdom. Lucifer knew that he and the Father were the same, and when he made that declaration, great doubt came across other beings. Because Lucifer said to entities, "You created this thing" (and the entities were creating). "You created this thing. It is mine because it is part of the Father. I and the Father are one. I am greater than the Father, so therefore what you've created is mine." What he was teaching was that all things are part of the Father, yet it didn't register, wasn't understood. Do you understand? So Lucifer became the one that was taking all things. Now, you can't take a thing unless the being that created it thought it was totally theirs. Know you? — "mine!"

In the seeding here and this play of the forces, in order to understand the Father you must love Lucifer. Not worship this being, but love his mission, for the Father asked him to do this thing, in a manner. You understand? And then you become more here. So it was devised [as] a way to play into great doubt, for that is what density is: to play great doubt and overcome the doubt little bit at a time, little bit at a time, little bit at a time, to

move back to the Father and then go beyond this thing. You understand? So there was set up these many things — the creation of the soul to be embodied here, creation of what we would term an etheric presence that had not the initial doubt, did not sort of get all caught up in Lucifer's thing, so to speak, that would layer around to assist and love and assist and love and assist and love, however long it took.

Time was created so that the understanding could be filtered through little bit at a time, little seed at a time, and the seed would grow to wisdom, another seed, another seed, another seed. So time was created to assimilate these seeds, otherwise you would have created another what we would term (as it would be understood to your appearance, and it *has* happened, though very limited) another God coming forth, and you would be confused of who is the Father now. You're *already* confused here! [He laughs.] Time is a warping of thought, is what it is. You understand? Thought bent here, within electrical phase of light becoming lowered, has different frequencies. Know you, you've got your magnetics, you have your gravity, you have this, that, the other? Thought bent by gravity is what *you* would term creation of time.

So these things were set in motion so that, in a manner, Lucifer's thing was a game to teach, initially. Do you understand? And as he did this thing and he saw the abyss begin to come forth, he went, "Oops!" Understand? "Too much!" So *he* be helping also, you understand, to gather together. It's like he broke a part and tried to fix it before Papa finds out. Understand? You see, in the beginning it was an unknown what is. Even the Father didn't know until birth of Lucifer and others. So, like little children do things and it is not meant to be bad; for there was no bad — it was done, and it broke. And it is "My goodness, what is this?" and "We fix quick, Papa come!" You've been in a grand process for eons, fixing quick. [Laughter.] The Council of Nine has sort of agreed, "We better get this together here!" Understand? The other great lights are looking, and initially they thought, "Well, that's rather amazing! [He laughs again.] All this tumbling going on into this doubt thing." So they got together. And I, what you would say, Jehovah, had a

great flash of this doubt thing also, for I [put a] band [of light] around your Father.

To protect him.

Ah, so I thought, for I wasn't too smart at the beginning, either. [Again he laughs.] And then we understand that there is now wisdom and we assist.

The seeding — and it's a word you use, yet you expect something to grow from it, and it does — but seeding is a little more light, for when light touches light, there becomes a vibration. But we had to be very careful, because if we put too much light in, the beings in the abyss would equate us to being what is termed outrageous gods, and we are. But would equate us also to be the Father, which we are — we are, yet there is another Father. You understand? So we had to be very delicate here. And even some of the teachings that you have upon your planet have been perverted in these things. That is why we go on and on, in a manner (your word) with these declarations, these manipulations, and work through what is termed the Brotherhood of Light and many other beings — to have you remember! And when it is all over, you're going to be sitting there with Lucifer, having a grand laugh, sort of slapping him on his knee going, "Whew! That was an outrageous game!" Some of you are actually going to thank him, for you're having a grand time here. You'll look back on it in great humor.

Now, within the body, within your physical form as human, there are seven levels. Within your light form, your consciousness, your auric field, you play with nine — the eighth and ninth chakras. Humans are moving into seventh-level understanding; they have that divinity now. It's great opening here. Many will stop there. As you move here (eighth) and here (ninth), you are playing in a manipulation of light.

Now, we have taken some of you to the twenty-plus chakra. Know you? There's more. We've explained the chakras that are around you simply to, what is termed, "stretch the band" so you would feel very comfortable playing in these two (the eighth and ninth), for this is where it'll be. If we did not stretch the band, you would think that these two are the limit, know you, and you would not continue to go more. There is *always* more!

Always more. Even when you return to the Father, there be more. (That's from your perspective.)

Now, the one thing that is going to limit your wisdom is comparing, to say this group is doing this thing, this group is doing that thing. Everyone wants to be in the right group, you know? You're going to forget that you are in the middle of the group and you're doing *your* thing.

This planet is indeed going to go within the physical form through its convulsions, and it's going to create an alteration around the light here. Now, one of the things that you're going to begin to see and sense, when these quakings begin to get big-time, you're going to feel your light enter your body, and you're going to have a sensation that perhaps you are causing this thing, creating these changes. You are. The minute you bring more light in, you are altering structure.

Now, some of it [the light] is going to seem to come upon you like you're not doing it. Some of the light is going to come into your being, and it is a grand thing, for you have opened, allowing more of you.

Now, your light is not afraid of physical destruction, not at all. It is creating it (your word, "physical destruction"); it is changing it. It loves you (your light, the light of you), loves you so much that it wants you to remember here. It wants you to remember! Those that do not remember will have to play this game for another 32,000 years. That'll be all right.

On another planet?

Another plane. It'll all look the same, however, as far as the flavor, know you? As you enter body, the light enjoys the taste, literally, of the physical flesh. It feels good in here. You enjoy the taste of yourself as you enter your bodies, each of you do. You forget it, though, when you wake up and play walk around here. If you would allow yourselves to feel your fluids in you and allow you to feel your light running through your fluids, you would know how precious you are and why we keep telling you that the body is a sacred thing.

Now, healing — this is the biggie. You have the ability now to heal another simply by touching and talking a little bit, [but] that's not enough. You must take this next step, and that is to

heal another by looking into the eye. Know you? And what you do, you call the soul force up into the head, in here, and you direct it to be up there so you can *see* the soul. Do you understand? So you look in and you'll see the chakras go back/forth in the head, but you call the soul up and you talk to it. And one of the words you use to call the soul, to get it to come home, in a manner, is "Elio, Elio, Elio." The soul responds. It'll send tremors through the being. And you can do this mentally. What you are doing is, you're calling the great energy (entity that is in here) home, in a manner. Not [by] creating a ritual, not creating a practice that this is the way it is done, not creating a magic word. It is the same thing as you play call your puppy home. [It's] not a ritual or magic word; it's simply how you do it. Indeed? So begin to let that feeling in here — "Elio." How does that feel in your body?

Expansive, good, warm.

Indeed! And it creates an awakening in here also, for the soul will move the apex here [throat chakra] to here [above the crown] and it becomes "I *know!*" in the head. "I know! Why I be such dummy to forget? I know!" And then the soul spreads down [from beneath the rib cage to below the feet] and you *know*. You'll know that another is sick because he wants to be — that's where his great fun is, that's where his flavor is. [He laughs.] That's where he's what is termed "enjoying the licorice," though he doesn't think so. He'll chew it, however.

Now, as this shifting occurs, a lot of your telepa-thoughts are going to come be around, be thought of. And they're being put here, indeed, around you, to see how you respond to them, to see how you react — whether you're caught up in them and know you can't change it, or whether you feel what they are and you desire to participate or not. Each time you will know. It is an empowering thing. You are literally in a laboratory of wisdom now. You are, indeed, participating in the alteration of your genetics. You're participating in the alteration of your nervous system, your circulatory system. You're participating in the, we're going to call it, unification of your brain.

I will tell you this, this time: it is appropriate and it is all

right to manifest all of the monies you want, to utilize your light, spoken through the physical form, to create this thing into being because you *desire* it. Not for the monies — you desire it to see that you *can* do it, to see it done for you, to get an “I *know!*” You understand, it is this way: that you are in love with your being, you are in love with your experience of gaining wisdom, and you’re in love when you manifest, so “I will manifest these monies to see I can do, not for the money.” It is simply a toy, a tool to see you manifest. So pick a tool that you can spend. [He laughs.] You understand this thing?

This game in the body is to hail a recognition now for you truly to understand your sacredness, your holiness — and in that, your power, what you desire to do with self’s body. Not because another requires this thing or another is going to think that or this. You must play in your light and be aware of your intent here in this play. There is going to be in this time an influence to test you. You’re going to think it’s an attack — it is not. It is a layer that you must succeed in going through, and that layer is doubt. Understand?

This year and your next three: outrageous confusion, outrageous fears, and then it’s going to mellow out a little bit. But this is the time where you’re getting your, what is termed, final grade, so to speak— graduation time again.

When these quakings happen and there is confusion and the great movement, love the beings that move out. Love them in that way that you say, “Ah, you understand now.” Not in the way that puts you superior, but a way that you’re *glad* that they awoke and moved out of danger. You understand? For they are your brothers now. You’ll never be able to drag them along, that is true indeed.

[In reference to an upcoming intensive:] You better have what is termed the beings bring a pillow and a blanket; it’s going to get a little cold. When you’re practicing with light, the vortices create energies, and the heat is the resistance. We’re going to get through some of that resistance. It’s going to get a little chilly.

Is it progress, not to be feeling so much heat?

That is true. You see, understand this thing: Your light is electrical as it enters the body — indeed, that is the density — and when you have resistance in the body, liken unto your wire that be electrical, the wire gets hot, you understand? Within a clean system there is a coolness — actually a very metallic feeling (you understand, no resistance, so [there is] very little heat) — a fall, like water through a pipe and the pipe becomes cold.

In the book from the Council of Nine, it said that the Nine were from the zone of cold.

This is a truth; it is that there is a balance. It is simply a word that allows you to understand there is no resistance. Understand? When you have resistance — either good or bad, good and evil; know you if you have good, there has to be bad — there's a comparing. If you have bad, there has to be good, for it's a comparing, it's a judgment thing; [if] there's resistance there, there'll be heat. So “zone of cold,” that is not what was put forth, but that is what was printed. [He laughs.]

What was put forth?

It was described as what you term an arena of freedom and knowing, and it is a movement, a flow which could be considered cold, like water to a pipe. Indeed, it cools a pipe. Some beings would interpret this, “This does not make sense! We will rearrange the sentence,” and when you do that you're playing, as it's termed, taking spoken wisdom from I (and I am utilizing certain words and patterns to get energy here) and you rearrange it into your patterns. The structure doesn't change, so you are still explaining within your old structure. That's why I must use “who be's” and “I be” and “you be's” [he laughs] so that you'll alter. Not to control you, but to get you to understand, [to] open other things here, so when you read you get information, because it comes from between the words and it, in actuality, opens some very ancient circuits where we spoke telepathically before. So we are sneaky here, purposely, to create a feeling in you that when you read these things you begin “I remember.” It is not “he said so” so much. It is, “I remember! This feels different,” you see. And it is the feeling where your

wisdom comes from.

Now, we're going to clear up a lot of prejudgments as we move into this next time. A lot of these things have been said before, but what you don't realize now is that what you've read and been told, you are living through it, the energies that are around you. They were told to you earlier so you could prepare yourself inside you to be knowing, to be in control, to be free, to be not confused what another is doing.

But when does each person get it all together, then? If we have to get our past lives and our future lives together, then we certainly have to get our present lives together.

You are going to go through this process in this next three years — everyone, humanity.

Ah! So as a lot of the beings "die," that essence goes then to the one that's still physical?

We won't use the term "die." There are many that are going to *ascend*. Now, ascension, from your perspective, is dying.

So some that die ascend, and some just go to another plane?

How will I explain it? When you ascend the body in this density (unless you are seventh-level god), you will leave the body knowingly, and you go and you know where you're going. Understand? If you ascend/*die* — leave the body — you don't know where you're going; you're waiting for someone else to come and get you.

You're saying if you don't ascend, you just die?

You die. Well, it is still an ascension. You're lifting up. [He laughs.]

Oh, all right. But there are a lot of levels of leaving the body, correct?

Indeed. And as you become more and more, you vibrate the body so fast it'll disappear here.

And we can do that?

You're allowed to [do] that, indeed, and the only way you're going to do it is [to] activate this thing in here, the pituitary. So your mind, the brain, is more powerful, and you understand what the mind is out here and the soul, and you'll vibrate . . . because it feels good, that's why you do it.

Okay, but one more thing. In your book, the soul is the triangle and there's a being sitting in it. I'm still not clear in my mind if the soul is the triangle (the structure) or the being sitting in it, or both.

The soul is the structure.

You call the being sitting in the triangle the little one, but what do we call it? What happens to that being when the soul expands?

Recall you when I've spoken of the soul? That is the you, that is the god-fire being you are, the recognized god, the Christ, the all-knowing being that is sitting there with the lavender flame, which is the Father, recognizing same, all things, no big deal. Not limited by soul. See, when inside you, soul, you must peel through the walls of the pyramid to see, to understand. When you encompass the energy of the soul, you *are* all things, and you know all things, and then you create another journey.

Okay, but so how do you get the little one and this consciousness running the physical body to become one?

The little one breathes, sitting there, he breathes. As he breathes (and this is a word here now for you to understand) an expansion and contraction, as he pulls wisdoms of being in body, pulls wisdom, he breathes in the energy of the soul into his being, know you, brings it in. He becomes, knowingly, the pyramid and more. That's why we've done some of those meditations in the body . . .

Where we stretch it, yes. But does that . . . ?

That is simply to get you used to the structure; the structure will be incorporated.

I'll put it this way: From your perspective, how would you pass through that wall? In your reality you would say you would walk up to the wall and go through it, indeed? That is not the way you do it. As always, you've got it backwards here. You call the wall to you. You're working in physical form and you don't realize . . . I'm going to have to figure this out graphically for you beings, I can see this now.

There is a light bubble around you, and that is you. As you become more, you simply move the body instead of walking it; you vibrate it along the lights of bubbles. You extend through

the wall. Now, what you do, you know that you and the wall are the same. What's holding it there is your reality that that's the way it must be. Call the wall to you and you're on the other side. So other things move, you don't, because they are manifestations of yours. In this world, you play [that] *you* move and [that] your manifestations are solid, but you are the god of these things, know you? And that's why [if] you tell table to lift, it will lift.

Now, what would be outrageous, and I'd really love to do this thing — but we're going to talk with other beings here because when we get involved in some of these things, you beings lose it. You don't wish to continue to know more. What I would really enjoy doing, for humor, is to have all of these books flying through the air, flying all around you — yet you would panic! (Well, not you beings here. You would think it was rather outrageous. It would shake you a little bit.) But that would create a false thing because you would come again to see it again and again, and you wouldn't *do* it. But it would be outrageously funny for me. I get what is termed, as you play, exasperated sometimes, and I simply want to, "Well, let's *show* these beings!" [He laughs.] But it is humor. We love you so much, we don't want you to forget. We'll allow you to forget.

Now, the soul will be (referring to how it is encompassed in the little one) . . . it is breathed in, so to speak, assimilated through its force, you understand? Now, this one [Arthur] has the ability, we'll term, to shapeshift. I will simply say it in this way: Your high self sends these forces here to play in body for fun and for wisdom because it knows (for some) what is termed the last lifetime as you play here, that the soul, that little one, becomes a crown here above the high self, you understand, and the high self grows into this thing, this being, so to speak — merging, to know a completion.

Okay, we call the eighth chakra the soul star.

That is what you call it here.

So you're saying that the little one moves up so that the apex is at the soul star and the base is beneath the feet? Okay, does the little one move into the body and become the body, or does the body move into the little one and stretch it?

Which body you speak of now, the physical form?

The physical form.

In the climactic expression, the body will vibrate great light and the little one will know that *it* is that light, indeed? So the physical form is then malleable by the little one, you understand?

Permeated?

Well, you can say that. Be in there.

So they become one. It doesn't matter which one goes into the other, they become one then. That's when you become the soul and don't have to incarnate anymore?

That is when you become empowered, indeed.

And don't have to incarnate.

It's when you're in control of your incarnations and your journeys.

That's when the reincarnating vehicle of the mental and the emotional and the physical or the etheric body move into the high self, then. Can you say it's subsumed into the high self?

We will say it is part of here, but when you get your completion — know you this soul star you spoke of? A master will display that. It is also a compaction of your high self come forth here. You cannot be completed until you have what is termed your high self union.

So it's like three become one. It's almost like that trinity.

Of course. It is a union, and no one is more than the other — or less, you understand? It is a . . .

But here on the physical plane we become the soul, we become the high self, it's all here in the body?

Of course. You go beyond. It would be wise if you would simply take you time in your day to allow your hand simply to be, and allow it to vibrate faster and faster and faster and faster, faster, faster. Feel it. And there would be more light there, more light, more light, more light. And you vibrate, vibrate it. We gave a meditation before where you say, "Arise the vibration I am!" That is a powerful thing because you are resonating more and more and more with what you beings term your high self.

You are your high self; you're simply playing forgetting. You're playing a *game of not* here. Understand? You say, "I'm not my high self — my high self doesn't get in this much muck." [He laughs.]

So you vibrate, vibrate, vibrate, vibrate, faster, faster, faster, faster. It gets a little scary, however, because things are going to change, and beings don't like change too much. They *say* they do. [He whispers:] (They like structure.) Well, get ready for change!

But you've all gone through many changes, eh, and you're still alive! And you're going to go through more changes and you're going to be still alive. And whatever process you're going to go through, you're going to remember that you're still alive! That you are life itself. That is what is being reminded.

Now, allow your eyes to close for a little moment. When I say, "You are still alive! You are life itself!" feel where that is in the brain, where that reacts.

"You are still alive! You are life itself, forever! That is what you are. That will never change. You are life itself."

Allow your eyes to open. Those are the portions in here that are beginning to open more and more now, that you feel where you are life itself. As they do, acknowledge this thing. That is what you are. It is an outrageous thing.