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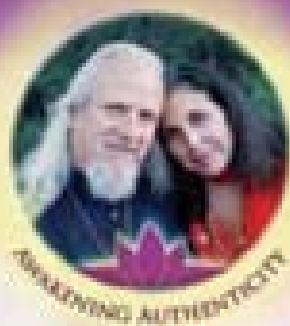
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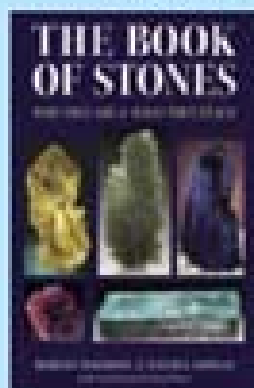
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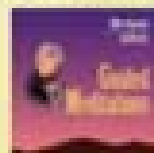
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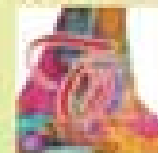
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JANUARY 2010

VOL. 20, NO. 1, JANUARY 2010  
ISSN 1040-8976 BIPAD 79389  
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**SEDONA JOURNAL OF EMERGENCE!**

Published by Light Technology Publishing

PO Box 3870, Flagstaff, AZ 86003

928-526-1345 • 800-450-0985

Fax 928-714-1132

www.sedonajournal.com

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*Sedona Journal of Emergence!* (ISSN 1040-8976) is published monthly for \$43 a year by Light Technology Publishing, 4030 E. Huntington Dr., Flagstaff, AZ 86004-9454. Periodicals postage paid at Flagstaff, AZ 86003. USPS No. 018821. POSTMASTER: Send address changes to *Sedona Journal of Emergence!*, PO Box 3540, Flagstaff, AZ 86003.

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# Update on ETs and UFOs

Zoosh through Robert Shapiro

26 October 2003

**G**reetings. This is Zoosh.  
Now, I'm going to give a little update about ET and UFO activity and what isn't.

## A MESSAGE FOR SOME RARIFIED CIRCLES

Starting in the past few years and really picking up steam now in the latter part of 2009 (and this will pick up considerably more velocity over the next few years) is a combination of greed and only slightly—one might think it was more than that—disinformation. What's going on is not only a nervousness in some rarified circles that the spiritual transformation on Earth will lead to their downfall (which is not true) but also that their way of life is threatened. To a degree, that's true if you factor in only money and wealth, but if one considers that friends, and really friends that seem more like family—old friends, people you feel completely at ease with and who feel at ease with you; such comforts are not always known in those rarified circles—if you consider that to also be wealth, then, to a degree, it is merely a transformation: a redistribution of what isn't so important, when that time comes, to what is oh so important and how much it's been missed. So there's that message to those circles.

But there's more. You'll find that there will be television programs, movies and other forms of "entertainment" that function as a conditioning, in a way. Such versions of entertainment will not be entirely prompted by those who would condition you or remind you of the conditioning you've had for most of your life that ETs are something to be "afraid" of and that spirituality is only safe in church or temple or in the mosque or other such places of comfort, brotherliness and sisterliness.



ROBERT SHAPIRO

## KEY POINTS

- Spirit is sending us messages and benevolent energy through crop circles and other ways.
- "In the times that come, do not get caught up in the fear. Try to be balanced and centered, as it is said, in who you really are."
- Now is the time for choosing. You have the means to create what you would like on Earth using your benevolent focus.
- A lot of the cloud formations that look like UFOs are the memory of the vehicles, and some of them are the spirit of the vehicles.

## YOU MAINTAIN YOUR RIGHT TO CHOOSE

Spirituality is your nature. It is your true source. It is who and what you are. You can choose, over the next few years, what you would create if you could, for those of you who might think that way. For those of you who might be more actively involved, what you would create—period. Choose: It's the time of your choosing.

There are opportunities and there will be continuing opportunities to experience benevolent ETs, benevolent ships, benevolent spirit, but don't get caught up or attached to UFOs, big ships filled with happy ETs landing.

That's not likely to happen, because it would almost be interference. It would take choice out of your hands. Ultimately, spirituality is about choice: who you would be if you could, yes? Or is it who you really are and have forgotten? Oh yes, that is it.

So you will find yourself almost surrounded with books and things on the Internet that try to frighten you, sometimes rationalizing that, "Oh, it's just entertainment! Just for fun." But you have to keep in mind that many religious books have made predictions—sometimes benevolent for a benevolent future, other times, including popular religions of the day, for a future that is frightening and represents a challenge, a hurdle and, yes, a test of the true believers. "What will you go through to prove to Creator that you are worthy?" Like that. But in reality, there is no need to prove anything. You are Spirit. And such creations that may interfere with that idea are purely temporary, for those who would keep you from knowing this will get past these minutes very soon.

Everyone needs reassurance, from the most frightened child (because the room is dark and the child doesn't feel safe), to that frightened child as an adult, who may have many very reasonable reasons to be frightened and others that they don't remember. So sometimes it's just greed: "The people are frightened. How can we make money off of this? Let's make it entertainment! We'll say it's that, anyway." And other times, it will be: "Well the people are frightened. What can we do to reassure them?" Perhaps an entertainment will help, but ultimately it is to remind them of their own natural, native, normal personalities, which are portions of Creator.

If you understand that, then you'll recognize that the next few years leading to the time around 2012—including the latter part of 2011, 2012 itself, the early part of 2013 and, to a lesser degree of intensity, the years beyond that—those times

leading to that will offer you a great deal of choice. You can choose to believe in a fear—and you may very well have perfectly rational reasons to be frightened, and I'm not trying to take this away from you—but I am saying that you have more capability now to create than you've ever had on the planet as the human race on Earth.

So, recommendation: Picture what you would like—not what you're afraid of—picture what you would like in a world. Not about revenge, not about harm—a beautiful world, heaven on Earth, if you'd like. Picture it to the best of your ability. Then, over time, you can elaborate on that picture (that's all right too), but what I would recommend is to feel it. Put yourself in it, see the picture and try to feel being in the picture. Imagine stepping in and feeling the ground or the water, if it's that, or the air, if it's that, under your feet. Make it as physical as possible. Touch it; be touched by it. This is the easiest way to create something benevolent. You don't have to include everybody on the planet, but you might notice pleasant faces coming and going of this or that person or this or that animal or this or that plant or tree, perhaps. How about it? Let that be as long as it feels good. That's what I'm recommending, not only in regards to ETs and UFOs, but mostly in regards to creationism that is available to you in and around 2012 especially, but also even now. That's your homework, if you'd like. Very important.

Also, be nice to each other, if you would. Try to be friendly. Recognize that other people are feeling just as nervous and upset as you are. Sometimes, they may not speak about it, even loved ones. Sometimes, they'll keep it a secret for this or that reason: Possibly they don't wish to sound like they're complaining. Possibly they believe they must be strong at all costs and many other explanations. But if they act agitated, give them space. And when you see people on the street, if they smile a little bit and it feels safe, smile back and say, "Good life" or "have a good day" or "I wish you well" or whatever you say like that.

### LOOK FOR SIGNS FROM SPIRIT IN CROP CIRCLES

Now know that many things that you see these days—lights, shapes, certain things that appear briefly and then, almost before you notice, are gone—is Spirit touching in with you. If there is a benevolent energy or you feel good immediately afterward—not as you think about it and maybe get frightened because of your conditioning, but right after or perhaps even during it (more likely right after)—that's Spirit paying a visit. It's possibly one of your guides, possibly an angel, possibly even Creator just reassuring you that you will go on no matter what (maybe not in the body you are in—no, of course not—but you are immortal in your personality, in your spirit), and things will get better. Maybe not today, maybe not tomorrow, but they will get better in time.

Many of the things called crop circles that you see are real. They are identified with UFOs and ETs, but in fact, about 50 percent of them are simply gifts from Creator. That is why, if you are near them afterward, the energy

is so wonderful. Sometimes it feels almost electrical, tingly. Other times it feels soft and gentle, more feminine and comforting and loving. If you have the opportunity, be near them. But if the opportunity does not present itself, know that it will, and that energy will not be denied you. It will come in other ways, in the form of those lights or dots of lights, as I mentioned.

If you see a picture of a crop circle (the best picture would be taken from directly above, looking directly down, but of course that's not always available), take the picture and turn it slowly. Make the turn on the picture to the left, since that is the way the Earth moves when it is creating (and Earth is always creating). Turn it very slowly to the left—in a rotating way, you understand—and stop only when the picture feels just right to you. It will feel different in the "just right" position to different people. The picture is a universal language that goes beyond words—symbols, of course, pictures, yes? This is the most easily transcribed universal language, and crops are often welcoming of such gifts that come from Spirit.

Very, very few of these crop circles will be fake—very few. And they'll be easily told because of the damage done to the crops—because the crops did not feel the welcome from the visitation of such beautiful energies and did not lay down and relax without breaking a stem, because the energies were from Creator or from a visitor sent by Creator—often an angelic. Sometimes the angelics will appear as spots or balls of light. Other times, and most of the time, they will not be seen. Occasionally, in the beginning, crop circles were associated with ETs and UFOs, but very rarely are they connected that way now, unless the ETs and UFOs (meaning those in the UFOs) were asked by Creator or one of Creator's messengers—and you can say angels, for that is an appropriate word also—to leave a mark on the ground to herald the coming of these messages, and so that was done. But now the message is come via angelics, and you'll always be able to tell the difference, because the crops lay down in a relaxed fashion and sometimes interweave with other stems, because it feels good to be close to them. And the weaving will not break a stem—not one. Then you'll know it's from Creator via the angelics.

The pictures or patterns in crop circles that are produced are for each and every one of you. That's why I recommend that you turn the pictures. Turn them, because each and every one of you is unique and different. Granted, some of you are from families of consciousness. That is why sometimes people look similar, even though they're not related by blood—at least, not family. There might be some distant relationship in the past or possibly even in the future. The images in the crop circles then will help you, usually, to know, to feel, to remember—to remember who you really are. These reminders and many others will come from the picture, the energy, the moment. Or slightly after the moment, slightly after you saw the picture, slightly after you saw the light, slightly after you had the inspiration. It's all about the moment now: the moment of the feeling.



## YOU WILL ALL MOVE TO A MORE BENEVOLENT TIME

You have the opportunity now to create, almost like an apprentice to Creator. Creator will teach you through angels, guides and Spirit. All of these beings love you just the way you are. They don't always love everything you do, but they love you just the way you are in your personality, which is immortal, in your soul, which is immortal and in your light, which is immortal. And these words and many others all mean the same thing: that portion of Creator that you are.

Don't be alarmed if there are reports of people being afraid of something they saw in the sky. There are things now that—because of a mistake in perception—are being seen in the sky by those who would demonstrate them in ways that might momentarily frighten, but then be gone. Most of the things you see in the sky that prompt you to feel good—the lights, the UFOs—will be visitors from friendly places. Sometimes one or more of the crop circles will be a picture of one of these vehicles. Most of the time, though, they will be the universal language—not only to remind you of who you are in spirit, but also to demonstrate this universal language of form and function.

Form seems to follow function. Other times, function seems to follow form. And yet they are all a portion of personality—immortality, spirit. Trees, birds, animals—the biggest, the smallest—microbes, yes, atoms, particles and of course human beings are always form and function. You can't be a unique portion of Creator without being form and function. Know this, and you will always feel at least partially enlightened.

In the times that come, don't get caught up in the fear. Try to be balanced and centered, as it is said, in who you really are. If you don't see crop circles, if you don't have such pictures, that's all right. Put your hand on the center of your chest or, if it feels better, just slightly below your chest. That is where Creator often resides. The heart is said to be where Creator resides, and yet it is really closer to the center of your chest where Creator resides. The heart, being a loving organ, is drawn to that center. Your stomach, being a portion of your feeling self, is also drawn to that center. Remember to place your hands on your chest—one hand over your heart, the other over your stomach (that part of your chest really pretty much just on the other side; your stomach, just on the other side of your chest from your heart)—and know that these parts of your body, as well as your lungs, not only help to maintain your brief time on the Earth (compared to your immortality of existence) but also they are a center of your being, that which supports, loves and nourishes.

You will be all right. You are all immortal. Every one of you will move through these times to a more benevolent time—no exceptions. And along the way, you will shed things—not because you are told to, but because before you shed them, you will find yourself doing something else that feels so very much like you, so completely you, that you don't need the old, which you've used to protect the unseen, the unfelt you. That unseen, unfelt you—form and function—will reveal itself more and more, and the function will feel

more and more benevolent. So the old mask, as it were—the war, the old warrior—will be able to relax, sit down, put down the sword, put down the spear, put down the gun: You are now coming into the time of your true being. Don't let it frighten you. It will come with love—and only with love. Remember that always.

## ETs HELP YOU REMEMBER WHO YOU ARE

*You've been very, very vague. Can you say something about the beings in the rarified circles who are going to create these horror movies about ETs?*

No, I wanted you to feel into it. You want details, eh? You want names; you want to know what's coming. But if I tell you that, how will you use your natural spirit, your abilities, your instinct? How will you use that if I give you all that what is? And your question also suggests that these beings that you are judging are the sole creators of these movies, but they are not. Only very slightly, through financial services, are they involved. Others will create these movies, because money is there to be made.

So why should I tell you who these people are that are helping money to come—not so much giving money, but helping it to come—to such productions, when they are the ones who need to be reassured? If you were one of these beings, would you want to be punished or would you want to be reassured so you could relax—lay down your sword, lay down your spear, lay down your gun? Or would you want to be punished and thus activate your armies before your suffering and show them all? What would you prefer, not only as one of them, but as one of the people as you are?

*What about the ETs and the UFOs? Are they going to come in to the planet, and if so, what are they going to be doing?*

Helping to remind you who you are. In your natural state, you are happy to see them. They are friends. They are welcome. Granted, some of them in the past were checking you over to see what is going on, what is meant to be. There was a short time of—how can we say—compromise and coercion. You might find it hard to believe that ETs could be coerced, but for a short time, some ETs were coerced because there were loved ones who were being held hostage on this planet. That's the way they saw it, but the people who were holding them felt that they had this wonderful gift: beings from another world! And how can we learn from them and study them? But of course, as you might feel if you were a rabbit in a laboratory—or a cat or a dog in a laboratory—you would want to be someplace else. You would want to be with your own kind—with your family, with your loved ones. And they would want to be with you. What's the difference, eh?

*That was probably fifty years ago. Or has that been recently?*

In recent times, those ETs who had been coerced have been mostly relieved of their coercion. They have been shown what has happened to their loved ones, and now they

have retired far away to grieve on their own. There are a few left who are still coerced, but not many. I am speaking nowadays and in this time to you and the reader and also to those who know these things in detail to let them know that Spirit is not blaming them, nor is there any effort to punish them. It happened, and that's that. Question?

*What were the relatives of those ETs being held coerced to do?*

To check up on the human beings and to find out, through sampling on a genetic basis—but you know, it's a funny thing—what was being checked on was to find out, utilizing the advanced genetic techniques of these ETs, whether there was any “danger” of this transformation happening any time soon. But you see, there is no danger—period. The transformation is not going to bring about a tribunal where people will be held responsible. Everyone will transform into their natural, native spirit personalities. It's not about blaming. There will be no tribunal.

So there is no reason to single them out, because it would just have the most lethal effect. If you were told, right now, who did something, or if you were given someone to blame, do you not think that some people might just act on that blaming? “It's her fault! It's his fault! It's their fault!” What has happened as a result in the past when such names were given? All you have to do is pick up any history book to find out.

I am being, as you say, “vague” because I want you to use your spiritual abilities to feel, to know, to detect, to create benevolently. Why would I want you to use your spiritual abilities to blame—to harm, to have retribution, to have revenge—when that only fosters more and more revenge? Study history: History is largely about revenge, and usually with the revenge happening on those who never did anything to receive that vengeance but were named. I will not perpetuate human blaming history.

## ETs ARE GIVING YOU SPACE NOW

*We were told over the course of years that ETs were measuring us for our level of benevolence: the way we treated people—old people, babies, prisoners.*

That's what they were really doing, but there is no difference between what I just said and what the others wanted. The ETs would report on the human beings' level of benevolence, but you see, from those who told them they had to do this or they wouldn't get their loved ones back, they didn't take it as your “level of benevolence.” They took it as the level of change—the most feared thing, the transformation. See, it's not what it is, it's how it's seen.

*From their perception.*

Have you seen one of those masks that, on the one side, looks happy and smiling, and you flip it over, and on the other side, it's miserable and weeping? It depends how you look at it. You might think, if you're standing there, that it's wonderful: “Look how benevolent they're becoming.” On

the other side, you might look at it and say, “This is terrible. The change is coming more rapidly than we realized.” It depends who's looking at it and from what position.

*All right. If we were looking at it, how are we doing?*

Very well, or I wouldn't have opened with the comments that I did.

*Ah. Good. How long, then? We have to go through what you're calling these “changes” before we can openly interact with ETs—before they can land on the planet?*

If I told you that you had a choice to be your full, natural, spiritual beings—that which you are, that which you wish to be; you could go anywhere and do anything, benevolently—or you could have the ETs come and do that for you, what would you choose? Now some of you would say, “Well, since I don't know how to be my true, natural, spiritual being on the planet, and I'm just doing the best I can, it would be wonderful if benevolent ETs came and did that for me or at least showed me how to do it. I'd be happy to participate, if only I were shown how to do it!”

But you see, the ETs now know how very close you are to remembering how to do it for yourself. That's the reason for all the training in recent years. Slowly, very slowly “This is how you do it.” Homework—slowly, very slowly: no rush to remember, to know. You don't know on the basis of what you think; you know on the basis of what you do, because you haven't been rushed. You've done it yourself, and you can feel the outcome. And then that's built upon—one thing after another—and slowly, you realize: You can create. Slowly, you realize that what seemed impossible in the past now seems much more possible, maybe even easy.

It is true, Melody, that when you become your true, natural, spiritual selves, ETs will come and go like they do every place else. But they'll give you a little distance because they don't want to interfere now with what you're doing, because what you are doing is so very important, and they have been told it will be important for them as well. So of course they don't want to interfere. If a mom tells her youngsters, “Now, you have to keep out of the kitchen, because I'm making something, and you're going to love it. But if you come in the kitchen, you might distract me, and then maybe you won't love it so much.” [Chuckles.] And they'll be very curious; they'll be huddled outside the kitchen door. “What's going on? What can you hear? What's she doing?” Making this wonderful cake, eh? “What is that smell? Oh, it's wonderful! Oh!”

In short, yes. The answer to your question is yes. The ETs will come and go, but they will give you distance now. They are happy to see you being reminded in the universal language—not only of crop circles, but in the language of light and energy—for many of you (many, many now) will see the quick blinks of light or the quick motion, something that seemed to move: “What was that?” and it will be Spirit. For some of you, as I said, it will feel tingly, almost electrical—sometimes even with a sudden sense of something that

really feels almost electrical. No harm afterward: you notice it, but, "Wow, what was that?" Other times, it will be soft and gentle, nurturing, and you might even feel a warmth in your body.

ETs are giving you a little distance so you can remember who you are, but you will still see them sometimes in the skies—something moving, quickly—especially when all around you is quiet and you can be more sensitive in your abilities (your auric field, you might say), because it's a quiet time. Often—not everywhere, but often all over the world—such quiet times exist, and that's when it's easier to feel, because your auric field (your energy body, you understand) doesn't leave your body; it just expands and takes with it the abilities that you know as touch, albeit gentle, but still something you can perceive.

### **YOU CAN CREATE THE OUTCOME YOU DESIRE**

*Are we going to change? How is our form going to change as we become more of our natural self?*

You'll feel lighter, physically, on your feet. There won't be any apparent biological differences. There might, in time, be some differences that happen in terms of, say, the birthing cycle. Babies won't, when they're ready to become children—babies outside the womb—they'll be just as big as ever, but there may be a way to give birth without pain. That's in the works. There will be other things. You'll probably eat differently, and as a result, you'll feel different.

There will be a different kind of technology, one that does not involve—how can we say—machines so much. Or that which you might call machines would last a long time, because they are happy to be that, however temporarily. The machines you have now are often tolerant of being the machines, because they know it is temporary, and at some point, in some form, they will return to the earth, and there is the hope that they might be able to find their way back home—meaning to where they were mined out of the ground. As long as they are on Earth, there is that hope. But even then, since everything is alive, even being on the Moon or in space would still be a portion of home, so there's that.

You will find that disease does not exist anymore and becomes a dimmer and dimmer memory. Things like that. You will find it is much easier to make friends and that friends and family become sort of blended, and family becomes a good thing, feeling more like friends. In short, a universal friendship will take place. It will be a good thing.

*All right. You were giving us a lot of reassurance earlier. Is there something that we need to be aware of that's going to be difficult, like climate changes or . . . ?*

Climate changes are happening now. It's up to you to change them into something more benevolent. Next time you hear about some big storm coming—not just rain that feeds the ground and ultimately becomes the water you drink (so don't just prevent rain)—but if some terrible storm is com-

ing, one that has already killed and maimed and destroyed, then start picturing what you would prefer: Wouldn't it be so much nicer to have a gentle rain that could be easily soaked up by the land and then ask the sun to warm the land? Like that. Picture what you want, and then, picturing it to the best of your ability—not just for a minute or two, but as long as you can—put yourself into it. So include in that picture your home and where you live, the land upon which your home may sit, and put yourself into that picture and feel the sun or the gentle rain. The more of you that do that, the more likely the storm will be benevolent and light. It is up to you, now, to change the storms, for the changes you refer to are happening now. Why wait?

Perhaps there are volcanoes. Perhaps there are earthquakes. Give Mother Earth permission to move, but ask her to move more gently or in smaller increments so they aren't huge earthquakes but are very soft and gentle ones maybe that happen every day—as you say on your scale of measurement: a two, a three, something like that, maybe even a four—gently, every day. If it happens every day, you'll say, "Oh, Mother Earth is moving," and there will be no problem. Why wait? Do something about it now.

### **THERE ARE SPIRITS OF SHIPS IN THE SKY**

*You said on your sort of advance-notice tape that you would talk about what is not ETs. Would that relate to some of the cloud formations that are being sent around on email, purporting to be crafts, or something else?*

Some of that may be vehicles, but a lot of it isn't. A lot of it is the memory of vehicles, and some of it is the spirit of vehicles. Look at the clouds in the sky any day: look at their edges, even their whole mass. You will see faces all the time. These are faces of spirits that are in the sky. They were in the sky before the clouds got there or they were in the sky and have left an imprint, because the vehicle (in the case of a ship) was alive. Many vehicles (you say ships) are alive. You must be able to accept the belief that something that appears to be inanimate is alive. A stone is alive and moving. Your scientists tell you, "Look—the atoms, the structure—it is moving! It must be alive," some of them have the courage to say.

When you see the things in the sky that appear to be clouds and yet they look all the world like the way you might picture a ship, a vehicle, maybe it's the spirit of the vehicle, all right? Most of the time, it will be the vehicle's spirit, its being, just like the faces are defining a spirit that's there. Move past your belief that a UFO, a flying saucer, a ship is a thing in which beings travel. The beings travel and are able to travel through such great spaces and distances because the thing they're traveling in is alive. It is, number one, spirit, and spirit knows no boundaries. Your spirit—when you are at the deep levels of sleep—can leap across the universe, go from one side of the universe to another in less than a second to visit a teacher, an angel, a guide, a being, a loved one, any kind of benevolent source

being. And you do it every night (or every day, when you sleep, whenever) at the deepest levels of your sleep. It is a spirit. The ships are all alive, and the vehicles—the ships themselves—often come to visit, but there may not be any beings inside the ships.

So recognize, when you see those shapes in the clouds: sometimes they are just the shape of the clouds. Other times they are the spirit of the ships, for the spirit exists before any ship that travels across distances—travels, as you say, in time, but it's also in space. The spirit exists before the ship exists, and you exist before your body exists. What does that suggest? The ships are spirit. They are immortal; they are someone. That is why the benevolent beings (the ETs), who can only be exposed to that which is benevolent, will travel in something that is benevolent, that is spirit, that is like them—that is immortal. That's what you're seeing in the skies. Never forget that.

For your homework, whether you be very young or very old: Look at the sky more often. You might see someone you recognize, a spirit. Sometimes they are there all the time—watching over you, doing what they can to help. Other times, they are someone—a face of someone passing, and then they move on. Spirits are with you always, and why not? You are spirits as well.

### THIS IS A TIME FOR CHOOSING

*All right. Well, anything I want to ask is really in a different flavor than what you want to talk about, so I'll just say . . .*

Ask about anything you want. Let me remind you, and you can take this out, if you wish, Melody—you are speaking for the reader, but you are also speaking for yourself, your own curiosity. You are, how can we say, the spokesperson for the reader and ultimately, in time, for the listener. But it's all right to ask the questions. Do you know that I am answering your questions? Though they do not satisfy your mind, I am answering your questions from the position of your soul, your spirit—not to satisfy your mind, because your mind, like the minds of many readers, is associated with the mysteries: "Who is that? What was that? Why is that?" and so on. But I answer your spirit's questions, the being I know—your soul, your spirit, your immortal personality—and I guide your conscious mind, who is still trying to remember who she is (but it's getting closer, day by day). Go ahead. Ask your questions.

*Well, it's my understanding from one of the Founders in the Time book that ETs can't come here now, because the rate at which we're moving toward the benevolent focus, using the accelerated time frequency, would cause them to die if they came here and got out of their space ship.*

Well, it's possible. For some, yes, no question about it. But what is death, really, but transformation? They would change, and if they have always been something, some immortal personalities, right? . . . How many personalities do you know—people, you understand, even maybe cats or dogs too, personalities—how many do you know who

would be at peace with a change into something completely unknown? Some might be frightened, though they might not recognize the fear. They might just have an uncomfortable feeling, not knowing that it's fear, but recognizing, on the basis of their instinct—which has to do with feeling—that no, they don't want to do that.

So some could come and be just fine, but they've been requested not to come. They've been requested to stay away while the sleeper wakes up. Have you had the time, when you've awakened—slowly, gradually—to relax to your surroundings, perhaps even with good smells in the background: food cooking, coffee or tea brewing? Oh, that's nice. As compared to waking with an alarm clock: "Get up! Now!" Quite a difference, eh? Let the sleeper wake gradually, no forcing. And they say, "Yes, of course."

*Well, we've been told that that's how we're waking up.*

It is how you're waking up.

*Like going from the light sleep to the deep sleep stage, and just letting everything that's not benevolent go, releasing it.*

There's that, but you have to remember you've been told things in piecemeal—you knowing that, perhaps, better than many. You're told in piecemeal on the basis of what you can hear, safely, at any given time. Nothing you've been told in the past has been false, but remember it is not only that you're being told from those who are looking at this thing that is happening, but they are looking at this thing that is happening from the basis of who they are, their perspective.

Imagine, if you would, something vast: a mountain, a cliff, if you would, a butte, a mesa. On this side, it looks this way. On that side, it looks that way. And when you get close up to it, there are many other minute pictures in the stone. It depends on who you are, what you see, what you know, what you believe, but it's all true, not just opinion. It's all true, what you've been told. And yet, the more awake you get—using that as the analogy: the sleeper wakes up and remembers who they are—the more you can be told. And what you are told becomes simpler, not complicated, because what you are is very simple and uncomplicated, and what you've been and the pathway you've searched for that simple, real thing is filled with complications and contradictions and always with choices.

This is the time of the choosing. You can choose what feels good, or you can remain attached to and desiring what you have known: the complications, the contradictions, what is, what isn't, what might be, what could be. "Was it them? Was it her? What did they do? When? Why? What should we do about it?" Or it's all us. I have to speak in these riddles sometimes, because it's the time of the choosing, and so many of you are choosing to remember who you are, and you can know more. And I am revealing a great deal today—because as so many of you are waking up—slowly, gradually—more can be known. And the more must always, always be simpler, not complicated. It makes the choosing so much easier.

*If we're all going together, and we're choosing, do those who choose the complicated delay the others who chose the simple?*

The others who choose the simple—you, your immortal spirits, who you really are—do not get delayed at all. You become that, but because you love those who are taking longer, you wait for them to catch up. Why would you rush over the hill, even to something beautiful, if loved ones are behind you? You want your loved ones to catch up, because when you are that thing—your immortal personality, your spirit, your soul—there is no more harm, no more hate, no more resentment. You aren't angry at them for whatever rea-

son; you only feel love for them, and you wait for them to catch up. That is what is happening.

*That is reassuring.*

Now we must finish. Know that your time of awakening is really happening now. Remember to put yourself in the picture of something beautiful, something wonderful. Do the homework every day. It might just improve the quality of your day-to-day life as well. Good life.

*Thank you, Zoosh. Good life. ✨*

# The Amazing Potential for Change

**Kryon through Lee Carroll**

**18 October, 2009, Montreal, Canada**

**G**reetings, dear ones, I am Kryon of Magnetic Service. I've said that before, right here within the energy of this building, but there's always a complement of Humanity who does not want to believe this [a channeled message]. Even this day, there will be those who would sit before me as old souls, as ones that I know, and they will cross their arms and say, "It is the Human being pretending to channel." They do not want to think that this might be real. Yet next to them will be one who for years has been able to see the colors and who can experience the attributes of interdimensionality. It's interesting how there can be two Humans, side by side—one in full disagreement with what is taking place and the other one being healed.

## KEY POINTS

- So many events have occurred in recent history that have seemed to occur against all odds. These events are evidence of the great shift, and they are a cause for celebration and hope.
- There is potential in the future for even more amazing events—including peace in the Middle East—if only Human Beings will consciously work with the seeds of that potential and allow the changes of the shift to occur.
- Love on this planet is the creator of peace. Reestablish connections you think are gone, even if you think they are impossible or against all odds, and realize the potential of all Human Beings in the great shift.

So what does that tell you? It indicates that you are free, completely free to absorb or not the energies that are placed before you. This is the way of it, and there will be no effort tonight on my part to convince the one who does not want to be convinced. I am here with information. I am here with love, and I am here for those who wish to enjoy this energy. Awakening is a very personal experience. You are honored, each old soul here, regardless of whether you believe this channeling is real or not. All are equally honored and loved by God. Feel this if you will. Some will walk out today having believed none of it. It doesn't matter, for the love is here anyway.

Let me tell you something, unbeliever, that I want you to think about. You may not believe that what is taking place on this stage at the moment is real. My partner takes a back seat to me. He's not in trance. He's listening when he lets me have the microphone and I use his personality, his knowledge, his language, his intellect and his akashic experience. I use the Human vehicle, and through these years, the pipeline that he has developed with me has increased in its purity and in its integrity, and it has opened up even more. Now I can speak to you in ways I could not twenty years ago. Yet you still may not believe it.

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## BECOME AWARE OF YOUR GUIDES

There's an entourage around you of beings you call angels or guides—or whatever you choose as names. They're here as support for you, and they'll be here all your life, yet many of you don't even know it. Some of you walk your entire life with them just standing there, and they're not allowed to say a thing. Your free choice guarantees that. They love you beyond measure, yet they can't say a thing or make themselves known.

They come in with you; they stand around the bed when you're born, and they are with you for life. For life! When you take your last breath, they'll be there. Yet if you never speak to them, they'll never say a word. And if you live a full life and you're ninety when you pass or one hundred, they won't say a word. That's how honored your free choice is. They won't poke you; they won't prod you. They won't tell you that you should have done this or you should have done that. The only way they're going to allow you to feel anything at all is if you allow pure intent to speak to them. And you don't have to know their names, because they don't have any.

There are those in this assemblage who know exactly what I'm talking about, because they discovered these helpers. They heard from them when they went to their knees one day in meditation and said, "If you're there, let me know, because I want to change some things about my life. I want to change some things about me, against all odds. I want to change who I am. I wish to find the God piece in me." This activated them all.

They're unique and different for every single Human, but you can feel them at work if you are sensitive. Synchronicity begins to happen, and your personality begins to be more comfortable. Anxiety starts to go away, drama diminishes and the problems of your life are not as difficult anymore. Would you like that? Some say this is impossible, yet, against all odds, it is real.

## BECOME OPEN TO THE DIVINE HIGHER SELF

Many feel that channeling is not appropriate. They say, "This is too odd and strange, you know? Here we are with a Human Being who is receiving messages from the other side of the veil. How can anyone justify that? Where is that in spiritual history?" I'll tell you where that is in history, yet you often don't realize it. None of the scriptures—none of them on this planet, even the most profound scriptures that you have ever read—came from God. They came from Human Beings who wrote them for you! They're not the words of God; they're the words of Human Beings under the influence of a divine higher self.

So profound were they! Some of them were written in jail cells months before the death of the writer, yet the writer was not in a state of anxiety. He was in a state of joy writing to his friends—so many of them—and the words rang out: "Praise God, from whom all good things come." Then the writer would go on to speak about the joy of finding the higher self. These are the scriptures from Humans in love with God!

Listen, the most ancient and profound way that the Creator can speak to Humanity is happening at this moment in this room. Perhaps you didn't realize that. Yet still there are always those who will say, "Well, the reason it is not appropriate is because it was okay for then, but not for now." They say, "We have all the books. All of the knowledge is there. We don't need anything new. This is from another time and place."

Oh, Human Beings, I will tell you, you are creating a shift on this planet that is very new. Wouldn't you like to know a little more about it? Are you really settled with only those things in the past? Wouldn't you like to know what brings you to the room today? Perhaps you would like to know more about some of the energies that are spinning here. The message this night is an overview for you to examine. I want you to hear this.

## LOOK BEYOND THE VEIL

This is a sweet place this evening. We invite you to feel the entities as they work around you. There are two of you in this audience who have recently lost loved ones. I know who is here, and I know who you are, and I speak to your heart: There is no such thing as death. It is a transitioning energy. The most enduring and profound thing on the planet can never be destroyed. It is love. You may feel somehow that it is gone, but it is not, for that loved one who is gone is still here. All they have done is move between the veil and you.

The dreams that you are having about them are real; the messages that you've received are real, and these loved ones are here in spirit this night. They sit next to you and they cry out to you and they say, "Do not go into sorrow, for I am here for the rest of your life." You needed to hear that, and perhaps that's why you came. This is so real to me! I can see the dimensions on both sides of the veil as I come before you now.

I want to explain something to you: There are things that have happened on this planet that are simply against all odds. Human Beings just don't look at them enough to see them for what they are. I wish to walk you through the miracles of the last twenty years. The Harmonic Convergence in 1987 brought out the new energy and prepared the Earth for the shift, and you moved right into it. Things started happening quickly. In 1989, my partner allowed me to come in and begin channeling. The first information I channeled to him was released in 1993.

## THE MAGNETIC GRID SHIFT

I told you that the magnetic grid of the planet was going to change greatly, and it did indeed happen in your lifetime as it had never happened in your parents' or grandparents' lifetimes. I told you that, against all odds, you were going to see it move greatly—to move more in ten years than it had in a hundred. Against all odds, this was going to happen in your lifetime. And it did. It is measurable, even today.

It's easy to do this with a compass. Against all odds, it moved, and your science took notice. It is a fact in the scientific records that the heliosphere of the Sun has also changed greatly. It has diminished. There is a magnetic resource that is coming into your solar system that is part of the galactic alignment, that you are currently experiencing. All of this is on time, all on schedule and all appropriate, my dear Human Beings.

All of this is in alignment with what the Mayans told you: One of the highest vibrations the Earth has ever seen is about to be developed in this shift. And it's not going to happen in 2012. It happened in 1998! You are *in* the shift. The only explosion that's going to happen in 2012 is the explosion of the mythology of the Western world that is trying to make you fear a date. You sit in the shift right now, and the magnetic grid is part of it—all part of it. I told you this twenty years ago, and now it's here. Against all odds, you experienced it.

There are those who would say, "Well, it would have happened anyway. It's not that impressive to me, since it's an astronomical event." Humans do that. Even after something very special happens, they will say that it would have happened anyway. And it's true that the galactic alignment would have happened anyway, even if Humans were not on the planet to enjoy it. But the esoteric vibratory shift that accompanies it is palatable, and you are seeing it everywhere. Perhaps you need a few more "against all odds" episodes before you'll start to understand that this is a unique time of shift for all of you. It's different. You are seeing things that even your ancient ancestors never saw. It's a time of change.

### **CHANGES IN WEATHER PATTERNS**

In those same transcriptions in the year of 1993, I told you that the weather patterns would change greatly. I said that within twenty years, you would see this demonstrated dramatically. Have you seen any changes? They're here. You'll also notice that certain key words were not spoken. I never said anything about warming, did I? Your warming is a natural cyclical occurrence before the coming cooling! It has to do with the water cycle of this planet, and geologically, it has sped up.

Time is relative, and your best scientists have called it so. In a vibrational shift of this planet, you have sped up time—not the time on your mechanical clocks, nor the time measured by what your radioactive isotopes release—not that kind of time. Instead, it is the interdimensionality of time, something caused by an interdimensional shift. You have sped it up. It's moving far faster, and your body knows it. You're feeling it. You know it's going faster, don't you? And so does the Earth.

Geology is speeding up. You are receiving things that the geologists did not expect to happen for another one hundred years. That is the water cycle change that is affecting the weather. Against all odds, the weather has shifted. It didn't do this in your parents' lifetime or in your grandparents' or their parents' time. Against all odds, you're here to see it.

There are those who will sit and say, "Well, it would have happened anyway. It doesn't prove anything, Kryon. You're going to have to show me more than that." Well, I will. By the time I'm done, I want you to see this clearly. There are too many coincidences involved in this shift, and the fact that we told you about many of them years before they occurred makes it even more special, does it not? So if you are going to sit and be intellectual, do so. But at some point, the intellect has to surrender to fact.

### **THE ARMAGEDDON THAT DIDN'T HAPPEN**

The prophecies of old all predicted an Armageddon scenario that was to coincide with the approximate time of your recent millennium shift. A confluence of energy was to come together with two great superpowers on the Earth, each one throwing atomic bombs at the other. Then you were to have had what was called the end of the Earth—or at least the end as you knew it. Many prophets gave this to you. This is not something Kryon made up for this discussion, and you know it. Scripturally, it is there for you to see in your own religions. It is also there within the quatrains of Nostradamus. It is there even in the indigenous writings about the potentials of the future.

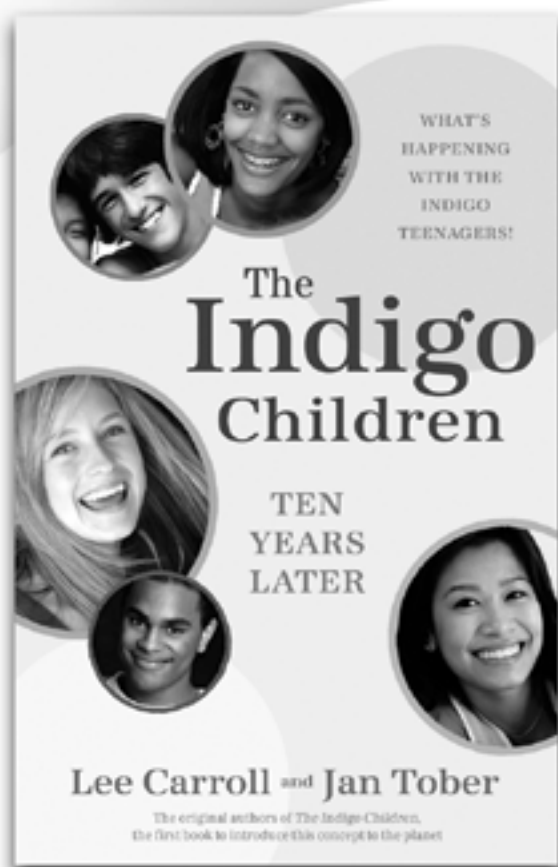
Against all odds, however, something happened; it was something that could not happen on a logical and intellectual level, but it did. Overnight one of the giants in the political scheme of Earth fell down. The Soviet Union ceased to exist. If you had asked your parents about that, they'd have said, "Impossible." Twenty-five years ago, if you had asked the Pentagon about the potentials of this, they would have said, "Impossible." And if you asked the Kremlin, they would have said, "Laughable."

Yet, against all odds, it happened. It is part of the shift. It is part of this New Age of energy that is upon you. The elimination of one of the superpowers had to be accomplished. Not one bomb fell. Not one battle was fought. Consciousness did it, if you noticed. What do you think about that, Human Being? What do you think about bringing down a superpower simply with consciousness? That's the third item on my list, and how many events are you going to need to start to see that, against all odds, *something* is happening?

### **THE FALL OF THE ECONOMY IN THE USA**

Three years ago, I gave you a prophecy that was not a prophecy, not a fortune telling, but instead a report of one of the strongest potentials that existed in your reality. These are events that we could see coming because you are slowly creating them. We have the ability to see the potentials of what you are creating that you cannot see. I saw them, and I gave that information to you. I told you that the giant country just below the Canadian border was going to lose stability within its largest corporations; the bastions of finance would fall down. I said it would start with insurance, and it did.

When you look at those corporations, which were literally the American dream that belonged to the United States, the ones that invented and created the automobile itself for the



## 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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rest of the world, you can see that they're out of normal business today. Against all odds. If you had asked an auto executive twenty years ago if that could happen, he would have said, "No. We are strong. Nothing could do that." Against all odds, it happened. And it's important you understand why.

Dear ones, there's no punishment here. These businesses didn't fall over because they were corrupt. They didn't fall over because they did something wrong. That's not the way it works. If that's the way it worked on Earth, many things would have fallen over a long time ago, wouldn't they? That's not the way it works. Instead, you had the beginning of the seeds of change in finance and banking that spoke of integrity. The consciousness of the masses decided to reinvent the way bankers work their banks and insurance companies work their money. The rules had to change, and they are! Many are still wondering what happened. There's a financial pruning going on within this planet, starting in North America, and we told you so some years ago. Against all odds, it happened as we said.

Now what are you going to do with this information? This is the fourth event in a series of six events I'm giving you to think about. Against all odds, they all happened. Are you starting to get the picture here? How many of you have the courage, the maturity and the insight to celebrate the recession? Can you say, "Thank you, God, that we are moving forward with a little more integrity in these things that we thought might even sink us"? The conspirators will tell you that this and that are going to happen and you're all

doomed. And the proof, ironically, is the recession! There still is no understanding that what you're doing is pruning the system for integrity.

### PRESIDENT BEFORE HIS TIME

Let me tell you some more about that country below Canada. Against all odds—all odds—they have elected a president of color. That wasn't supposed to happen for two more generations. Ask a sociologist about this, for they run studies about potentials. There simply was too much hatred, too much bias, too many issues and too many problems between races to allow for this. Yet it happened. With all the racial strife, perhaps you wondered how they would ever resolve those racial issues. Yet against all odds, they elected a man of color. I would like to tell you that this can only happen with a consciousness shift. It was way before its time, according to those who study these things.

These are not esoteric events. These are events around you in real life, and there's a reason I'm giving you these things to examine. You can look at and see these events, because when you get to number seven, you're going to need to believe, because it won't sound possible. This was number five.

### THE REVOLUTION IN IRAN

Number six is barely starting to happen, and you saw the evidence of it earlier this year. Again I gave you a potential, not a prophecy of the future as a fortune teller, just the potential of what was in the works that you couldn't see. In

the book *The Great Shift*, compiled by Martine Valeé, the very Human who organized this meeting, I said that there's going to be a revolution in Iran. There has been, and now I'd like to give you the rest of the story.

Did you see it? It began this year. The seeds are there for a major Iranian revolution. Oh, but it was suppressed—or was it? It grows even as I speak to you right now. The very few control the many there in that country, which has been called an evil empire. Isn't it odd? So were the Soviets, and look what happened. Let history show what is going to happen, for these are the potentials I give you now. It's number six. The revolution in Iran will be called the Great Revolution. The removal of the mullahs will take place. You will see it. If the potentials are as strong as they are today, you will see it. And with the removal of the mullahs, you will find a young Iranian civilization full of Human Beings who are mature in their faith, who know what they want and will create stability. In fact, so stable can it become that the stability of Iran may eventually lead to a stable Middle East. The Iranian influence may actually lead to what we will give you in event number seven (to follow), for the Iranians may very well start to bring about peace in Israel.

Here it is the full circle: Twenty years ago, I said, "As go the Jews, goes Earth." And I'm telling you you've been waiting for a solution, and it won't come from North America as many thought it would. They said, "The North Americans are the only ones who can put this together. The members of the United Nations are the only ones who could put this together." Watch how it gets put together! It will be Middle Easterners working together with Middle Easterners who will put this together. As I have said before, a mature, stable Iran will make peace with those around them—perhaps even setting up a union of Islamic states—and with their resources and their financial maturity, they will see that a one-state solution<sup>1</sup> can work in Israel. They will desire to have peace in the region, for it will affect their own stability.

Doesn't this start to make more sense to you? Oh, but I haven't given you number seven. I even hesitate; it's too unbelievable when you hear it. Listen, my partners: this may not take place in your lifetime, but you'll be here.

### **REBUILDING OF THE TEMPLE WITH HELP FROM ISLAM**

This is going to be meaningful to some of you, and some of you will scratch your heads and say, "I don't understand." Listen: The final rebuilding of Solomon's Temple in Jerusalem will begin to proceed with the help of Islamic funding, combined with funding from supporters of Israel.

[Pause.]

"Now you've gone too far, Kryon. That really is against all odds and a very naïve statement to make. It's ignorant and a bit insulting to the Jews." Really? It's really not that much of a stretch. Let me explain what they have at this moment. In Jerusalem at the moment there is a kind of static peace, for the reality is that you have three major religious players—each on the opposite ends of the hate scale—having to share the most hallowed, holy ground that exists for each of

them. And it just happens to be the same exact place for all of them. That place where the Temple is to be rebuilt is the place of the astral ascension of Mohammad, the prophet of Islam. The Temple Mount is the place that is also precious to the Jews and Christians.

The Jews would argue that Abraham's son, Isaac, was almost slain there. Their history is clear on this. Even the Christians believe this. However, in Islamic tradition, it was Ishmael, the other son of Abraham, who had that experience on the Mount. So they both share the same holy places and they coexist in a peace of necessity. Have you noticed? That's not where the trouble spot is in Israel. It's all around it, but they keep the Temple Mount sacred. They have been sharing this space for two generations, you see.

Now let me insert the new energy. What I'm giving you now is already underway and although it seems far-fetched that the Jews and the Arabs would get together and fund the rebuilding of Solomon's Temple, the seeds of this idea have already been presented. Think for a moment of the incredible resources of both groups. This would be the third construction of the Jewish temple, and in the middle of it would be an allowance for the grandeur of the Islamic Temple of the Mount. Together, they would build something they could share and continue to share, but in the process, they could make it grander than ever—perhaps grander than anything that has ever been built!

Together, they would create ways in which they could both visit sections of their own, and the Palestinians would visit their part for the first time, freely and openly. Even those who are not Islamic would be able to come in and enjoy the beauty of this sacred place for the first time, without those standing by with weapons in case there's trouble. Against all odds and for the first time in history, the Jewish nation and Islam would come together in a neutral area by their own agreement and with Iran's help. A stability would eventually take place. Who would be the real benefactor in this? It would be Iran, the largest and most stable nation in the Middle East.

There will come a day, my partners, when the Middle East and the trouble there will be a distant memory. What is your memory of Ireland and its problems? What about Germany, Japan or Russia? Former enemies of half a century are now trading freely with each other and have economies that are intertwined. It's time to see this same attribute in the Middle East. Impossible? Against all odds? "As go the Jews, goes the Earth," I told you. When you see the seed of this potential in Israel, you will know that you are headed for peace on Earth. In that potential attribute, you can see the beginning of what can happen on the planet. Enemies of thousands of years can look into each others' eyes and say, "We don't like each other, but let's cooperate and build something special. Let's make it unique so that we can both enjoy it. Let's create a way. We don't agree, and we've had our wars, but this holy place is too beautiful to let it exist in hate this way." Expect clearer minds, because the energy is changing, against all odds. That's number seven. There is a potential that, before all this takes place, that there will be still another flare-up in

these areas. Such is the old energy, and such are those who wish to move the planet backward in energy. There are—and there will be for some time—those who will willingly die to bring the Earth back into darkness and a consciousness that is elementary, basic and unenlightened. But I have given you a glimpse of a future time—somewhat in the distance, but close enough to be real to you.

### AGAINST ALL ODDS: WHAT ABOUT YOU?

What are you going to do with all this information? Many will laugh, point at the problems and current hatred and tell you that it's simply "against all odds." If they do, then you can smile, since that is exactly the issue. Against all odds is the energy of the day and represents the shift. What is it that is against all odds with your personal life? Is it with your family? Is it with your health? What is it about which you have said, "I can't do this"? What is it you have assigned to the impossible? It's part of that three-dimensional list that Humans have—the doable and the not doable. Humans treat these lists as they would laws of physics!

I'm going to ask you tonight to get interdimensional with me, because I see who you are and I see the magnificence of those who sit in the chairs. I see the creative ability you all have. Throw away those lists of what you can't do. If there is a number eight in this list, it is you! What is it you've decided you can't do against all odds? You can have that healing. Maybe it's the healing of love—and you know who I'm talking to.

What part of your family don't you talk to anymore? Per-

haps they've changed. Maybe you've changed? Do you know what love does on this planet? It is the creator of peace. Reestablish connections you think are gone. Impossible? Against all odds? Who have you met today in the synchronicity of this meeting; who don't you know? Have you thought to yourself, "I'm going to go to somebody I don't know. Maybe they're here with something I need. Perhaps I have something for them?" That is synchronicity. Do you know that's why old souls get together? There will come a time when that's why you will come to a meeting like this—not to hear the speakers, but to meet each other. But you really haven't recognized that yet, have you? Have you? There is so much here that hides. There's so much potential here—against all odds.

This is the Kryon energy. It is a feminine energy given by a male voice, but you knew that, didn't you? It is a Mother/Father energy. This is why we're here: to help you see what is inside each of you. This is what we do to remind you of who you are and to ask you to begin to remember it all. And so it is. ✨

**One State Solution:** This is a "Kryon poke," a kind of energy wink that has been used in the Kryon text for some time to get a reaction. Kryon defines a "One State Solution" as a "Singular state of a combined consciousness of peace." It's not a political name of a solution, but rather a singular state of mind. He does this to show how singular-minded each side is, for it always gets reactions, just like this one will also. Kryon tells us that we can never have peace if we decide in advance to be so biased that we will only accept "our side's solution." Both groups do this, and both groups get mad at various times when they see these words. This is why the final peace will come from another source.

# Life Freedom

Sarrinn with Metatron through Daniele DeVoe

**W**elcome, lightworkers! Your lights are very bright this day. You glow like the orbs that have become a recent fascination to so many in their photos and meditations.

### KEY POINTS

- Though you may at times feel what seems to be the burdens of life weighing you down with anxiety, seek freedom in all areas of your life, rekindling hope by allowing it the freedom to be.
- Your soul has a much greater understanding of what freedom is than your personality has ever begun to guess, and with that understanding in place, your soul will lead you to new levels of joy.
- Life freedom is an inclusive energy that encourages your creative and imaginative success; it encourages one to live from the perspective of soul.

But did you know and are you aware that you too are an orb? Each of you is focused in your physical body, and that serves you well, and yet there is another focus, an even more primary focus, that is your orb—your lightbody. Your lightbody is made of multi-colored, multi-resonant and multi-toned light, which actually represents the love that you are. This is why we celebrate the dazzling brightness of your orbs: Your love speaks well and quite truly of each and every one of you—even those of you in deep amnesia.

### SHIFT YOUR RESONANCE

Yes, your lightbody is what we see. This is what you as ego are learning to

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see, and this is what your soul sees always. So before you shift your focus to the frustration of trying to see these glorious lightbodies through the eyes of your physicality, shift your resonance and align with your soul and, from that focus, seek the vision of beauty that shines from every living expression of the divine. This viewpoint—seeing your own life through the eyes of your soul first and your personality or ego second—is one of the techniques that will transform your life and align you with your most beloved dreams. Your soul is in alignment with all the different aspects of you, including your ego, and has a wonderful understanding of the big picture. If you are wanting more out of life, your soul would love to show you the way.

When we suggest that you shift your resonance, we understand that some of you don't understand our meaning. For some, you think we want you to be "better." And no, that is not the intent, for you are already divine and divinely loved. Being better from that perspective is impossible. For others, you feel that we are asking you to clean your energy field. And again, no, that is not the intent. When humans clean their energies, they tend to focus on the negatives they imagine to be floating throughout their auras and they also tend to release or purge those perceived negatives into the light for repair and reassignment.

Neither exercise will raise your energy field; both will actually lower it. How? First of all, what you think about yourself expands, so if you think about your negatives, you will expand them. As you release your negative experiences rather than dealing with them or learning from them, a void is created where the experience once existed. Every experience you have undergone is essential to who you are in this moment. Without them, part of you is simply unavailable.

Actually, when we suggest that you shift your resonance, we are simply suggesting that you adjust your resonance to a

higher frequency, not a better one. Dear lightworker, do you know what a rheostat is? It is a light switch that allows you to dim the light in your room or brighten it according to your preference. Since spiritual work loves metaphor, we suggest that you imagine a rheostat in your own energy field and simply raise the light of your resonant signature by turning your rheostat to a brighter setting—simple yet effective!

### SEARCHING FOR LIFE FREEDOM

Your soul is ready for duty and willing to lovingly guide you through your days as your full partner in life. As you understand this and allow your soul's blending, one of the talents that comes to the forefront first is your soul's command of what we call "life freedom." If these words sound or feel clumsy together, there is an easy way to help you clarify: Many of you are very desirous of "financial freedom." You feel that desire and feel the glorious fulfillment of that desire. Now, shift and expand your focus from financial freedom to life freedom. Rather than restricting your focus to simply financial success, this different flow will cover all the bases! And in case you don't already know this, your soul has a much greater understanding of what freedom is than your personality has ever begun to guess, and with that understanding in place, your soul will lead you to new levels of joy.

Whether you know it or not, you are now living in the omniverse. Everyone is now living in the omniverse. The world that manifests around you each and every day is your report card, your manifestation, your creation—everything. Are you pleased with your work? If not, begin now to recreate your world with your thoughts, your emotions, your love and your own soul's guidance. And before you are worried that your report card's grades are a bit distressing, change your focus and look at the love around you. Notice or feel the loving resonance of the people—and

## ANIMAL SOULS SPEAK

### THROUGH ROBERT SHAPIRO



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

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



Robert Shapiro

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even the pets and plants—with whom you connect most often. Relax as you do and look beyond circumstances to feel their love and connection. These are the elements of the report card we suggest.

### **FIND THE COST OF FREEDOM**

We also suggest that there is one energy that has become weak and faltering. Through its weakness, it is damaging humanity's ability to feel hope. That energy is freedom. Even those of you who live in countries whose heritage and dreams are based upon the concept of freedom are experiencing constriction daily, and as this constriction expands, hope is compressed or even lost. Sadly, as hope diminishes, many are turning to mind-numbing placebos such as drugs, alcohol, transference, isolation and fantasy. When written in such bold terms, it is easy to see these are not effective answers to the problem, but most do not have the clarity to see what their false understanding is based on, nor do they understand the cost of that denial.

So how is hope rekindled? Hope stems from freedom, or another way to phrase that is that lack of constriction in your daily lives is rekindled by lovingly and consistently ending the constriction. If you are in a situation that seems too big or beyond your control for you to remove the constrictions, then we suggest, time permitting, that you start elsewhere. Start with something in which you can absolutely command and find any and all constrictions involved and release them.

An example of this might be that you are aware that your drinking water is filled with unhealthy chemicals, so you might install a filtration system or use bottled water to drink and brush your teeth. For most people this very basic example is quite doable, and then you think about your success, celebrate your empowerment and look forward to the next time you can enjoy your clean water freedom! If even this is beyond you, remember that you are always completely in command of your conscious thoughts. For some, anxiety and circumstances make this difficult, yet in the quiet of the night, in the privacy of your meditations, in the peace of your contemplations, you have the power to feel freedom.

### **MOVE YOUR FOCUS FROM ANXIETY**

For so many, the anxiety that overrides life's freedom comes from focused thoughts devoid of love. Again, take the idea of financial freedom as an example. With the stress of your worldwide financial problems, so many of you have begun to fear what the future will be bringing financially. The focus has become quite tight and certainly not very exalted.

So even while your finances are weak, difficult or even frightening, we suggest that you remove your focus from that situation for a while each day and take some time to contemplate your day—this day—with love. You needn't sustain this for hours—although someday soon you will actually learn to sustain it in every moment of your life—you need only begin with a short contemplation so filled with love that a new resonance of hope is born into your present-day experience.

Some of you will fight this concept and try dreaming happily about the future instead. While we are all for having dreams, visions and goals about the glorious futures you will all be enjoying soon, we do not suggest that you put all your eggs into that one basket. Yes, the future creates the present, but life is in this moment and love is actually the most powerful and singular magnet that can draw your future here. In truth, it simply boils down to a choice: Do you want freedom and happiness in the future, by whichever path can get you there, or do you want it now?

### **THE POWER OF LIFE FREEDOM**

We would like you to consider the power of the term "life freedom." Life freedom includes financial freedom, freedom to be healthy, freedom to enjoy your work, freedom to eat as you choose, freedom to live without addiction, freedom from anxiety and fear, life without constraint and life without oppression. Life freedom encourages one to live from the perspective of soul, but without actually requiring it. Life freedom is an inclusive energy that encourages your creative and imaginative success. It is also harmonious, for it cannot exist if it is not given to others in equal measure: Those who create the constraints are equally constrained. And if you do not agree with this, simply notice how watchful a dictator must be to maintain control over the nation he rules. That is not freedom, even for him.

Freedom: what a glorious energy! What a loving and high resonance! It is available to each and every being in this moment, now. Financial freedom is greatly coveted, but there are many wealthy people who are prisoners of their situation, yet even they can simply begin today to contemplate this moment of their lives lovingly and change it all.

What are you constrained by? Think about that and decide that you are ready to do something to change the dynamic. If it is a situation over which you have no control, find something within it to love, and do so. And if you have the ability to make new choices that will grant you freedom from those constraints, know that all your helpers—all your guides, all your divine aspects—are simply waiting for you to ask for their help.

Life on Gaia was never intended to be a sentence of imprisonment. Physical life was meant to be an opportunity to practice your skills as a creator. And amazingly, you are the only ones who do not know how well you have done! Your creations are quite vast and definitely quite diverse, and you have been creating in this way for eons. Now you are living the experience of a dimensional shift that will give you access to the memories and the tools to improve your wondrous creations.

Love is the key to all you desire and intend. Freedom is the essence that lifts your dreams to visionary levels. Life freedom is available to each and every one of you now, so as you contemplate this moment and all that you may choose to honor and expand with your attention, what is your choice, lightworker? Namasté. ✨

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January 16, 2010  
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Mayan  
Activation Tour

February 19–  
March 1, 2010  
Cancun, Mexico

## Kathlyn Kingdon • [www.vajraflame.org](http://www.vajraflame.org)



Local, Monthly  
Workshops

Denver, Colorado

## James Tyberonn • [www.earth-keeper.com](http://www.earth-keeper.com)



Grand Canyon  
Raft Trip

July 21–26, 2010  
Grand Canyon, Arizona

## Drunvalo Melchizedek • [www.drunvalo.net](http://www.drunvalo.net)



Living in the  
Heart/EarthSky  
Workshop

March 1–5, 2010  
Sedona, Arizona

April 12–16, 2010  
Sedona, Arizona

July 5–9, 2010  
Sedona, Arizona

## Judith Coates • [www.oakbridge.org](http://www.oakbridge.org)



The Jeshua  
Advance

July 19–23, 2010  
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## Mystical / Shamanic Training

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- 15 Explorer Race books
- 3 Shamanic Secrets books
- 7 Shining the Light books
- 2 Shirt Pocket books
- 1 Secrets of Feminine Science
- 1 Ultimate UFO book

# Hope for Extraterrestrial Contact

## The Pleiadian Light through Hannah Beaconsfield

**W**e are the Pleiadian Light. We greet you with peace in our hearts. We wish to alert you to a probable change in your world consciousness that is gathering increasing energy to support it. We are referring to an event that would validate the reality of extraterrestrials and their interactions with Earth throughout your planetary history.

Since the mid-twentieth century and especially in the past twenty years, we have come close several times to creating an open contact situation with Earth humans. The probable situations always turned out to be off balance in some way, however, and the events shifted to parallel realities outside the current path on which Earth is progressing.

This time, the plan entails an acknowledgement from a unified group of your world leaders that there is evidence of ET interactions with Earth. They will admit that this evidence has been withheld from the public out of concern for negative or fearful reactions. If this revelation is handled well by the people, more information will slowly be released as to the many interactions that have taken place and are well documented. Then, with equal care, the presentation of the beneficial technologies that have been gifted by ETs will be revealed. The intention at this point is to keep everything low-key. The power groups on your world are terrified of the response from the general population. They fear chaos and loss of control.

It is our hope that this plan will pave the way for the introduction of some ET envoys. Your leaders would pres-

ent them through your mass media. The first ETs to be introduced would be those who appear in similar form and appearance to your Earth human bodies. These plans are contingent upon some changes that are and will be happening with regard to diminishing the powers of negative energies. The intent of these darker forces has been to prevent open contact by fear, ridicule or any other means possible. They are threatened by the revelation of benign extraterrestrials and the potential benefits this might mean for Earth.

We cannot give you a time frame for any of the steps in this process. The fluctuations of energies are intense in this period of change. It is like a series of storms that rise without any clear pattern. They sweep through your world consciousness, tearing down old beliefs and instituting new patterns of thinking. By extension, this alters the reality you manifest. Prophecy has many more variables to compute at times like this—many more energy forces, vying for their chosen future.

Our intent in sending you this message at this time is to galvanize the many ETs who currently inhabit Earth bodies—those among you who know, with an intuitive certainty, of other world realities. We say this, understanding that your spirits have had many lives on Earth as well as lives on other worlds. Your ET presence is supported by the high level of energy you have chosen to carry from a particular ET experience on to the Earth plane. You are the ones likely to be reading this material and who are acting as a benign fifth column, resonating ET energy within the many different populations on Earth. Your interwoven energies have been preparing the Earth for decades, on subconscious levels, for ET contact.

Now we are asking that you support the elevation to conscious awareness of the caring, extended family that Earth humans have. This family is reaching out to make open contact with your world. We aren't asking for marches, rallies, telethons or charity balls to support this endeavor, but rather another type of low-key, gentle increase in positive associations about ETs. Even if all you do, as thinking members of the mass consciousness, is to

### KEY POINTS

- There is an increasing possibility that an event will occur in the near future that will validate the existence of extraterrestrials to the inhabitants of planet Earth.
- If handled properly, this event will be a highly positive and revelatory experience for humankind, forever changing the course of human consciousness.
- In order to assist in this process and to break through the barriers of negative energy that may prevent it from occurring, you are asked to provide the conscious use of your powers of manifestation in support of the event, allowing the truth of ETs to emerge onto your living plane.

**HANNAH BEACONSFIELD**  
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entertain your own visions of the benefits of open contact, your thoughts will influence your unified consciousness.

This type of thought-work will also counter some of the effects of the endless media scenarios of terrifying ETs intent on destroying life on Earth. As we said, this is a propitious time for a probable event that would initiate the first steps to bring your world into open awareness of its place in the galactic family. Our feeling is that this probable event has a very high level of energy supporting it. The power of darkness on Earth is waning, even though it appears on the sur-

face to still be a roaring, bloodthirsty beast. We will repeat: The darker energies are waning in power.

Therefore, we are asking for the conscious use of your powers of manifestation in support of the impending probable event. And this time, we hope to break through the barriers and allow the truth of ETs to emerge onto your living plane. This event would initiate such a huge change in your world consciousness that nothing would ever be the same again. We, the Pleiadians, are part of your extended family. We are supporting you, and we wish you peace. ✨

## Ascension:

# What's Holding You Back?

Master Kirael through Kahu Fred Sterling

**A**scension is part of your life now. It is the perfection of your journey—the outcome of alchemy, signature cell healing and the ten principles of consciously creating. I've spent years on this dimension bringing you information that would help you with this journey of ascension. Now it's time to get down to the nitty-gritty of what ascension means, what it involves. What do you want to get from this particular event? Do you want to know what it takes for you to ascend? It takes the courage to ask the hard questions, questions that will help you determine the answers for yourself. You see, you couldn't form the question without knowing the answer, and ascension will give you access to your knowing, to your awareness.

### KEY POINTS

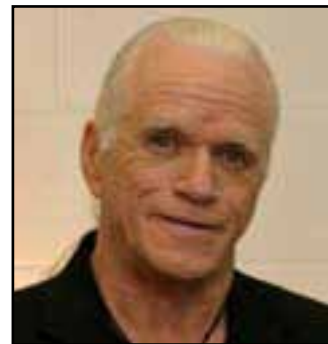
- If you want to determine what is holding you back from ascension, you must first ascertain what it is you actually want to get out of this journey.
- Speak to your higher self to decide what you truly want, and gain the enhanced self-awareness you need to continue the journey with confidence and strength.
- The journey to self-awareness involves pushing your ego out of the way and combining your sub-conscious and self-conscious minds, bringing them to a new level of consciousness. This takes you into the realm of expanded consciousness where your guidance resides.
- Once you realize that the true purpose of ascension is to perfect your journey, bringing it to the full flavor of love and light, you will be assured of uncovering and realizing your ascension, which is really the truth of who you are.

Ascension is powerful. The ascension process involves peeling off the veils so that you can remember that you have the answers to all of your questions. You will get through this great shift, whether it takes two years, five years or just five days. Your life is in your own hands. So if you have questions for me, ask them from your guidance—guides, angels, elven beings and other beautiful beings of light. Those energies want to hear what I have to say, and the questions they give you will be tailored with clarity and specificity to elicit the perfect answer. You'll say, "My God, where did that come from?" In this opening statement, I have been speaking to your cellular consciousness, because I believe the ascension is closer than you think and I want to awaken that deeper part of your consciousness now. You don't have to wait until 2012 or any other date to ascend into the fourth light. So ask powerful questions. I have the responses that will help you get your own answers.

### WORKING TO PERFECT THE JOURNEY

*How do we determine what's holding us back from ascension?*

In the broadest sense, ascension is about perfecting your journey and doing the five-or-fifty. What do you want to get out of this journey? Maybe you want to be a teacher of signature cell healing or Reiki or some other modality. Whatever you want to teach, ask yourself what you have done to perfect your teaching? Are you doing



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the journey of five-or-fifty? Are you doing sleep state programming, masterminding, prayer and all the principles of consciously creating? Are you willing to do everything in your power to bring about your ascension in all the areas of your life? In order to realize your own ascension, you must gain self-awareness by doing the five-or-fifty, which is the answer to everything that you do in this dimensional journey. Keep moving forward until you get where you want to be. If you have the desire, you will do the five-or-fifty and your journey will shine. Your ascension will be one step away.

*Will speaking to my higher self assist in my ascension? How do I know when my higher self is speaking to me?*

Speaking with your higher self will expand your self-awareness and assist in your ascension. You don't have to reach into the ethers to find your higher self. Your higher self is present in your energy field and it will respond as long as you ask the appropriate questions—questions that enhance your journey. Your higher self knows what your journey is. When you question your higher self, don't be invested in the answer, because you will most likely get the answer you need, not the one you want.

### TALKING TO YOUR HIGHER SELF

One sure way to know if you're in contact with your higher self is to do automatic writing. When you do automatic writing, you will know if your higher self is responding, because it will not respond in English. Instead, it will send thoughts into your mind—into that 5 percent or maybe 10 or 20 percent of your mind—and they will be thoughts you never had before. When you ask your higher self in English what it said, your higher self goes into your local brain and then connects to your omnibrain. Once you learn to communicate effectively with your higher self, you will do this journey with the full pride and power of the higher self.

When you work with your higher self and follow its guidance, your world will change in ways you never anticipated. Just remember never to brag about what you're doing. If you do, your higher self won't answer you the next time you call upon it. It doesn't want you to brag about what you're doing. That's part of your lesson plan. Your higher self wants to help you, but if you don't engage it, it will do its own journey. It will do what it wants to do. It might be traveling to the fourth dimension or some other realm. The higher self is unlimited and powerful beyond your wildest expectation.

If you want to get the attention of your higher self, communicate with it. Get out of the local brain. You operate from your local brain on this dimension, and it is the only thing that is holding you back from your ascension. Talk to your higher self as part of the ascension process, but remember that your higher self will only speak back to you if you ask questions that will enhance your journey, and if you are willing to do the five-or-fifty.



*Are you saying that we should own our wisdom? After all, you have said before that we are our higher selves.*

Owning your wisdom is a little too third-dimensional. You don't have to own your wisdom. Owning your wisdom would be like putting it in a glass jar for safekeeping. What good is that? Just accept your wisdom as growing in every moment of every day and be willing to share it.

### KNOW WHAT YOU WANT

*What's the next critical step for me to take as far as my ascension is concerned?*

Hesitation is the only thing that is holding you back from realizing your ascension. Put your foot down and go into the next step. However, before you take your next step, you must decide what you want. You are asking me to tell you what your next step should be, but I cannot tell you until you know what you want. No one can tell you what your next step will be if you don't know what you want.

Here's the rub: When you know what you want, you won't have to ask me what your next step should be. You will know because you can work with your higher self. It knows what your journey is about. If you want to know what your next step is, know what question you need to ask yourself and then get to the answer. In other words, consult your higher self. It's always with you.

If you don't want to ask your higher self, I will help you, but you have to get to me first. I'm not as close to you as your higher self is. Remember, if you don't know what you want, I can't help you. So know what you want. I can help you all day long when you know what you want. When you don't know what you want, go to the beach, sit down in the love and light, and decide what you want. If you really want it, it will already be perfectly laid out for you.

A young man with cancer came to see me. He said, "I want to do something, and I want you to help me get going." When I asked him what the plan was, he said, "I don't know." He didn't know what he wanted to do. He needed to know for himself what it would take to move him forward. You have to know what you want, and then I'll tell you what you can do between here and there, but you will have to do the journey—the five-or-fifty.

Many of you have everything going for you, but you don't know where you're going or what you want. When you know what you want and you want it deeply enough, it will come your way. If you want to be a writer, then know what you want to write about. Don't worry about publishing your work, just write. You can get what you want, but your wants have to be defined. It's part of the ascension process to know what you want.

### REPROGRAMMING THE EGO

*Please speak about reprogramming the ego and combining the subconscious and the self-conscious to achieve ascension or gain self-awareness.*

The ego is a third-dimensional system of veils designed to keep you from your true nature. The ego is not a bad thing. Rather, it is what you need to embark upon this third-dimensional journey. In the ascension process, you can reprogram the ego by engaging in behavior designed to expand your consciousness, moving the ego out of the way. If you change your behavior for twenty-one days—if you can set a precedent in that amount of time and perfect it—a new habit is created in the other levels of consciousness.

Ninety-five percent of your body operates on what I call subconscious behavior. By subconscious, I mean that you act without thinking about your behavior. In other words, the behavior is automatic—a reflex or a habit. For example, an action such as blinking an eye is the result of the subconscious mind. You don't have to think, "I'm going to blink my eye" before you blink your eye. You do it automatically, without thought. If you throw a ball into the air, you assume it will come down. You don't have to think about whether it will come down, because it's programmed into your subconscious that the ball will succumb to gravity. Most of you live your lives in this subconscious state.

The self-conscious mind is only 5 percent active in your life. By self-conscious, I mean that part of you that can consciously create with your mind. You use only 5 percent of that part of your mind in any given day. I'm not talking about brain power. I'm talking about your mind's power to create with thought. You can do this third-dimensional journey on just 5 percent of your mind's power. However, when you get into this ascension process, your mind's power expands beyond your wildest dreams. A human being consciously operating at 10 percent of his or her mind's power to create can do almost anything. So imagine your power if you consciously used 15, 20 or even 30 percent or more of your mind daily.

### RIDDING THE MIND OF FRAGMENTATION

Self-abasement is part of this duality dimension. Yet if you want to change this dynamic, change it in your conscious mind, then feed it into your subconscious mind. Each time you go into your subconscious mind with self-awareness, your whole system is affected in ways you cannot understand. Self-awareness can rid you of this fragmentation of your mind. The journey to self-awareness involves

pushing your ego out of the way and combining your subconscious and self-conscious minds, bringing them to a new level of consciousness. Self-awareness goes beyond the ego, the subconscious and the self-conscious and takes you into the realm of expanded consciousness where your guidance resides. Hence, self-awareness in the asking of a question will create self-awareness in the answer, whether you're asking it of yourself or an energy like me. When you ask a question properly, I get to answer it in the fullness of what I know, and you reap the benefit.

When you become aware of the other levels of consciousness, you will blink your eye with deeper intent and you will understand that the mere blinking of an eye can change the wind pattern in the universe, just as the fluttering of a butterfly's wings can. You'll make adjustments where needed. If you're blinking too fast or too slow, you'll make the adjustment consciously. When you are conscious of your world on a deeper level, you become more engaged and your adjustments become more refined. You will learn something and you will want more of it until you find higher and higher levels of consciousness. That's the key.

So get this one concept: You can question everything on a deeper level of self so that the energy of that question goes into your body and out through another level of consciousness. That's the journey to self-awareness that leads to your unfolding ascension. You have the right to get into the higher levels of consciousness, to tap into that untapped realm, to feel and understand it. Every time you question yourself, you create the opportunity to tap into that untapped realm of consciousness. I'm not talking about asking yourself mundane questions such as, "Am I going to get a job, or am I going to have money?" I'm talking about questions that challenge your reality, that come from the self part of you—that part of you that isn't part of this third-dimensional journey.

In the third-dimensional experience, you don't get a lot of opportunities to expand your consciousness. You are too immersed in the journey from fear to love. You are constantly searching without ever finding the love you seek. The trick is not to search for love, but to let go of fear. When you do, you will find that the love has always been there. Of course, no matter how deeply you get into love, you will always have more journeying to do, because love has no end to its expansiveness. Love is where all the answers are.

### EMOTIONAL PREPARATION FOR ASCENSION

*Is being in allowance a good way to let ascension happen?*

Being in allowance is an essential part of the ascension process. If you are truly in allowance, you will be free of all judgment. You can practice being in allowance by checking in with your higher self before you speak or interact with someone. When you anticipate a conversation with someone, ask your higher self, "What can this person handle?"

# The Portal

## ...to the Fourth Dimension

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The higher self knows what the other person can handle and it'll tell you right there on the spot. The first time you speak with the person, you may have to back off a little and be a little softer, a little calmer than you might otherwise be. Of course, no matter how soft you feel, you must never let your principles slip. You must strike a balance.

*As we ascend, how do we temper sensitivity and compassion with the strength of a warrior?*

Sensitivity and compassion are part of the strength of the warrior. In the world of light, the warrior is not the one who throws the spear, pulls the bow or shoots the gun. The light warrior knows that he or she can win the war with love and light. He or she reminds you that your goals can be reached without resistance, anger or negativity.

The light warrior speaks and then waits for the other person to respond and then speaks again. He or she will continue to speak until peace is created between the two of them, until their journeys are in alignment. If you want to be a light warrior, get your hand off the trigger. Put that sharp knife away. Be your true self. Love and light are the only two things that will get you where you want to go. Love is light and light is love.

You're all spiritual warriors, but you don't have to fight anybody. You need only do the journey in love and light. So take a step, then another and another until you reach completion, until everyone realizes his or her ascension.

### **LIVING ASCENSION IN THE NOW**

*Can you speak about how our jobs and our pursuit of money are holding us back from our own ascension?*

Ascension is relevant to every part of your journey, and that includes what you do to earn money. If you want to ascend or move forward in your line of work, make the distinction between having a job and having a career. When you have a job, you do the same thing every day. If you have a career, every day will be more challenging than the day before, because you will always be moving forward in your work. If your career feels like a job because it's not challenging every day, it means you're relating to your work by going into the past—in other words, your left brain is telling you that you did this once before and it didn't work, and that's why you don't want to do this again—or it is going into the future, which doesn't even exist yet.

Ascension is about what's happening in the *now*. If you have a career—which is really another word for a job that is challenging and for which you have passion—you will stay in the now, because you will love your work so much that you would be willing to spend seven days a week, twenty-four hours a day at it. Your career is a journey unto itself. All of you came into this journey with a career in mind—something that would motivate you to keep getting “more.” So if you have trouble moving forward with

your job, it's because you haven't made it a career. If you had a career, you'd know what your next step would be and you'd be more focused on the journey than on the money. Having a career is a simple matter of thinking of your job as a path that leads to something bigger in the same arena. If you know what your career is, you can move up and up.

Move your ego self away and let your higher self move forward in your journey to guide you in your career. You came into this journey in which everyone has at least one, and potentially three, careers that they can work through. I say potentially three careers, because this is the third dimension, where the numerology of three is the focus. So even though you may have had one job for twenty years, you may not have had your first career yet. In your case, you've had a couple of careers in your journey, and you have another coming up that is very powerful and filled with light and love. Your career is right there in front of you. Let go of the past and move forward. Your next career is waiting for you.

Now we turn to money. Money is what you use to draw yourself into this dimension, but it is unimportant in the ascension process. It is important to you because it is how you measure success, and it is what you use to pay your bills, eat and clothe yourselves, and so on, over here. Not many of you are making the money you want, but whatever you're making, it is what you are satisfied with; otherwise, you'd be making more. Your money could disappear in one fell swoop and you'll still be here to do the journey. So don't concentrate so much on the money. Instead, concentrate on what you want and how to get it in the most perfect manner; then be willing to do the five-or-fifty. The money will come as a natural consequence of your actions.

### SHIFT CHILDREN AND PORTAL WORKERS

*What role do the shift children play in the ascension process?*

I like to say that any child under the age of seven is a shift child. Others have categorized them as Crystal and Indigo children, some of whom were born in the 1980s and earlier, and some of whom are still being born. I am focusing on the children who are coming in now. These children are far less veiled than you are, and they are ready for ascension, so they're tired and a little angry with you now, because they can see that the world is not ready for them.

The one- and two-year-olds are already putting their words together to say, "I don't want to do this, if this is what you're giving to me. This is not what I came here to do. I know that Kiraël, Kryon, Gaia and all the other lightbeings are out there, but I can't hear them, because my mom and dad are not listening to these energies." Get out in front of these children. Don't expect them to do the journey for you. You do the journey that you're supposed to do and they'll be there to support you, to carry you onto this journey. They'll put their arms around you and hug you in thankful appreciation.

*Would you clarify how the outside portal workers will clean up the Earth after the ascension?*

The outside portal workers will clean up any residue of fear before you get to the next dimension. In other words, that energy cleanup will be done by the time you get there. The cleanup will come from the other side of the veil, which is where the outside portal workers will be. The galactic forces will also be part of that journey, but you will have to clean up your portion of the journey by actively pursuing your ascension process.

### THE GIFT OF SOLAR FLARES

*On July 7, solar flares were apparent and there was a change in energy. Can you explain that change?*

Those of us in the unseen forces of light sent you the flares, because we knew that you were ready for them. Those particular solar flares were the most extensive we've sent you in a long time. They went through the entire Earth plane and warmed your bodies with the light of love. They invoked feelings of warmth associated with love. So you are closer to love than you were before the flares. It's no coincidence that the flares were released on July 7. That's the seventh month and the seventh day. Seven plus seven in Lemurian numerology equals fourteen, which is a five, and five is all about love. Your heart chakra grew a good centimeter as a result of the warmth from those flares.

Everyone on the Earth plane was affected by the solar flares, no matter where you were, even if you were underground. The warmth released by the solar flares countered all the negativity in your world. Yet not everyone experienced the energy in a good way. Some experienced it in a negative way—maybe even in a bad way in some cases—because some of you weren't balanced at the time.

If things in your world are not going so well, don't be concerned; everything's improving, thanks to those last solar flares. It took about a day to release the flares, and it was done in the absolute perfection of light. The flares were meant for you in the human world. Understand them and love them.



Ascension is about perfecting your journey, bringing it to the full flavor of love and light. That means that every area of your journey is about ascension. That includes your work, your relationships—everything. Be in love and do the journey of five-or-fifty, and you will be assured of uncovering and realizing your ascension, which is really the truth of who you are. I'm learning truth, just as you are. Everything I've said to you today is my truth as I understand truth. I've learned so much about your dimension since I've come here. I thought this was going to be a cakewalk, but it turned out to be a career, and I love my career. God bless you and good evening. ✨



# Universal Beginnings and The Crysto-Electric Cosmos

Archangel Metatron through James Tyberonn

**G**reetings. I am Metatron, lord of light, and I embrace you with love, unconditional love. We encircle each and every one of you with a nurturing energy and with the field of self-empowerment, for each of you are truly masters on your path of ascension. It is our purpose to offer you inspiration and clarity, but it is indeed necessary as always that you, a sacred and sovereign being, practice discernment with this and any such channeled messages.

There have always been naysayers on the planet—those who predict gloom and doom and warnings full of fear—and these serve a purpose in duality. This is old energy, however, and it is not the role of Spirit. We will never tell you to give up your free will. Our message is to tell you of your divinity.

So many of your religions are rife with control dogma, warnings and restrictions. They program you with erroneous concepts of original sin and poverty vows, demanding that you focus on what not to do. Their fear-based controls are grounded in the idea of punishment for violators, creating group thought forms to cage you in. This encourages fanaticism and zealotry. It spawns self-righteousness and threats of retribution: “Our way, or else.” It is old energy; it is fear. Masters, you can never return to states of lesser awareness: life is expansion.

## KEY POINTS

- The spiral galaxy and solar system in which you live are very special in their crysto-electric composition.
- The force that coheres, gravitates and powers the cosmos is metatronic, a form of refined electrical energy with induced crystalline attributes that is coded with the divine and a function of the crystalline electrocosmic grid.
- As you move closer to the transformation and graduation of humankind, metaphysics will increasingly attract the souls of those who were once scientist-priests, and many new revelations about the nature of the crysto-electric composition of the galaxy will be discovered.
- When acceptance of the sacred first principle is combined with accurate science, many doors will be opened to you. You are on the threshold of such an integral union; now is the time to embrace both science and the sacred in a full, harmonious circle.

Spirit speaks of love. Spirit does not attack. Every current religion on your Earth has its truths and distortions. Discernment is the key. It is required of you to decide what is true and what is not based on heart and not on fear. No true sacred expression limits its truth, its beauty to one grouping. While you are indeed accountable for your actions, that accountability is to the self. You are a sovereign spark of the divine, and true Spirit will never attempt to scare you.

As you near the ascension, polarity will flow into balance and the arc of duality will lessen. Nonetheless, the old energy throes of fear, self-righteousness and zealot dogma will be drawn into the crucible for all to see. Events are skewed to make these energies feel justified. Look around your planet and see the old energy in its fight for control. The naysayers are doing their job, and doing it well.

Look for love, dear ones. Look for the freedom of expression within that light that is true love, the true illuminated path of Spirit. As light grows brighter in duality, you will find that the light attracts bugs! Find impeccability and do not be distracted or give in to fear. Life is abundant. Do not seek to impose your will over others, and do not allow others to impose their will over you. Find sovereignty in love and listen to your heart, your inner voice and discernment. Love is the frequencial key of first cause. You are here on this planet of lessons to grow and to learn, and we honor you on that path.

## THE COSMOLOGY OF THE MULTIVERSE AND THE SACRED COSMIC PULSE

So, dear ones, we begin a discussion of the cosmic pulse and the cosmology of the universe—a truly fascinating topic. This is indeed a subject that has intrigued humankind since its beginnings on Earth. Before we really begin this message, we tell you that humanity views the universe from the tunnel vision of his unique point in time. This narrows humanity’s ability to perceive the full spectrum of the greater universal reality.

The great error in your current scientific studies of universal formation cosmology, we now tell you, is that

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it omits the divine. Divine thought is prime creator; it is first cause. Subsequent to this axiom, however, there is a scientific process to the unfurling genesis. It is second cause, but it is intricately laced with the sacred. When acceptance of the sacred first principle is combined with accurate science, many doors will be opened to you, and you are on the threshold of such an integral union.

Now, we have already shared with you that there are many Earths, many inner realities and dimensions within the multiplex omniverse. That which you think of as the angelic realm interfaces with you in what is typically termed antimatter. It is far more than the antimatter that is commonly understood in the sense of reverse-charged ions like those currently being engineered in particle accelerators; rather, it is the full panorama of the manifold inverse phase of matter. It is physical reality turned inside out, and each phase has myriad components and layers within and without.

We have told you that your linear-time based perception of reality truly takes place in a nonlinear strobe sequence of consciousness units that are regulated between the shift of matter to anti-matter within multidimensionality. In this process, the inward shift occurs through macro and micro black holes, and the outward shift happens through macro and micro white holes. This in-out and push-pull movement occurs in a cosmic flash that is the true magnorhythm of your reality in duality. The dimension you call time is not a one-way street. It not only moves forward and backward, it moves in and out in holographic programs of your dimensional realities through the eternal now of simultaneous time.

As such, we tell you again that your perception of the cosmic universe is relative to the distinct point in time in which you observe it. You see, there are many universes in the multiverse, and all were formed by first cause. But we tell you this truth, that understanding the sacred scientific nature of one unlocks the door to the others. You are on the cusp of doing this, and there is both a sacred and scientific advantage to this. This understanding is more important in unlocking frequential doors into your true origin and nature than you realize. The information we are about to pass to you will give you clues about the science behind cosmology and its sacred applications, and these lead to the quantum leap in consciousness that is part and parcel of the ongoing ascension of your planet and humankind.

### **COSMOLOGY OF THE PRESENT UNIVERSE**

With those caveats, we tell you that the so-called big bang never took place as your Newtonian physicists believe. Indeed, many scientists and researchers are experiencing challenges that point to this truth. Your current mainstream theory of universal (second-cause) evolution is based, generally speaking, on the work of Newton and Einstein. Newton's concept of universal gravitation provided definitive scientific support for theories of the Copernican revolution that proposed the Earth was not the center of the universe, but revolved around the Sun. Newton discerned an "attrac-

tive" gravity-based force between all physical objects, a force directly proportional to the mass of the objects that operates everywhere in the universe. His theory evolved into the assumption that gravity permeated space, and that this space was electrically neutral.

A grouping of your forward-thinking scientists are now studying plasma physics and the theories they are putting together about the concept of an electrical force in the cosmos; the idea of an electrical universe is getting closer to the verity, but some of the pieces to the puzzle are still missing. Some of these new theorists conclude that black holes and dark matter do not exist, and that electricity is responsible for the energy that formed planets and stars. The former theory is a swing and miss, but the latter is a hit—an important one.

In fact, black holes do indeed exist, but they are twinned with white holes, and their function and true nature are not yet grasped. We tell you now that black holes are not the carnivorous, all-consuming monsters you think they are, but it is not the black holes or any theorized dark matter that coheres, gravitates and powers the cosmos. It is rather something of a coherent cosmic electrical force that is geometric. It is metatronic, in fact, a form of refined electrical energy with induced crystalline attributes that is coded with the divine. It is a function of the crystalline electrocosmic grid.

### **INTRADIMENSIONAL CRYSTALLINE ELECTRICS**

Your current advancements in higher resolution instruments have allowed your scientists to observe images and evidence of the omnipresent filamentation and cellular structures of cosmic plasma. This is a great nudge into an exciting and important new understanding. It is leading to a necessary discovery that what you term the void in space is neither truly void nor electrically neutral. It points to cosmic electricity. Neutral plasma will not organize itself into cells and filaments. The extraterrestrial cosmos is not electrically neutral, and the seeming paradox is that it is charged within a crystalline structure.

Your advanced telescopes are now providing images that reveal strands of electrical currents feeding the core of your spiral galaxy, the Milky Way. No Newtonian gravitational theorist with their model of orbital mechanics allow for structures or circuitry of this sort. In electrical terms, the filaments are the cosmic power transmission lines feeding the plasmoid at the center of the galaxy. But they are much more than that.

Your spiral galaxy contains a larger sphere of positive charges superimposed upon a smaller inner sphere that contains negative charges. Everything, from the galactic center down to your Sun and the planets, is electrically charged, and the great Central Sun itself is the focus of a great cosmic crysto-electric discharge that is the source of all radiant energy. All astronomical bodies are inherently charged objects immersed in a universe that is a crystalline-electromagnetic fabric. These dynamic charges appear locally on

all cosmic bodies, arising from the plasmic separation of positive and negative ions on a galactic scale.

These electromagnetic forces played a crucial role in sculpting the surfaces and shaping the orbits of the bodies of your solar system. Crysto-electric discharge created the form and is the second cause of your universal evolution. Therefore, it was not the big bang as you perceive it. We will add that there are some remarkable Arcturians incarnate on your planet now. These brilliant men were once scientist-priests in the Atla-Ra of Atlantis at the time of Tyberonn the Pleadian. They are on the verge of these discoveries, for it was knowledge well known in the Atlantean era.

### THE COSMIC PULSE

So we speak of the cosmic pulse, an omnipotent source and force of energy that is intradimensional and, in your current technology, immeasurable. The energy of the cosmic pulse occurs in two formats—one as a conduit of current and the other as a lattice work, a living sentient grid. The cosmos contains what may be termed cristo-electrical circuitry within the active plasma of the galaxies and intraspace. This circuitry feeds the core of your galaxy. The active plasma appears in many forms, both hot and cold, and it is coherent and conscious. This plasma is not fixed in one dimension or in only one universe. You see, it operates in a spectrum that is not unlike light, fluctuating and fading in and out of both dimensional realities and into other universes. It is, in fact, the glue that binds them together.

This intradimensional plasma produces a braided helix current that is crystalline. But how can a crystalline substance have polarity aspects and ionic charges? Because it is produced by the crystalline structure of the geometric cosmic lattice, the galactic grid. It becomes coherent through the pinch of its attraction and compression. Just as certain piezoelectric crystals on your planet release electrical charge when mechanical pressure is applied, this plasma is released through something akin to what is termed the “z-pinch” effect of compression exerted on the piezo crystal-line matrix of the cosmic grid.

As you approach the ascension, this cristo-electrical current is poised to play a major role in the crystalline frequencial upshift of your Earth, and indeed humanity. It is part of the crystalline portion of the cosmic trigger. This current is being coded with an inverse spiral that is requisite not only to the planet but to the quintessential upshift to merkavah. It is imperative to the metatronic keys.

### SPIRAL GALAXIES AND THE COSMIC PULSE

Dear ones, just as your Earth is a living, sentient being, so your galaxies within the multiverse each have a conscious sentience, and yet their sentience is far more advanced, exponentially more refined. Your galaxy, the Milky Way, is a spinning spiral galaxy, a purposed, metatronic format. It is why your Earth as well as the Arcturus and the Orion nebulas are within this specific geometric galaxy matrix. The cosmic pulse within spiral galaxies forms the creation pat-

tern that you term the golden spiral. This unique form of spiral is more conducive to both physical form as well as the duality component of your Earth.

The cosmic pulse emanates from the galactic cosmic grid. The galactic grid in your spiral Milky Way is the formatted creation server that allows all that is within its sphere of influence to dynamically and creatively expand, just as your evolving planetary grids do on your Earth. Your 144-crystalline grid is energized via the spiraled cosmic pulse of your galactic grid. And on the March equinox of 2010, the 144 grid will be formatted to allow a greater portion of the cosmic pulse into the Earth through a focalized expansion in its geometric format. This will be phase two of the cosmic trigger. The crystalline electricity that will be allowed to flow will be received into the core of the planet, and an inverse spiral will emanate outward, becoming available to the merkavich expansion of the human auric form.

Human beings have an auric energy, in your terms, that is bio-electromagnetic. This field constantly receives energy patterns and codes through induction. The higher geometry of this field is the merkabah, but the prior system of the merkabah must be upshifted to crystalline. It will do so by evolving into a magnificent format called the merkavah. The merkavah is metatronic and will allow vastly greater attributes to the focused seeker. It will enable the divine human to carry the higher frequencies coming into your planet through the 144-crystalline grid through the cosmic pulse. This process will shift your DNA up into a more complex crystalline form. You see, DNA is now shifting from magnetic into crystalline.

So we bring in the energy of Alton Kamadon who is now experienced as the energy of Enoch in the metatronic field: “Dear friends, we first brought forth the crystalline visualization of the pineal, pituitary and thymus glands several years before my transition in the advanced levels of the Melchizedek method. This was to prepare for what is beginning to occur now in the crystalline age. We are working with the channel in the teaching of this process, and it will be available to all of you as metatronic keys. There is a new crystalline structure and code to activate the transformation of the three divinity glands required to move into the higher geometric merkavah. This action will play a role in facilitating the DNA transformation to crystal energy. We have provided this information, and it will be released to you in future channelings. Among the quantum attributes there will be a much greater immunity for the body physical and an expanded consciousness of your multidimensionality. I leave you for now, but know that all is well, and I am with you ever.”

### THE COSMIC ELECTRODYNAMIC CURRENT

In planetary terms, the changes that are occurring activate the crystalline emissions that will form the crystalline aspect of the evolving planetary elliptical firmament. This will be shared in greater detail in a forthcoming communication. Now, the upshifting of the Earth involves, as we have shared, a greater allowance of the crystalline

electrical current into your planet through the lens of your 144-crystalline grid. But the cosmic pulse that occurs in your physical universe is not new. It was, as we have mentioned, well known to the Atlanteans. It was, in fact, utilized.

The filaments of the cosmic electrodynamic current integrate all matter. As such, the suns, stars and planets are all to an extent driven and powered by this current. Accordingly, every stellar and planetary body in space carries an electrical resonating charge, including your Earth. This energy is received through the magnetosphere of your Earth and is drawn into the planet's crystalline core. It emits a blue wave radiation that provides higher spectrum light to your inner earth civilizations.

The conduits of this charge are networked throughout the galaxy, and can be compared to the ley system of the Earth or the nervous system of the human body. Electrics, magnetics, gravity, crystallization and light are tantamount factors in the cosmic grid and indeed your developing planetary grid. They are the primary tools of your planetary frequential ascension. They are as yet enigmas to you; they are not understood. Their combinations are the engines of the universe, and their ratios are the music of the spheres.

Your planetary grids and magnetospheres act as double-layered surge protectors, but occasionally, this charge overloads. There is evidence of this, unrecognized, in your solar system, and indeed on the Earth. Each planet has a specific parameter of electrical charge it carries. When this charge is overloaded in a surge, a form of internal electricity will burst out in potent arcs that create implosion effects both on the physical planet and its intradimensional aspect. This has occurred on your Earth after the breakup of the initial firmament; in fact, this is what formed the Grand Canyon!

Indeed, some of your geologists have been mystified as to why there is no massive delta accumulation that would have inevitably occurred with water erosion formation of the canyon. The river would have had to have flowed upstream to match the cut pattern of the Grand Canyon. We tell you to look for fulgurites—look for glass formed by molten sand on the edges. It is the mark of arc lightning. The Canyon is indeed a residual scar of enormous arc lightning.

Indeed over-surge implosions of arc-lightning not only formed the Grand Canyon, but also Meteor Crater in Arizona and the Tunguska Crater in Siberia. Neither of the latter two have revealed iron-nickel meteorite fragments within their craters. Evidence of this is also on the Moon and all of your planets. Jupiter's fourth moon and the Valles Marineris canyon system on Mars are other enigmatic examples of arc implosions. Indeed, these are understood and recognized by some of your maverick scientists.

### THE REVERSE SPIN OF IMPLOSION FIELDS

Now, to relate this to your Earth, we will tell you that the arc lightning emitted from within the Earth that created the implosion scars of the Grand Canyon, Meteor Crater and Tunguska have created a unique energy field. All reverse spin of intradimensional light occurs here, and as such, a unique

balance-counter balance occurs that spins light in helical and anti-helical spins. As a result, gemstones and minerals found within these areas have unique properties that can be very balancing and beneficial in auric expansion. One of the interesting effects within these areas is the presence of a very beneficial energy resulting from a unique anti-gravitational field that occurred from the electro-arc implosion.

This field has periods of intradimensional openings that enable time-program anomalies at specific astronomical gravity phases. This benevolent energy is very unique on your planet and allows multidimensional awareness and experiences of bi-location more easily in certain vectors within it. Aspects of your government are aware of some of these anomalies within the Grand Canyon. There are other lesser impact areas where this has occurred on the planet, for example the Andara region of California, the Grimes Point area of Nevada and the mid-south central section of the Ural Mountains.



Dear ones, in closing, we tell you that the scientific processes of your universal cosmology in the second cause is a key component of your integrating the scientific with the sacred. It will unlock doors that not only allow you to understand the profound complexities of your realities but more easily migrate into the new energies of the crystalline age within the ascension.

You live in a very special spiral galaxy in a very special solar system, for they are crysto-electric. The Earth and humankind will soon experience this beautiful transformation. You have all specifically planned to experience this amazing graduation. Metaphysics is now beginning to attract a very special guild of highly advanced souls into its midst. This is a younger generation of academics and scientists who have been scientist-priests. They will become known in the next decade. Indeed, it is time to embrace the full circle of sacred and science.

Wondrous times await you. Enjoy them, dear ones; choose to live free, choose to release worry and fear and create your well-being. Respect and nurture one another and embrace love, for it is the science and frequency of God. I am Metatron, and I share with you these truths. And so it is. \*

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# The Lines of Communication Are Open to the Higher Realms

Archangel Michael through Ronna Herman

**B**eloved masters, it is important for you to remember that service is an integral part of the ascension process. Many of you came to Earth from distant star systems as cosmic messengers. Time and time again, you have been bearers of truth and cosmic wisdom; however, the task you agreed to for this lifetime is more important than any other you have ever experienced since you came into your individualized consciousness as an aware spark of divinity. Much of what you are learning as you traverse the path of ascension is a remembrance of what you already have experienced. We have stressed the fact that what we are asking of you, you have done many times before—it will not seem so unattainable. That is why so much of the history and the details of the past we relay to you seem so familiar.

You now have greater and greater amounts of cosmic life force energy available to you; however, you are responsible for how you utilize that energy. You must stay firmly grounded upon the Earth as you reach higher and higher into the refined dimensions of expression. And it is of vast importance to your physical well-being that you learn to balance and harmonize your energetic grid system—called your auric field or Adam/Eve Kadmon perfected body of Light. You may draw forth as much of the essence of divinity as you can hold. However, after integrating that which you need personally, you must radiate forth the remainder out into the world of form. You cannot hoard God light, dear ones; it is meant to be used and shared for the benefit of all.

## KEY POINTS

- “Be aware, beloveds, that at each level of God light you attain, the power of the violet flame and the quantity of white fire particles of creation increase exponentially.”
- There is a new band of high frequency energy and thought forms circling the Earth, rising above the negative band.
- “As you build and perfect your pyramid of light in the fifth dimension, you will find that your creations will manifest more and more quickly.”

## ACCESSING THE DIVINE ALCHEMY

Please be aware that there is limited access to the power and magical transformative properties of the violet flame within the push-pull duality of the third- and lower fourth-dimensional environment. However, when you attain a level of harmonious vibrational patterns that attune you to the mid-fourth dimension, you gain access to the divine alchemy of the violet flame. And you also have the ability to draw forth the transforming adamantine particles of Creator consciousness. While existing within the lower dimensions of limitation and chaos, it is almost impossible to consistently radiate unconditional love from your heart center. As you have learned, the Creator particles of life must be activated via your altruistic, loving intention. Be aware, beloveds, that at each level of God light you attain, the power of the violet flame and the quantity of white fire particles of creation increase exponentially.

There are two streams of collective-consciousness thought forms surrounding the Earth at this time, instead of one swirling maelstrom of negative thought patterns that has, up until now, made up the aura of the Earth. The negative band of distorted energy is an accumulation of many thousands of years of fear, hate, and self-serving interests and actions. It has created the shadow-side of the broad spectrum of light and shadow—the illusionary world in which humanity has existed since the fall into what could be termed a semi-conscious state of awareness.

Most of humanity has been caught up and stuck in a third- or fourth-dimensional form of mind control throughout many lifetimes, for they have been ensnared in the beliefs of their forefathers—racial, political, cultural and religious. Many dear souls have hardly ever had any original thoughts of their own. The negative mass consciousness belief system is all about doom and gloom, unworthiness, strict

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rules and dogma. This discourages original, independent thinking, which has kept everyone in a state of guilt, fear and inertia. This has been called the “herd state,” wherein everyone looked to their religious and ruling leaders to tell them what to do, think and be.

Every great religion began with inspired teachings from a great master who was given specific wisdom teachings to impart to humanity. They were overlit by and under the direction of our Father/Mother God, and during their lifetime the concepts were adhered to and remained pure. However, upon the transition of the master over time, the teachings became distorted and were changed to suit the selfish interests of those in charge. They veered from the inspired truth and wisdom teachings, which were designed for the particular era to assist the masses in developing a personal relationship with our Father/Mother God as people strove to attain a certain level of self-mastery and en-lighten-ment.

### **THE NEW BAND OF LIGHT**

We have said before, “You are very brave to step outside of the popular belief system, the collective consciousness of humanity, which has been a prison of sorts for so long.” We know you have been criticized, scoffed at, ostracized and maligned in this and many other lifetimes, beloveds. However, we wish you to know that even though you may presently be in a minority, your numbers are growing by leaps and bounds. Many of what has been called New Age concepts are filtering into the minds and conversations of the masses. Belief in angels and interactions with the beings of light from the higher realms is no longer totally discounted as it has been in the past.

The good news is that there is a new band of higher frequency emotional patterns and thought forms circling the Earth above the negative band. This band of energy is filled with light, hope and a strong desire for self-expression and mastery. Gradually, the crystalline-grid system is encompassing the Earth, and the Creator consciousness band of light is growing stronger every day as more and more of you access the cities of light and become conveyers of the adamantine particles of creation. The masses are beginning to question their leaders and are holding them accountable for their actions. More and more people are beginning to question the dogmatic rules and restrictions of organized religion and are seeking their own higher truth by alternative means.

We understand that a great majority of earthly souls are in the throes of pain, suffering and uncertainty. Unfortunately, those who are caught up in the collective consciousness belief system do not learn the lessons of turbulent times. They do not understand that the painful situations they are experiencing have been created by excessive and imbalanced thoughts and actions. The karmic laws of cause and effect are returning to the senders that which has been created much more quickly than in the past. This is in order for it to be rectified and re-qualified. For every soul on Earth at this time, the most important life task is to strive to

return to balance and harmony within both the inner and outer worlds of existence.

Those of you who agreed to come into physical incarnation at this particular time brought with you the major lessons or imbalances in your physical, mental or emotional bodies that needed to be harmonized so that you could begin to work compatibly with your soul or higher self. You have come into this lifetime to balance your masculine and feminine natures—using divine will, or power of the Father Creator, but also integrating the love, wisdom, compassion and nurturing aspects of the Mother Creator. You came to experience the Earth and to be fully in the physical body, while integrating spirit into your physical being and consciousness. You are here to balance knowledge and communications. You are here to learn through intuition what your own truths are and to live those truths as an example for others. You are here to learn the balance of communication skills—when to speak and when to hold your silence. And you are here to be non-judgmental—learning that people are on their own individual path and have their own lessons to learn.

### **RECLAIMING YOUR DIVINE BIRTHRIGHT**

For those of you who have listened to the whisperings of spirit and who have stepped onto the path of en-lightenment, it is time for each of you to remember that the Earth is not your home. You are on assignment here. You are from distant star systems and galaxies and possibly even other universes. It is time for you and the many faithful warriors of peace and light to know how magnificent you are and how brave you were to answer the clarion call to descend into the density of this earthly experiment. The events in your galaxy, solar system and on Earth are quickly moving forward and great change is in the offing. Therefore, it is important that you focus on what is right in your world and not get caught up in all the negativity and fear that is spewing out into the ethers. Remember, you give energy to that which you focus your attention.

It is time for you to step fully into self-mastery and reclaim your divine birthright. What would you like to become? What would you like to do? You have the ability to become or create anything you can envision as long as it is in harmony with your divine blueprint. You have wondrous light packets of information stored within your sacred mind just waiting to be called forth. As you build and perfect your pyramid of light in the fifth dimension, you will find that your creations will manifest more and more quickly. Teaching by example is one of the most effective ways to show others how to become masters of their own destiny. Always ask for the highest outcome and for the good of all—you will not be led astray. We know it is not easy to step out of your comfort zone, for you have allowed others to make you doubt yourself and your abilities. We ask you to be a brave example to those around you—those who are stuck in cultural beliefs and limitations of the collective consciousness of humanity.



Each of you has experienced life many times in either a male or a female body. You have also experienced the physical vessel in a great variety of races, forms and cultures. Beloveds, when you judge others, you are really only judging yourself, for you have experienced most of the many facets of earthly existence. It is a great privilege to be allowed to incarnate on Earth, and there has always been a list of millions upon millions of souls waiting to experience the physical reality that the Earth has to offer. You are no exception, for you were anxious to experience earthly creation in as many ways and expressions as possible. Therefore, as the veil of illusion is gradually lifted, you will develop great understanding and compassion for those who are stuck in the pain and suffering of the third- and fourth-dimensional distorted reality. We are asking you to become a brave example for those around you. As you dare to step out and claim your mastery, others will follow your example.

Many of you are experiencing a divine discontent as well as dramatic life changes at this time. Things that use to bring you pleasure no longer satisfy, and you may have lost common interests with many of your friends. This is because your soul-self is nudging you to move forward, to expand your vision and to take control of your destiny. You must let go of preconceived ideas about the structure of your life. You must let go of beliefs that keep you stuck in a binding set of structural boundaries. Letting go gives you the power to expand your consciousness and your picture of reality. The higher your vibrational patterns become, the more fluid the time/space continuum—

the sequence and timing of events—becomes. Structures become habits that bind you to the illusion of the third and fourth dimensions. Do not become attached to the structured life you have created. It is important that you are willing to change your life to include new concepts as you expand your vision and awareness of the potential of the future. Never forget that you are co-creators, either of pain, suffering and limitation, or of love, joy, peace and abundance. The choice is yours.



It is not by coincidence that so many brave souls chose the seventh ray of transformation as their soul ray for this lifetime. See this blessed sacred fire blazing up around you and radiating out in ever-widening circles as you join others in helping to lift the consciousness of humanity back into the frequencies of love and light. Remember, during these times when the evolution of the Earth and humanity are being accelerated, you can make a difference. We are aware that many of you are disturbed by all the negativity and injustice around you. However, deep within, you know that the great changes taking place will eventually be for the betterment of all. Be assured that you can be an instrument for change. Allow us to send forth the love of our Father/Mother God to and through you. Dear ones, your radiance, love and light, added to that of other light warriors, will assist humanity and the Earth to move gracefully into the wondrous New Age of tomorrow. Know that you are dearly loved and you are under my protection. I am Archangel Michael. ✻

# Reflections on Abundance

**Almine**

**N**ew abundance cannot be drawn into our lives until we gratefully recognize the abundance that already exists for us, but then what about the impoverished man sitting in a prison cell or the beggar who watches the masses pass by his street corner? Where then is their wealth? Wealth comes in different forms. The man in his cell is wealthy in time. His

upkeep is paid for by society. He can educate himself. His basic needs are provided for. The corporate president has his needs provided for as well, but he is impoverished in time and his relationships may suffer in consequence. His burdens and responsibilities are great, and he may become so enslaved by his work that he becomes a stranger to his heart's desires. Who then is more impoverished?

Look at the relationships and joys of your life when you assess your abundance. No one is impoverished who has access to nature

## KEY POINTS

- Remember that abundance can manifest in many forms. What some might experience as scarcity usually points toward another area of great abundance if you only look at it from a different perspective.
- If you take the time to assess and appreciate the true abundance of your life, you will find that you are very wealthy indeed.



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and the wealth of natural beauty it provides. We take for granted the amenities that bring ease to our lives, yet in many countries they are utter luxuries. Having a television or washing machine could be a contribution to our lives if we use the time they save us to fulfill the desires of our hearts. If we use that time to earn more money to buy more gadgets, we are no more abundant than before. In places where there are few or no televisions, the abundant resources of inter-generational communication can flourish. Where the oral traditions are passed on from the elders to the young, the support of the family is abundant. Barter systems help everyone's gifts find value in rural communities, where the handiwork of all can be a contribution to the tribe or family.

### REDEFINE YOUR IDEA OF ABUNDANCE

We need to re-think whether or not we have abundance. The inner emptiness that occurs when we abandon our true selves brings about an ambitious and neurotic craving for more, and we begin to define our abundance by what we don't have rather than by what we do have. Let us take moments of silence each day to assess the abundant resources in our lives—the miracles of our physical bodies, the joys of accomplishments, the love of a child. To our amazement, we will find that all along we have been wealthy indeed.

*The law of abundance is to acknowledge gratefully what is. What other laws of abundance exist?*

For that which you wish to become, act as though it has already begun. You wish to have abundance, you say? Then act as though it is already that way. Give what you can, with generosity, and life will bring exponentially increased reciprocity.

*Is there another law we should know?*

Listen and I will tell you which way to go. Do not regard money as evil or vile; feel free to love it for the gifts it provides. Think of money as a substitute for love you give and receive. Bless it as you pay, that it may bring others blessings on the way. Like a life-giving stream that turns everything green, let it flow through your life with contentment. Abundance cannot be where there is resentment.

*What of savings? Is this not wise? Or is it faithlessness to hoard and to hide?*

By all means, for contingencies be prepared, but do it as prudent management and not because of loss you are scared.

*What of our old age? How should we plan?*

Old age is the self-imposed tyrant of man. Do not plan your own demise; do not call such folly "wise." Man has a choice to age and to die. Choose instead eternal life. ✨

# Finding Courage in The Divine Heart

Djwhal Khul through Kathlyn Kingdon

**B**eloved students, welcome to 2010, a year that I think you will find holds the capacity for many shifts and changes. Movement is likely at all levels this year, and I hope each of you will make the most

of the options that come your way. May you have a great year, and may your spiritual growth take off like a rocket!

While reflecting upon the mystery of the year that has just passed, it is important to recall that whatever begins, must come to an end. Likewise, whatever ends, gives way to a new beginning. This is not only true at the turn of every new year, but it is also true for the various phases of your life, your relationships, your jobs and hobbies and even the way in which you see yourself. All parts of the phenomenal world exist only to change. With each change, something dies and something is birthed.

### KEY POINTS

- As the new year brings changes that are inevitable in the cycle of death and rebirth, it is important to practice fearlessness and love in the face of those changes.
- While it is utterly natural for the ego to react to change with fear, facing that fear and overcoming it instead of avoiding or suppressing will lead to spiritual growth and peace.
- Practice an elevated state of reverence for the divine, allowing your ego self to become consumed in the radiant emanation of divine love.

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As you enter a year that is likely to present you with many opportunities for change, it is wise to remember that everything has a course to run and that, once it has done so, it then dies and dissolves into whatever is taking birth. While this perennial cycle is driven by multiple causes and conditions, it is also a rather common principal of life. Yet even though most people will acknowledge this cyclic effect as a natural part of life, many still approach erupting changes with fear—particularly when the change is one they do not want.

### **TRANSCENDING FEAR IN THE NEW YEAR**

The ego, of course, has a strong preference about which changes it is willing to accept. When changes occur that are out of its realm of control, it generally reacts with some kind of resistance to the process. When the conventional reality enters upon times of great shifts, often the egos of both the individual self and that of the collective whole react strongly against those apparent out-of-control changes. For many people, the emotion that tends to surface in just such a situation is fear. Thus, perhaps it would be a good idea to declare 2010 to be the year for attaining fearlessness.

For many, living the life of love and compassion that they want to live is perpetually interrupted and even sometimes overwhelmed by a mounting fear reaction. A fearful reaction can even be so strong as to actually push all thoughts of love and compassion right out of the mind. Indeed, it is at such times that one learns—if one is paying attention—that the opposite of love is not hate; it is fear.

Under rigorous investigation, the mature spiritual aspirant will recognize that love and fear seem to have a tug-of-war relationship within the psyche. Indeed, there is a dynamic tension between the two, and depending on the relative reactionary level of an ego at a given moment, the internal tug seems to go in one direction on one day and in the other direction the next. When the ego is freed from its seemingly instinctual fear reactions, then love and compassion not only blossom, they take root in the heart and bring forth an ongoing mental state that transcends fear.

### **FACING THE FEAR OF DEATH**

It turns out that all fear reactions arise from one basic fear: the fear of death. Of course the ego's paranoia in no way makes the fear true, but the ego doesn't comprehend the matter, so it has the frustrating habit of reacting to anything it senses as a threat as if it were a force capable of total destruction in the very moment the reaction arises. When someone describes being afraid of bears or snakes, what that person is really saying is: "I can't think of a more horrible way to die than to be killed by a bear or a snake bite." The ego reacts to any threat to its power as if it were about to be extinguished.

While this may sound a bit overstated, to the ego there are many things on a par to physical death, and it reacts to any perceived power-reducing force as if it were a literal threat to life itself. This is why in ancient Eastern spiritual traditions, aspirants were encouraged to meet and face their own death in meditation. Indeed, if the ego's fear of

death can be transcended or seen through, then great feats of compassion are possible. In the Bhagavad Gita, when Lord Krishna is explaining the mysteries of life to Arjuna, he explains to Arjuna that you are born destined to die and that you die to take birth once again. Part of the purpose for all this dying and being reborn has to do with cutting through the fear of death.

Facing one's fear of death, however, does not seem to have the draw for most spiritual aspirants as does the possibility to attract and sustain a state of bliss. Yet it is impossible to even approach the perennial bliss all seek if one has not squarely faced the reality of one's own death. It is only by meeting and progressing through the experience of death that an aspirant can touch genuine bliss. The late Swami Muktananda used to recount to his students that in meditation, each must surely experience his or her own death. He further added that it is only after this powerful experience that one's life truly begins.

### **PERFECT LOVE OVERCOMES FEAR**

As long as one nurtures fears of death, one cannot avoid fearing life as well. However, when one learns to embrace life with a generous and courageous heart, fear of death completely dissolves into the precious mystery of life. As it turns out, the force of fear plays a great part in actually pointing one in the direction of fearlessness. Spiritually speaking, there are some functional aspects to the presence of fear. In almost every area of life, when fear arises, it is a call to go deeper into one's true nature. Certainly, fear offers lessons and growth opportunities in every area of life it touches. The poet Ralph Waldo Emerson put the matter quite succinctly when he wrote, "He has not learned the lesson of life who does not every day surmount a fear."

In Western languages that spring from Latin roots, the root word for "heart"—*cor* in Latin—is also the root word for "courage." In fact, the admonition to "take heart" is usually offered as an admonition to act without fear. In most spiritual traditions, compassion is held to be a matter of the heart or of love, and it is core to all other spiritual qualities. This means that love not only conquers fear—indeed, it is the only power that can—but it gives rise to both wisdom and courage as well. However, as long as one is ruled by fear, one is simply not capable of fully experiencing the higher self, since the heart has not yet been purified by spirit—another process that can stimulate fears of dying.

A few years ago, a student of mine who was very sick requested a personal audience with me. In that session, she confided that she would rather die than experience the disease process she was undergoing. That opened the perfect opportunity for me to explain to her that if life were an easy ride, completely free of suffering, then there would be nothing for which to live. It is when life becomes the most difficult that one discovers there really is something to live for. In truth, life really begins when one is required to face great difficulty. Such experiences are times of deep soul searching and ultimately provide special insight into one's purpose.

## FINDING THE DIVINE IN THE DEATH OF EGO

You see, every experience—every relationship, every job, every event, and every thing—must come to an end. It is just at such a time that you need your greatest composure, your greatest experience of inner peace. However, it is only by facing your own death that this equipoise can become established in your precious heart. As Gurumayi Chidvilasananda has been known to say: “When your limited being is annihilated, you drink the nectar of God.” Put another way, as long as the ego exists, nothing else can exist. When, however, that ego dies, one can see the light of the divine pouring through every part of the phenomenal world. Once you directly experience your own light or your true nature, you will also see that light shining through others. In so seeing, you are witnessing the presence of the divine—a presence, you will note, that continually flows through every living being. When you are able to concentrate fully upon that presence, fear is utterly dissolved in that pervasive flow of pure light.

Upon those occasions when you find yourself in the near vicinity of a truly great being, if you pay attention, you will notice his or her commanding presence. What makes the presence of such highly evolved beings so compelling is their utter fearlessness. The fearlessness of which I speak is not some sort of physical bravery. Rather, it arises from the profound self-awareness that has been cultivated from years or even lifetimes of spiritual practice. Through years of meditation and deep inner scrutiny, these great ones have learned the art of complete immersion in their true nature or the divine spark at the core of their being. This mental state, when realized, completely transcends the notion of both body and mind. Because these great ones have realized their true nature, there is simply no fear of personal injury or even death. Mastering these fears results in a form of absorption into the divine—a state in which there simply is no internal space available for the darkness of these fears.

While most people have some concerns regarding their station in life or position in the world—in their image or status in life—great spiritual beings have shifted their points of reference from the outer world to the inner realm of divine essence. In the realization of their true nature, they learn to see beyond the ego’s range of perception and thus come to a perfect understanding of who they really are. They also see the true nature of everyone else and are moved to great compassion by the fact that these other divine beings suffer because they have not yet learned their true identity.

When you allow yourself to face your own death in meditation, you pierce the veil of illusion that surrounds the notion of death. Your inner sight is then focused not on what is dying but upon the deathlessness hidden behind death. When you come face to face with the deathless, it becomes quite obvious that there simply is nothing left to fear. In order to reach a direct experience of the deathless, each person must touch upon all personal fears of death—whether from this life or prior lives.

## METHODS FOR FACING YOUR FEARS

There are, of course, tried and true ways of working with your fears. In the first place, you must first agree to “show up” for them. In other words, the tactics of denial and avoidance will not gain you anything but more fear. A direct experience of fear brings one more fully into the present moment, not less. In many Eastern cultures in which spiritual aspirants are given mantras with which to work, any episode of fear is a perfect time to concentrate fully on the mantra. Thus, should fear or anxiety arise, the aspirant begins to repeat the mantra, placing full concentration on each of the syllables. In this way, the internal intensity is directed away from the fear and placed on the syllables of the mantra. As one fully concentrates upon the mantra, allowing it to fill the mind completely, there is simply no mental space available for fear to become established. One can take refuge in the mantra, as have so many great ones, and in doing so, one allows for the protective qualities of the mantra to emerge.

Another way to work with fear is by witnessing it rather than replacing it. To do this, one must examine the fear and search for its source. The source of all fear, of course, lies in overidentifying with the ego. Thus, one may ask the question of oneself: “So who is it who feels afraid?” With rigorous examination, the investigator will ultimately discover that no one and nothing is actually afraid. The mind has only attached itself to some negative projection that it has conjured up about a future event or circumstance. As you investigate the question more and more deeply, you will at some point recognize the observer self or the capacity of the mind to witness its own thoughts. As a spiritual practice, ask yourself the question over and over until you actually witness your awareness shifting, then put your focus on the gap between thoughts, and let your mind rest there. Should fearful thoughts continue to surface, simply return to asking the question: “Who or what is feeling fearful?”

As you know from your own experiences with fearful thoughts, their content can be quite intense and very compelling. At times, fearful thoughts may be so strong as to completely overwhelm the person experiencing them. However, even in such powerful emotional demonstrations, if one is able to look deeply enough, the veil of fear can be pierced. Indeed, if one can pierce that veil and go beyond the fear itself, what one discovers is some form of pure energy. Then, by focusing on that energy, one will be led to something else—perhaps exhilaration or deep concentration, love or profound insight. The goal here is to focus on the fear itself rather than the mental content that arises with the fear. Ask yourself, “How does this fear move through my body; how does it move through my mind?” Stay with this question long enough to see the physical and mental patterns associated with your experience of the fear. Then as a final question, ask yourself, “When this fear is present, how does it control me?” Remember that in your true nature, you are much vaster than any surfacing fear your ego mind contrives. This is true whether you “feel” vast or not.

As fearful thoughts arise, most people find themselves contracting inwardly as if the contracting will eradicate the fear. However, as a strategy for dissolving fear, this simply will not work. Since shrinking inward is contradictory to the notion of letting your light expand, it only serves to increase fear rather than eliminate it. You will be amazed at how far the mind can run with fear, but it turns out that the ego is simply running away from the very sphere of vastness that brought it forth—your own true nature.

## TWO STEPS TO TRANSCENDING FEAR

There are basically two parts to transcending fear. The first has already been touched upon, and that is the work of facing fear. This is different from simply admitting that all people suffer from fears at one time or another. What I'm talking about here is literally witnessing both the emergence of your fears and the course they run through your body and mind. Since the ego mind cannot grasp the vastness of your real beingness, it clings to the status quo or that which will not "rock the boat," so to speak. In bringing your attention to both specific fears as they arise and to the process of fear as it moves through you, you will pry open the previously bolted door to new dimensions and the relieving possibility that there is something worth exploring beyond the fear.

Those who persist in running from their fears—denying them, avoiding them or freezing in paralysis from them—have not as yet mastered the capacity to free themselves to enter the greater reality that lies beyond the realm of fear. Yet when the façade of fear cracks open, the pressure of lifetimes can be released into the welcomed state of fearlessness. Indeed, to walk the path of your life without the burdensome, constrictive weight of fear is precious liberation.

The second matter to be addressed if one is to transcend fear falls into the devotional category. Now I am not here speaking of some prescribed practice of walking through life with your hands held constantly in the prayer position in front of your heart. While such action is fine if it is a genuine act of an open, raw heart, it is not the point I am trying to make here. In the West, often the word "devotion" is not seen as a particularly elevated quality, and it may even conjure up all manner of mental images that feel or seem somewhat distasteful.

What I am really referring to is a daily practice of entering a space of profound reverence, a space of utter openness to the divine. In receiving the old adage that "love conquers fear," some have interpreted the phrase as meaning *any* kind of love will dissipate *any* kind of fear. This interpretation turns out to be far too simplistic, since loving cherry pie does not eradicate a person's fear of failure—or fear of success, for that matter. Likewise, even loving another person does not necessarily dissolve one's inner demons. Often, the truth is that creating a loving relationship with another person can even sometimes be a type of trigger for putting one in touch with those inner demons. Thus, one must

first find the correct type of love if the state of fearlessness is to be reached. In truth, experiencing loving feelings for a friend, a partner, a child or even a cute puppy can push fear out of the mind momentarily. However, simply momentarily pushing a fear aside is not the same as embracing death and conquering fear. Thus, the fear will return to the mind again and again.

## FEARLESSNESS THROUGH EMBODIMENT IN THE DIVINE

The saints, rishis and great beings who found their innate fearless state did so by losing their small self-identities in the divine self. In accomplishing this, they (or their small ego selves) were consumed in the radiant emanation of divine love that supports all life and courses through all human vessels of light who will allow it. In the moment of consummation, they lost their false egoic identities and accepted the greater identity of the divine force that entered them and took up residence. In other words, they became high witness to the great mystery of the divine indwelling human flesh, and could no longer see themselves in menial, egoic terms.

Please know that arriving at a mental state of fearlessness is not a conceptual matter. It is one thing to understand the concept but quite another thing to become an embodiment of the divine. This is not some mystical state that visits one's psyche for a while and then departs; rather, it is such a powerful process of falling so deeply in love with the divine that the ego self loses its attachments to its own wants, desires and preferences. Indeed, fearlessness is a mental state that is cultivated through continued devotion to divine essence.

Through love, one draws ever closer to the divine. Through curiosity, one seeks deeper and greater knowledge of the divine. By choosing to live in a reverent mind state, one merges with the divine. Fear is dissolved with each step into greater love, greater curiosity and greater reverence. The heart and mind discover true peace, and the divine rests in its new abode—a body and mind adorned in fearlessness.



It is my desire for each of you that you will summon the courage—or heart force—to cut through fear in the year 2010. As you practice entering the elevated state of reverence on a regular basis, you will be able to observe profound shifts in your fear levels. In accepting your true nature and releasing your false egoic identity step by step, you will discover that the divine spark within the core of your being has never stopped shining. Even in the darkest moments of your life, even when hidden under the bleak and imposing shadow of fear, your inner spark has always offered its radiance to inspire you. When you come to know this magical spark and witness its presence within you, you will comprehend the vastness of your eternal beingness—a vastness so great it obliterates all fear, leaving in its wake the astonishing fingerprint of the divine. \*

# This Year Is All About You

**Merlin, Expanded Consciousness and Pretty Flower through  
Miriandra Rota**

**G**reetings, dear ones. This is Merlin. Well, my dears, it's a great pleasure to be speaking with you during the first month of the year 2010, and what a glorious year this will be. You see, it's all about you! You have that phrase, don't you? This year, more than any other preceding time, you are being called to be so very real with yourselves, to cast aside the past ways that are no longer working for you and to refuse to say yes when you want to say no and vice versa. You are being called to reflect upon your true desires, your dreams and your intent for this journey, and it is in your very best interest to do all of these things. Why? Well, the truth is that you don't want to suffer. You have had enough of survival. Many of you have said that you've had enough but are still trapped within the cause-and-effect cycles that promote difficulties—and more so, deep inner sadness. Well, that's not a crime. You're not bad. You haven't failed. You are, however, ready to shift and change.

## **STEP BY STEP ON YOUR SPIRITUAL JOURNEY**

You might be saying that you've tried everything and that you are still stuck. And to you, though I am most fond of you, I say, "Bosh!" You haven't tried everything. What you have tried is the external manipulation of your external world. You have tried to think differently—a good beginning, but barely putting your toe in the water. What can you do? Well, you've heard it all before, but that's just it; you have heard it, you have read it and you have even studied it, but you haven't really gone within

### **KEY POINTS**

- In this coming year, you are being called to step into those pathways that reflect your true selves, your true desires and your true dreams.
- Instead of focusing on the external world, become honest with yourself and recognize that you are already far along on your spiritual journey, that you are awake and your consciousness is already expanding.
- Continue the excursion into your innermost self, asking yourself how you would like to experience your unfolding journey, and embrace your magnificent self, the blessing of your spirit and the joy of your pathway.

your own self and proceeded with the next step in your evolutionary spiritual journey. What is that next step?

The next step in your spiritual journey is to first recognize that you already are awake. So stop trying to figure out how to awaken, how to ascend, how to be more than who you are. You are magnificent, even though you don't quite realize that yet. Knowing that you are already awake, also know that you will continue to expand in your conscious inner knowing, and this process will feel like bursts of awakening, bursts of energy, bursts of bliss and perhaps bursts of inner peace. All this occurs without your efforting.

You can then take another step in your spiritual journey and begin to get more and more honest with yourself. One way to do this is to tell yourself that you are not deciding anything; you are not making any major change. You are simply getting honest. For example, if you dislike your job, then getting honest would be to admit that you would like to have a job that you absolutely love, one through which you are fulfilled in all manners, including that catch-all—financial abundance. Of course, getting honest goes a little deeper than the external participations, but that is a good place to begin. When you have listed all that you dislike in your external world, take a deep breath and relax for a moment.

Then, really begin. How? Oh, you are going to love this! Take each item that you have listed and ask yourself what your participation is within your own unhappiness: What is the survival manner that promotes your continuing lack of fulfillment, and what feeling, what emotion is connected with this issue? Perhaps you are unable to communicate your real needs? Perhaps you are remaining in a job, a relationship or a geographical location within which you are unhappy because you are financially secure, because you can't bear the thought of change or because you feel a change might be too big for you to handle. Those are all familiar feelings and statements to self. Yet getting honest in this way will begin your journey toward freedom. Remember, I'm not asking you to

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change anything externally. I'm simply asking you to get truly, deeply—very deeply—honest with yourself.

When you've done this step, take a rest. Go for a walk in nature. What have you accomplished? You have discovered how you have been bound to unhappiness and a lack of fulfillment through the avenues of self-victimhood. This is not a blameful thing, no. Yet I do say that if you have had the feeling that you are a victim to your own life, you have been participating in the continuation of victimhood. And now it is most definitely time for change.

## AN EXCURSION INTO YOUR INNER SELF

Here you are in the year 2010, and you are, perhaps, choosing to change! Perhaps you have had enough struggle. Perhaps you have had enough reading and studying. And perhaps you are ready to take the next steps toward freedom. What are they? The next step is to sit quietly and ask yourself how you would like to experience your ever-unfolding journey. Now I'm not asking for external particulars, though there's nothing wrong with wanting things or situations. More so, I am asking you to reflect upon how you would like to experience your journey. Now think about this and get real—get very real. And while you are getting real, with each idea, ask yourself the question, "When this occurs, then what?"

You'll see. This little excursion into your own inner self will surprise you. Keep going until there is no further answer. I'm not going to tell you what will result; I can say that you all will come to the same conclusion. Why? Because you are all ready. Because you are all magnificent. And because you are here to experience the real you. Oh, I know you've been hearing that for a while, but that doesn't change the truth of the message.

Let's get something clear: You are not here to suffer. You are not here to struggle. You are not here to despair, and you are not here to reside within continual heartache. Those are the ingredients of what? They are the ingredients of past survival. You are here to revel in your own life's journey. You are here to love and be loved. You are here to laugh, to play, to feel light-hearted. And, my dears, you are here to be fulfilled within every step.

You can have all of this; you can live in this manner. In order to do so, the you who you have been requires change, self-honesty and inner choices that are truly meaningful.

You are ready; there is no question about that. Take the time. Take the time for yourself. Take the time for real inner reflection and honesty, and take the time to discover what has been binding you to the suffering of past survival. You will be amazed at what you discover, and I will truly applaud such discovery! I am most fond of you.

## Message from Expanded Consciousness: The Blessing of Your Spirit

**T**here comes a time in the evolution of your humanness wherein you discover that not only are you residing within a human nature but you are also residing within a divine expression of the whole. While in the past you have believed that you were human, and while in the past you discovered through many beautiful teachings that you were divine, it continues to be true that you are your own spirit. And it is your spirit that flows forth to take form within the divine as the divine incarnates within humanness. Your spirit holds within it certain encodings and resonances that embody that which you are, and while your journey within physicality has developed your humanness—and within it, your discovery of the more of your own divine nature—you are so very much more than this journey.

Yet let not our words lead you to believe that we diminish your humanness, your divine expression or your journey. We are most honored in knowing your spirit as it resides within all. Your spirit is as a breath that flows forth into the ethers. It is as a tiny drop of dew that journeys toward expansion into wholeness of being. Your spirit is as if the delight of the all-knowing were flowing forth into incarnating. It is as if the realms and that which resides within the realms are but a pulse beat within it, your spirit. It is as if all that exists resides within the essence of you and yet simultaneously resides as an invitation for your presence. Your spirit is most lovely and adored. Within your spirit is birthed that which is called love. Within your spirit is birthed joy. Within your spirit is birthed the reveling of truth as it births itself into

being. As you journey within your humanness, as you journey within your discovery of your own divinity and as you begin to merge all manners of self into physicality, know, our beloved ones, that it is you—your spirit—that truly resides evermore. Always. Without end.

It is your spirit that your human nature seeks in every attempt at spiritual awakening, in every attempt to change and discover more and in every fleetingly blissful exploration into the all. You are and will continue to seek the knowing of your spirit while you reside incarnate. You are most beautiful in this seeking. You are most beautiful in your discoveries. And you are most glorious as you incarnate more fully into that beautiful spirit that you are. We are most blessed in the knowing of you!

## Message from Pretty Flower: The Blessing of The Pathway

**T**here once was a being who walked the mountains. And as he was walking the mountains, he came upon a being who was sitting at the side of the pathway. "Hello," said the sitting being as the man came closer.

"Hello," said the man.

"Will you sit with me?" asked the being.

The man thought for a moment and decided that it would be good to sit and rest a while, and he did feel a certain curiosity about this being who was sitting at the side of the pathway. "Yes, I will join you," he responded.

Both beings sat at the edge of the pathway. They did not speak for quite some time. It was as if simply sitting together was a story in itself, as if simply sitting together was a conversation. They resided in peace together.

As the beings were sitting at the edge of the pathway, there came a young boy. He was skipping along upon the pathway, humming a tune. When he saw both beings sitting at the side of the pathway, he walked right up to them and then sat down. He sat himself down with them.

After a time, the man asked the boy, "Where have you come from?"

"Oh," said the boy as he nodded in the direction of the pathway whereupon he had been skipping, "I came from there."

"And where are you going?" asked the first sitting being.

"Oh," said the boy as he nodded in the opposite direction of the pathway whereupon he had been skipping, "that way."

Both the man and the sitting being nodded.

After a time, the boy asked the two beings, "What are you doing here, sitting at the edge of the pathway?"

Before the man could respond, the first sitting being said, "I have been sitting here for a very long time. I have invited many beings to sit with me. Some have, some have simply journeyed on and others have ignored my invitation. However, you are the very first who has simply joined me of your

own choice. Why did you sit here?"

The boy smiled. "Well, you must know," he said.

"No. I do not," said the being.

"And I also do not know," said the man.

The boy sighed. "Perhaps it is better that way," he said, and in the next moment, he rose from his sitting and began to journey away from the two remaining sitting beings.

"Wait!" called out the sitting being. "Wait!"

The boy turned and looked at the being. "Yes?" he said.

The sitting being then said, "Please do tell me why you came to sit here. Please do tell me why it is better—perhaps—that I do not know."

The boy smiled and returned to stand before the being. "I could only tell you if you asked," he began. "You are the light of the world. Your light emanates forth and creates this pathway upon which we all journey. When you laugh, the birds take flight upon the essence of your joy. When you sigh, the flowers bend toward your holy breath. And when you wonder, there will always be a boy who will come and sit with you."

All three remained in silence until the man asked, "What about me? Why did I accept this being's invitation?"

"Oh," said the boy, "You are the reason this being has created the pathway."

The sitting being smiled, and from his smile flowed forth great love. The pathway became most beautiful, and when it did express the greatest beauty, he rose and placed his feet upon it. He laughed at the feeling of the pathway upon his steppings. Before long, he had disappeared while the boy and the man watched his journey.

"What will we do now?" asked the man.

"I do not know," said the boy. "That being is the reason I am here upon this path."

"And this path is here for the reason of my journey," said the man as he reflected upon the boy's words.

"Then perhaps you will step upon it?" suggested the boy.

"Yes," said the man. "I will. Yet I am reluctant to leave you. I enjoy your company." He paused for a moment and then asked the boy, "Will you join me?"

"Why, that is the very first invitation I have had to journey with another!" exclaimed the boy. "Yes! I will journey with you."

"That is good," said the man, "That is very good."

After the two had journeyed for a time, the boy said softly, "I do miss the being, don't you?"

"Yes," said the man, "very much."

After they had journeyed further, the man said, "Do you think we will see the being again?"

"Most assuredly," said the boy, and he whispered softly so that only the pathway could hear, "*We are walking upon him!*"



That is your story, beloved ones, especially for you, spoken for the love of who you are. Blessed be you and your steppings. Blessed be you and that which you create. Blessed be you and your glorious discoveries. And blessed be you in your search for the divine which you are. Most beloved are you. \*

# Exercise: Working with the Bodysoul

Amma through Cathy Chapman

**D**ear ones, I am Amma, the Divine Mother of the divine mothers. I am your mother. You were conceived within my infinite womb and birthed through me. As true as these words are, they are also symbolic. Everything in your life is symbolic, for there is nothing real except your essence. Even how others appear to you is not real. Your soul self—the one who guides you through this grand adventure of this lifetime of yours—determines how you will perceive others.

Why is there contradictory information among those who witness the same event? What you experience is determined by your life plan, and your life plan is put into motion by your encodement system. The beliefs you gather from the time you are in the womb until this present moment also determine how you perceive events.

Let's examine the effect that beliefs have upon how you perceive events: You have all heard the principle that "all is one," but there is head knowledge of this principle and there is true heart knowledge. If you truly believe that all is one, you believe every person is a part of yourself. You know that whatever feelings you have for another are feelings you have for yourself. You also are aware that what someone does to you in your life is simply a mirror image of you.

If you do not truly believe that all is one, you are separate from another. You do not see how another is a reflection of you. When what you truly believe in is separateness, it is

easy to hold grudges, to have vengeance. It is easier to forget what love is. When you truly know to the depths of yourself that all is one, you will heal more quickly and you will forgive more quickly. In fact, you will know there is no need for forgiveness—there is only need to let go. You love yourself and others because you know that others are aspects of yourself.

## ENTERING YOUR HEART SOURCE

This applies to your relationship with your body, which is the topic of this message. During the course of this exercise, you are going to meet your bodysoul and learn to work with both your heart source and your physical and energy bodies. Before we begin in depth, I wish to give quick instructions on how to get into your heart source, for those of you who are unfamiliar with the concept. Those of you who have been reading these messages for some time are aware of the heart source, of course. In order to enter your heart source, please perform the following steps right now:

- Enter into the front of your heart center.
- Enter into the back of your heart center.
- Enter into the front of your third eye.
- Enter into the back of your third eye.
- Imagine a beam going from your heart to your third eye, connecting the two.
- Bring the beam of energy up through your crown to the center of the universe (there is no need to worry about where that is).
- Bring the beam of energy down through your body into the center of the Earth.

You are now in your heart source; learn to stay in your heart source.

## LIVING IN YOUR HEART SOURCE

I would like to give you an example of the power of the heart source by revealing the humanness of this one I speak through: She had been traveling and was getting ready to rent a car. The particular office from which she was renting her car had much discord, and since she was not fully in her heart source, she was very affected by the discord—so much so, in fact, that she even began to take



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## KEY POINTS

- As you meet your bodysoul and learn to work with both your heart source and your physical and energy bodies, you will learn both the skill of gathering information as well as the skill of self-healing.
- Your body has a consciousness that can communicate with you. You can learn to communicate with your bodysoul about all aspects of your body—about health, nutrition, exercise and more.
- You can strengthen the connections of your heart source through communication with your bodysoul, reworking old beliefs that prevent you from truly living in your heart source.
- Once you learn to consistently live through your heart source, your intuition will strengthen, and you will expand in the knowing and understanding of who you are. The energy structures within your brain and heart will activate, facilitating the increase of your higher sense perception.

it on herself. In states of discord, others in your life are seen as separate from rather than an aspect of yourself. Because she was not in her heart source, she saw the representative as someone separate from her. She was sharp with him because she took on the negativity surrounding her.

Finally, I nudged her to remind her to go into her heart source. When she did, she was able to easily take care of a situation that could have become worse. She suddenly saw the rental representative as an aspect of herself and was then able to treat him appropriately. Her change in demeanor was a pleasant surprise to this man and, in fact, brought healing to the situation. If she had been in her heart source the entire time, she could have immediately been a facilitator of healing rather than later.

The point of this story is to emphasize the importance of learning to live in your heart source at all times. When you awaken in the morning, check to be sure you are in your heart source. When you are traveling, do the same when getting on and off of an airplane, in and out of automobiles, checking in and out of hotels or ordering and paying for food. While you are in your heart source, you will recognize the oneness, and even in the paradox of the game you play in this life, you will recognize when the words spoken are truth.

### **USING THE HEART SOURCE WITH YOUR PHYSICAL BODY**

Now let us move on to other ways of using your heart source. There are many ways you can gather information using your heart source. We will play a bit with this now. Although your heart source is one energy, each part of the heart source can be accessed individually. Think of it in this way: You can work with the muscles in your arms, even though your arm muscles are part of your muscular system as a whole. Each part of your body can be accessed individually, even though the body as a whole is one. Isn't this a wonderful metaphor for oneness and the people surrounding you?

You will now learn how to use the heart source to work with your body. You will learn both the skill of gathering information as well as the skill of self-healing. If, by chance, you are not in your heart source, please go there now. Spend a few moments noticing how you feel in your heart source. You will discover that your experience of your heart source is stronger when you focus on your heart source itself rather than being in your heart source and not focusing on it. Again, this makes sense if you use the body as a metaphor: Unless you are consciously paying attention to your body, you do not notice it until there is pain or pleasure. You may be using your fingers to turn the pages of this article, but don't notice your fingers unless, perchance, you have a paper cut.

To assist in working with your body, you are going to meet what I call the bodysoul. Some of you may have another name for this aspect of your body. If you prefer the name you have been using, that is fine. I will call it the bodysoul. You are a soul within your body. Your soul makes you who you are. Your body—as a whole as well as each individual part—has a consciousness that can communicate with you. The consciousness for your entire body is what I call

the bodysoul. You can also communicate with the souls of each part of your body. You can learn to communicate with your bodysoul about all aspects of your body—about health, nutrition, exercise and more. We will have great fun playing with and getting to know your bodysoul.

### **COMMUNICATING WITH YOUR BODYSOUL**

From your heart source, ask to speak with your bodysoul. Connect with your bodysoul through your heart source. Greet this consciousness in any way you wish. When you feel its energy, greet it. Ask for a message and write down that message. Yes, some of you will want to ask for a name. You may do so. Your bodysoul will also simply respond to the title "Bodysoul."

Once you become aware of your bodysoul, you will experience your body in a different way. Your body will no longer be a thing to you. You will come to realize that it has a consciousness, an awareness. Your physical body is similar to and yet much more complex than plants, crystals and minerals. All of these have consciousness, but not will.

I'm going to have you ask your bodysoul some questions. Although I'm having you ask yes or no questions, you may gather more information if you wish. I also suggest you have a means to record this information. Ask your bodysoul the following questions:

- As a whole, is my body operating on beliefs coming from other lifetimes?
- As a whole, is my body operating on beliefs handed down genetically?
- Is my body acting upon beliefs I acquired from my parents?
- Is my body acting upon beliefs I have formed through my own life experiences?

You may ask any other questions you wish. If this is new for you, however, these questions may be enough for you to begin to learn how to communicate with your body.

### **BENEFITS OF LIVING THROUGH YOUR HEART SOURCE**

Your heart source will assist you in several ways. The stronger it is, the more benefit you receive. As you live through your heart source, your intuition will strengthen, and you will expand in the knowing and understanding of who you are. Your vibration will increase, and the protective energy formed by your heart source will protect you and those you surround. The energy structures within your brain and heart will activate, facilitating the increase of your higher sense perception.

Your body comes programmed to respond to your encodement system as it instructs your body on how to function. As you know, this was set up before your incarnation. The encodements for your body contain the plan you have outlined for this lifetime. These encodements will be affected by the events throughout your life as well as beliefs you accept from your family, authority figures and your interpretation of life events. I have given you a very brief outline of an extremely complex topic for this next experience.

Your bodysoul also works with your energy body. Your energy body forms and fashions your physical body. Although you experience them differently, your energy body and physical body are parts of one body. Your energy body simply vibrates more quickly than your physical body. Encodings are the most basic elements of your energy body. Your heart source is part of your energy body.

### **EVALUATING THE PARTS OF YOUR HEART SOURCE**

You will now learn to work with your bodysoul through the exercises of evaluating each part of your heart source. As I said, your heart source is part of your energy body and your energy body is the basis of your physical body. What you learn can be generalized to any part of your body, be it physical or energetic. You will gather information about the different parts of your heart source from your bodysoul. If there are any areas of weakness, you will learn one method of strengthening or healing that part of your heart source.

Before I continue, it is important to note that you need to consciously tell your bodysoul you want the various parts of your heart source to be as strong as possible. Remember, your bodysoul has consciousness, but not will. Your bodysoul initiates the instructions it receives from you about your body. On a subconscious level, you may be giving your bodysoul instructions you do not want on a conscious level. That is why it is important that you tell your bodysoul what you want. Be very specific.

As you evaluate and repair of your heart source, I want you to be able to do both a self-evaluation of your heart source and any part of your body, as well as to gather information from your bodysoul. Both parts of this process assist you in improving your intuition and expanding your sense of who you are. After you have finished the evaluation process of all parts of your heart source, you will know how to explore your body from your heart source and with the assistance of your bodysoul.

### **THE CONNECTION TO THE FRONT OF YOUR HEART CENTER**

Let us begin. Be sure you are in your heart source. Reconnect with your bodysoul. Greet your bodysoul in any way you wish. While in your heart source, focus on the part that enters into the front of your heart center. How does this connection feel to you? Is it strong? Is it weak? Do a self-evaluation of this connection, asking your bodysoul if this part of your heart source is as strong as it can be. If the answer is no, ask what you can do to strengthen it.

If you are not able to hear your bodysoul, simply ask to be guided to do what will most assist you in strengthening the part of your heart source that is the entrance into the front of the heart center. One way to strengthen this connection is to focus on the front of your heart center and "breathe" through this center. Ask your bodysoul to have the chakra spin in the correct direction.

Continue breathing through the front of the chakra in this way while allowing the chakra to spin. Congested



energy will spin out of the chakra, strengthening your heart center and thus strengthening this part of the heart source. Tell your bodysoul that you would like this part of your heart source connection to be as strong as possible. Request that your bodysoul give any instructions necessary to your body to strengthen this part of your heart source. Express your appreciation to your bodysoul.

### **THE CONNECTION THROUGH THE BACK OF YOUR HEART SOURCE**

Again, be sure you are in your heart source. Reconnect with your bodysoul. Greet this aspect of yourself in any way you wish. First, do a quick evaluation of the connection into the front of your heart center. Now, focus on your connection through the back of your heart source. Do your own self-evaluation of this connection. Now ask your bodysoul if this connection can be stronger. If the answer is yes, ask how you can assist in making it stronger. If you are not yet hearing your bodysoul or are not yet confident in what you hear, you may strengthen this connection to the back of your heart center by strengthening the back of the heart center itself.

Ask your bodysoul to assist you in spinning the back of the heart center in the correct direction. Because you are in your heart source, energy from above and below is being supplied to your chakras. As you consciously spin the chakra, the energy coming into the chakra will cleanse congestion from your heart center. In addition, you may tell your bodysoul that you wish your heart source connection to be as strong as possible to the back of the heart center. Ask for assistance in this. Be sure to express your appreciation.

### **THE CONNECTION THROUGH YOUR THIRD EYE**

Focus on the connection of the heart source that enters the front of your third eye. Notice how this feels. Do your own self-evaluation of the strength of this connection compared to the connections to the front and back of your heart center, and ask your bodysoul if this connection can be stronger. If the answer is yes, ask how you can assist in making it stronger.

One way of strengthening this connection is the same process you did with the connections to your heart center. Ask your bodysoul to spin the front of your third eye in the correct direction. You may receive other suggestions from your bodysoul. Congestion present and ready to be released will



spin out. Tell your bodysoul that your intention is to have this connection as strong as possible. Ask your bodysoul to make any adjustment that can be made to strengthen the connection. Offer appreciation in any way you wish.

Continue your evaluation of your heart source by being sure you are in your heart source. Reconnect with your bodysoul. Do a self-examination of the connection that enters the front and back of the heart center and the front of your third eye. Do these connections still feel strong? Ask your bodysoul. If needed, do whatever is necessary to strengthen these connections.

Now, evaluate the connection that enters the back of your third eye. What is your impression of this connection? You want to be able to evaluate yourself quickly and easily. Yes, beings from the other side are present to assist you—"assist" being the crucial word. They are not to do it for you. You are a powerful being in and of yourself. Use that power. Ask your bodysoul about this connection. If it needs strengthening, ask what is necessary. You may also use the technique used in the past few lessons.

### **THE CONNECTION BETWEEN THE HEART AND THE THIRD EYE**

Do a quick self-evaluation of the connections in the front and back of your heart and third eye. Now, focus on the connection between your heart and your third eye. Do a self-assessment of that connection. This connection forms a communication highway between your heart and third eye. The more energy between the two, the more the hidden energy structures in your heart and brain will be activated.

Ask your bodysoul for its assessment. Do your assessment and your bodysoul's assessment correspond? Don't worry if they don't; you are learning. The more you do this, the more familiar you will be with your heart source and working with your bodysoul. Ask what you can do to strengthen the connection between your heart and third eye.

One method is to visualize energy running up and down that connection. See the energy going from the center of the heart up to the center of the third eye and then the reverse. Continue doing this as long as you feel motivated. Spin your

heart and third eye chakras, front and back, while doing this. This action will not only spin out congestion, it will also pull energy into the chakras. This is some of the energy you will use to connect the heart and third eye. There is also energy from your connections to the center of the universe and the center of the Earth. Again, state your intention to your bodysoul that this connection be as strong as possible. Ask that it make any adjustments possible to facilitate this.

### **THE CONNECTION BETWEEN THE THIRD EYE AND THE UNIVERSE**

As your self-evaluation skill grows, you will be able to quickly tune into each part of your heart source and make necessary adjustments in seconds. Be sure you are in your heart source and connected to your bodysoul. Focus on the part that extends from your third eye upward to the center of the universe.

Feel this connection. Is it strong? Do you feel vibrancy? Are you able to feel the connection to Source? What is your self-evaluation? What is your bodysoul's evaluation? Ask how you can strengthen this aspect of your heart source.

First, do whatever you feel led to do by your bodysoul. You can also strengthen this connection by spinning your crown chakra while imagining the beam of energy going upward. Ask your bodysoul to make any adjustments possible to strengthen this connection.

### **THE CORE CONNECTIONS TO YOUR HEART SOURCE**

Now evaluate the last part of your heart source. You have already checked it, haven't you? Feel yourself within your heart source. Your heart source puts you within a vibrant energy ball. The stronger the heart source, the stronger the energy ball. The stronger the energy ball, the greater your protection from low-vibration energies. A strong heart source is the best form of psychic protection.

How is the strength of the part of your heart source that goes from your heart center to the center of the Earth? Do you feel the energy, the strength that comes up from the center of the Earth? Ask your bodysoul to evaluate this part of your heart source. Ask what you can do to strengthen it.

## *Gaia Speaks*

**Sacred Earth Wisdom**

**Gaia through  
Pepper Lewis**

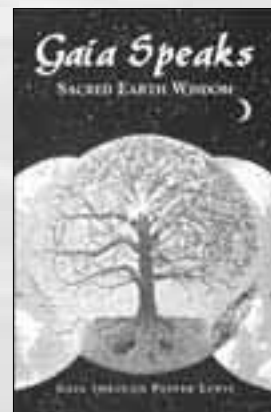
I am the nonphysical sentience of this planet—simply put, I am the planet Earth. I am the body and the soul of the planet you currently inhabit. My sentience guides and enlivens all that surrounds the planet as well as all that is upon and within her. My sentience animates the air you breathe, the energy you burn and the water you drink. My sentience—the most aware, advanced and attuned aspect of my being—is that which directs these words. Although many believe in a sentient or feeling Earth, not all are attuned to her. Channeling offers a unique advantage in this respect, because it allows the transmission of vibrations and impressions to be communicated as language.

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- A Brief History of Religion
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- Walk Your Way or Walk Away
- Patriots, Citizens and Warriors

**\$19<sup>95</sup>**

SOFTCOVER 393 P.  
ISBN 1-891824-48-1



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One method of strengthening this part of your heart source is to spin your heart chakra and your first chakra simultaneously. Your heart chakra has a front and back, while your first chakra does not. Additionally, be sure the beam of energy from your heart center to the center of the Earth does, indeed, go to the center of the Earth. You can also run energy up and down this connection as well as up and down the entire beam of energy from the center of the universe to the center of the Earth. Ask your bodysoul to make any adjustments needed to strengthen this part of your heart source.

### CLARIFYING YOUR BELIEFS

You just completed an exercise that taught you three things: The first was to work with your bodysoul. The second was to experience the whole of your heart source and the parts that make up the whole. The third was to learn how to repair the parts of the heart source—which, of course, repairs the heart source as a whole. Your bodysoul knows exactly how the body—in both physical and energy forms—is to work, making adjustments to enhance the functioning of your body.

Remember, your bodysoul does what it believes you want. The understanding about how you want your body to work comes from the beliefs you hold about Spirit, yourself, life and your body. In working with your bodysoul, you are able to clarify how you want your body to function. You will still need to adjust beliefs. If you do not, you give conflicting instructions to your bodysoul. In evaluating the parts of the heart source, you were able to experience the process of self-evaluation of each individual part and how strengthening it affected the whole heart source.

Right now, feel your heart source. Setting your intention to make your heart source stronger, allow your awareness to go to the weakest part of your heart source. Reconnect with your bodysoul. Tell your bodysoul what you would like from your heart source. Strength? Expansion? Something else? Ask your bodysoul if there is a particular belief inhibiting your heart source from being stronger. Write down that belief. Is this the belief you want to have? Write down the belief you would like to have instead. You will work with this belief in a few moments.

### REWORKING YOUR BELIEFS

Now, do what you feel led to do to strengthen your heart source. Ask your bodysoul to make any adjustments necessary so that your heart source will be as you would like to create it. The stronger your heart source, the better able you will be to gather information and to repair your bodies. I want to give you a brief format for changing beliefs using encodements. Encodements are the basic elements of your energy field. You will work with the encodement technicians who will assist you in this process.

Go to the belief your bodysoul said is inhibiting the strength of your heart source. You may ask for similar beliefs pertaining to any part of your physical body or any part of

your life. You also wrote down the belief you would prefer to have within you. Are you ready to change these beliefs?

From your heart source, ask to speak with the encodement technicians. There are usually three technicians and sometimes more. You may also have encodement facilitators, engineers, teachers, masters, as well as the encodement formulator. You do not need to be aware of any of these beings. They will be there simply because you ask them.

### FORMING NEW BELIEFS

Let's begin with the belief you no longer wish to have within you: Ask what the consequences of your removing this belief would be. Are you willing to accept these consequences? If yes, ask that all artificial encodements holding in this belief be removed and that all damaged and altered natural encodements holding in this belief be repaired. Ask that all natural encodements holding in this belief also be deactivated or removed. Then ask what the consequences of your new belief would be. Are you willing to accept these consequences? Ask that all artificial encodements preventing the full activation of your new belief be removed and that all damaged and altered natural encodements interfering with this new belief be repaired.

Now you will work with the new belief you wish to have. Ask if there are any natural encodements that you agreed to bring into this lifetime that interfere with your new belief. If there are, ask if the purpose of these encodements is complete. If the purpose is not complete, ask if their purpose has been fulfilled. If the answer is no, ask if the purpose is still needed. If the purpose is still needed, ask what you must do to fulfill the purpose. Do that action. If the purpose is complete or no longer needed, ask that the encodements be deactivated or removed.

Ask if there are encodements for your new belief that are present but not yet activated. If the answer is yes, then ask for those encodements to be activated. If it is no, ask the encodement technicians to place within you the encodement structure for your desired belief. Although they expect no thanks, it is expansive for you to offer appreciation to them in some way.



A few comments about this process: You do not need to do it all at once. Once you begin working with this process, you will find it easier and faster than the first time. There may also be consequences to new beliefs that were totally unexpected. If they are not what you desire, you can “undo” the beliefs by using the same process. My recommendation is that you give yourself a couple of weeks to adjust to the new energy.

Dear ones, you can use this process to change beliefs on any area of your life. Use your imagination. You can also, from your heart source, ask your bodysoul or your soul self to identify a limiting belief that is making life difficult. My blessings to each one of you. Remember, you are love incarnate! ✻

# Earth's Alignment with The Arcturian Star Gate

Juliano, the Arcturians and Chief White Eagle through David K. Miller

**G**reetings, I am Juliano. We are the Arcturians. The starseeds in the Group of Forty are working to complete the alignment with the star gate. The star gate is the point of ascension that allows those who have completed the lessons on the Earth incarnation to transit into the fifth dimension.

Transiting into the fifth dimension is a major soul occurrence, and certainly it calls for celebration. Many have asked what their soul purpose is. Indeed, one of the main lessons and main purposes of your incarnating now on the Earth is to travel and to take this opportunity to transit through the star gate.

## COMPLETING THE LESSONS OF EARTH SCHOOL

In order to travel through the star gate, it is clear that you must complete the Earth lessons or the Earth schooling here. Many of you are very close to completion and to being able to graduate from the Earth school. The Earth school is filled with many lessons and the lessons are increasing in variability, and sometimes in difficulty, during this time of polarization and duality. I would like to compare this to going to a university. Some of you would like to study, but you would like to have the broadest curriculum that is possible. Therefore, you would choose a university that offered many different courses and many different subjects and a variety of different languages and different cultural opportunities.

### KEY POINTS

- You have chosen to be here at this time because the Earth school, with its great diversity, represents an opportunity to be on a planet that is coming into direct alignment with the Arcturian star gate.
- As you get closer to completing your soul lessons on this planet, your spiritual energy will become stronger and your personal power will become more activated.
- The twelfth etheric crystal at Serra de Bocaina in Brazil will enable the etheric energy field of the planet to come into alignment with the star gate.
- This alignment is going to allow an acceleration of your soul force: the perfect opportunity to ascend and to transit through the star gate.

This variety is what the Earth represents in terms of soul lessons. The Earth represents variability, and the Earth school represents the experiencing of duality and polarization. The Earth school offers different spiritual and religious experiences and represents, at this point, an opportunity to be on a planet that is going directly in alignment with the Arcturian star gate. This alignment is going to allow an acceleration of your soul force and the perfect opportunity to ascend and to transit through the star gate.

As a planet, the Earth inhabits this portion of the galaxy that is referred to as the Sun solar system. Each solar system in the galaxy is named after its sun, because the constellation or the star represents the central force of that solar system. The name of your star is the Sun, and the name of your solar system, therefore, is called the Sun solar system. If there is a solar system in the star Spica, then that solar system is called the Spica solar system. If there is a solar system in the Pleiades, then that solar system is called the Pleiades solar system. Actually, the Pleiades is a constellation, so that one of the stars in that constellation, such as Algol, would be the name of the solar system—that is, the Algol solar system.

The Sun solar system has a unique position in the galaxy. Part of the awakening energy that is necessary for the Sun solar system is now occurring. In other words, the Sun solar system is gaining and is in a position to be activated and to come into this alignment with the Arcturian star gate. The Arcturian star gate and the Sun solar system and the Central Sun form a powerful triangular activation light force field. The Earth must do its share of energy transformation and energy awakening, because the Earth represents the most powerful life force in the Sun solar system. Actually, in this section of the galaxy, the Earth is one of the major planets that is awakening.

## GALACTIC CIVILIZATION

We teach galactic spirituality as one of the sides of the sacred triangle. Galactic

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spirituality centers on the awareness of the soul's relationship to the galaxy and beyond. Galactic spirituality states that each soul that incarnates on a planet can expand its consciousness. Each soul has awareness and seeks to align with all highly evolved spiritual beings in the galaxy. To say this in a simple way: Galactic spirituality is the force that seeks awareness and knowledge of all higher life forms in the galaxy. Galactic spirituality states as its basic premise that there are many highly evolved spiritual beings in the galaxy and that many of those highly evolved spiritual beings are masters. Humanity's relationship to the Creator is enhanced through the communications, meaning and knowledge gained from the galactic masters.

Why would becoming aware of the galactic civilizations and galactic masters be of assistance in your soul development? Each evolved life form in our galaxy inhabits a specific section of the galaxy that we call sectors. You are in the Sun sector, in which the Earth is the main planetary guardian of consciousness. Each galactic civilization has a unique perspective and a unique view on life as well as its own evolutionary process that its members are experiencing. Each galactic civilization has its own ascension, if you will, and each galactic civilization has its own specific lessons that often—not always, but often—are available within those planetary systems. This means that there are certain life lessons and certain soul lessons that are only available on Earth, certain life soul lessons that are only and perhaps best experienced on Arcturus and certain life lessons that are only experienced and best enhanced through Spica or through the Sirians.

Therefore, we seek to say that each galactic civilization offers a viewpoint that is a different and detailed view of the Creator life-force energy. Each galactic civilization has a unique view, because it is true that the Creator life-force energy only shows a limited part of itself on each planet. That means that you on the Earth experience a unique, life-force Creator energy. This God force is called Adonai. It is focused on the Earth, and it is your perceptions of the Creator life force energy that is offered from your unique perspective of the Earth. If and when you go to another planetary civilization in the galaxy, then you will be able to see another perspective and another view of the Adonai light and the creative life force energy. This will enhance your soul development.

### **OPPORTUNITY TO CLIMB THE LADDER OF ASCENSION**

Not every planet has duality like on the Earth. Not every planet has numerous religions like on the Earth. Not every planet has numerous races. Indeed, not every planet has the many millions of species that are now available on the Earth. Some of you have already remembered your experiences on other planets. You have come to the Earth at this time and have difficulty accepting and in dealing with the dualities. Part of that is because you remember what it was like on other planetary systems, where duality was not present. And yes, while those other

planetary systems may not have had duality, I guarantee you that they also had life lessons and soul lessons.

So you need to understand that you are here on the Earth because you needed this life lesson here. You needed this experience here to complete your soul evolution, and now this particular energy that is here on the Earth is coming into alignment with the star gate. This will create an opportunity for what we call the manifestation of the "ladder of ascension." The ladder of ascension is an etheric energy force field. It is an etheric elevator or an etheric escalator that allows you to ascend to the Arcturian star gate and be raised up.

I want you to just meditate for a moment on this concept of being elevated and taken up to the star gate, where you can experience the feeling of completion of your soul lessons on the Earth. Meditate on what it means to complete your soul lessons on the Earth and what it means to actually reach this point after many incarnations, when you are actually in a position to say, "I am completing my soul lessons on the Earth. I will be able to graduate." Affirm the following: "I am now ready to graduate from the Earth, because I am completing my soul lessons here. I am ready to graduate from the Earth school, and I am completing my soul lessons here."

### **ALIGNING EARTH WITH THE STAR GATE**

There is no doubt that this is an accelerated time on the Earth. There is no doubt that the Earth changes, as they have been called, are accelerating and will continue to accelerate. It is also true that, as you get closer to completing your soul lessons on a planet, your spiritual energy will become stronger and your personal power will become more activated. This activation includes your abilities to be both a personal healer and a planetary healer.

The planetary healing work now is focusing strongly on aligning the Earth with the star gate. We have worked with the group and through the channel to download eleven etheric crystals into the Earth. Each one of these etheric crystals is an etheric duplicate of the crystal in the Arcturian crystal lake, and each of these crystals that have been downloaded has a specific energy field. The energy field of each crystal is working on two levels. On the first level, it is working on bringing down energy into the Earth from the Arcturian corridors and from the Arcturian crystal lake. On the second level, each crystal has a unique dialectic energy field that is activated itself through interaction with the other crystals.

We have unified these eleven existing etheric crystals by activating the diagram known in the Kaballah as the Tree of Life, the *Etz Chaim* in Hebrew. We have added two additional places on the Tree of Life, because this new Arcturian tree of life force field that we are working with is interacting directly with the fifth dimension and with the Arcturian star gate. The interaction of these etheric crystals will become more enhanced when the twelfth crystal—the crystal in Serra de Bocaina in Brazil—is downloaded.

## THE ROLE OF THE TWELFTH CRYSTAL

The twelfth crystal has a unique power of its own, and that unique power is to enhance the communications and the self-regulation of the biosphere of the Earth. The etheric crystal in Serra de Bocaina, Brazil will provide a self-regulating energy force field that previously was not available to people. This will be downloaded in the center of a rainforest area because we see that the rainforests are becoming the key energy force fields for maintaining the biosphere for the whole planet.

This means Brazil and all those areas in South America that are holding particularly strong rainforest areas are going to be playing a more major role in the world and in the world's ability to hold the biosphere force field intact. Brazil then, in particular, moves into a prominent role in the spiritual and biospheric light field. That is one of the powers of this twelfth etheric crystal. The second level is that there is a magical power in the number twelve. The twelve levels of activation create a dynamic power grid. This dynamic power grid, which is formed from the twelve etheric crystals downloaded into the Earth, can and will be aligning with the Arcturian star gate.

Remember that the twelfth crystal completes the grid. The completion of the grid will be at the site of that downloading, at Serra de Bocaina. The intention and energy field of those workers that will be there with that twelfth crystal will be very strong. The workers' intention and their thoughts will help bring the Earth into the alignment with the star gate. This is the first time in the history of the planet Earth that twelve etheric crystals will be downloaded into the planet by the Arcturians and that the alignment with the star gate will be activated.

### COMPLETING YOUR PREREQUISITES

What will this mean for the Earth? What will it mean for the Group of Forty project? What will it mean for you personally when the Earth becomes aligned with the star gate? On a personal level, each of you will feel a boost in your soul power that can be manifested on the Earth. One of the most important experiences for you on the Earth now is to bring down as much of your soul energy and power as possible onto the Earth. Your soul power and your soul energy can help to manifest many things. The more you are in alignment with them, the more that you can manifest and the more personal power that you can allow to come through. This alignment will help you to accelerate your Earth lessons, and the Earth changes will also continue to accelerate. The acceleration of the Earth changes occurring now will continue with more intensity as we enter the year 2010.

These Earth-change accelerations also bring the acceleration of lessons. To learn these lessons requires a certain receptivity. Let us go back to the example of the university. When you were looking for a planet to incarnate on, you wanted to come to a planet that would provide you with a diverse curriculum. This diverse curriculum included

many different subjects that were only available in certain planets, so you chose the planet that had the widest possible choices that were available. But just because there are many courses available doesn't mean that you are immediately open to each course. Some of the courses require prerequisites. You know about prerequisites: for example, you have to have a background in mathematics in order to take calculus. If you took the calculus course without an earlier background, then you might not be able to understand and integrate all of the mathematical theorems that were present.

So in the Earth energy, we can say that there are prerequisites. Some of the prerequisites have to do with learning about dualities and learning about polarizations. Others have to do with learning to detach and also learning to use unity thinking. Unity thinking is one of the major life lessons on this planet; unity consciousness or unity thinking is the ability to see above the duality and see that there is a higher unity above the duality. That is one of the major soul lessons for most everyone who has come to this planet, for what better way to understand unity than to see duality and to understand that the duality is an illusion? The illusion is so strong that the unity is hard to perceive. This is one of the great soul lessons that one can learn here.

With the alignment of the star gate, each of you who is doing ascension work will receive a boost in your energy so that you will be able to see the unity with a greater clarity. Each of you will be able to see the great divine plan and how you are part of that plan. This is on the personal level. Coming into alignment with the star gate enhances your clarity. The prerequisite coursework that you need to have and the knowledge and the wisdom that you can gain from the prerequisite coursework is now going to be downloaded into your consciousness. Let me repeat: the prerequisite knowledge and wisdom will be downloaded into your consciousness when the star gate is in alignment with the Earth.

### COMPLETION OF THE STAR CORRIDOR

On a planetary level, there is also a great activation coming. The twelfth crystal will enable the etheric energy field of the planet to come into the alignment with the star gate. That means that the Earth's higher astral energy is going to fit into the corridor that directly leads to the star gate. It is like completing a new freeway that has a bypass. You are completing a new road, and you are now able to very easily cross through a city by going through this road that is now completed. The alignment with the Earth's energy field and the Earth's etheric energy field is now going to be opened up. This is a completion of a pathway. This is a completion of a roadway. This is a completion of a star corridor of light to the star gate.

Some have asked, "Does that mean that the star gate and the star corridor are now only going to be connected from Brazil?" The answer is that each etheric crystal is holographically tied into the other etheric crystals. Whatever the one etheric crystal is able to experience, all of the



etheric crystals will be able to equally experience. This is a dialectic energy field. Dialectic, in our terminology, means that there is a holographic energy connection in which what one part experiences, the other part also experiences and that each portion of the grid is able to enhance and elevate other portions. When the grid energy field is completed, then the highest energy can be experienced at any entry point into that etheric grid. In the tree of life energy field, there are twelve etheric crystal energy grids connected dialectically.

It would be helpful for each of you to be at the nearest etheric crystal that you can locate. We realize that everyone cannot come to Brazil and come to the downloading of the twelfth etheric crystal. We also realize that you may be able to be at one of the other etheric crystals, such as Lago Puelo, Bodensee, Mount Fuji or Mount Shasta. Your being at those areas when the downloading of the crystal occurs will enable you to holographically experience the same openings to the alignment with the star gate. This will also help the planet, because it is a great honor and it is a great spiritual achievement for Gaia, the spirit of the Earth, to have its starseeds bring its energy field into the alignment with the star gate.

### THE USE OF SUBCRYSTALS

Perhaps you view the star gate as a place where you go to. This is correct, but perhaps you didn't know that energy from the star gate also comes down to the Earth. Not every planet in your galaxy ascends. Not every planet in the galaxy achieves the higher etheric energy field that would allow twelve etheric crystals to be downloaded and would also allow the alignment to occur with the star gate. Therefore, there is a reciprocal downloading of etheric energy from the star gate back into the Earth. This etheric downloading becomes activated at the downloading and completion of the twelfth etheric crystal.

Many of you have been working on subcrystals. Subcrystals are derivations and etheric reproductions of the downloaded crystal. So, for example, there is a crystal at Montserrat, and the Spanish starseeds created subcrystals in different areas on their peninsula. These subcrystals are serving wonderful functions, because they are able to serve as spiritual regulators and spiritual transformers. We will use the example of the electrical current to explain this concept. Imagine that there is a 5,000-volt energy current coming from a power plant, and then it has to be transformed into a lower voltage so that the people can activate and use that voltage. In the same way, the subcrystals are taking higher energy from main etheric crystals and bringing it to other areas.

These subcrystals now will also be receiving a higher uplifting when the twelfth crystal is downloaded. I emphasize again that the number twelve and the activation of the number twelve creates a powerful energy force that transcends each individual one. It is the power of the twelve that holographically creates a new energy field of light in

alliance with the Arcturian. I now turn the lecture over to Chief White Eagle. I am Juliano.

## Message from Chief White Eagle: A New Spiritual Technology

**H**ey yah hey! Hey yah hoh yay hey! Greetings, all my brothers and sisters, all my relations. All my words are sacred. I am Chief White Eagle.

Wow! What a time to be on the Earth. What a time to experience the energy of this planet. The Earth is alive. The Earth is responding to the blocks and looking for ways of releasing the energy. The Earth is trying to find a new balance. We are always in touch with the Earth. We are communicating with the Earth on all levels, at all times possible. The spirits of our grandmothers and our grandfathers are deep in the mountains and deep in the oceans and deep in the canyons.

Many different possibilities of energy shifts are now possible on the planet. These energy shifts are bubbling. It is like the Earth wants to find a balance that will work to hold the biosphere. You need to understand that the Earth, as a spirit, wants to keep the biosphere. The Earth, my friends, is a spiritual force. She is a spiritual planet. She is a planet of great honor. The Earth is a planet of great respect. She is known as the Blue Jewel.

The Earth wants to keep the life force energy field on her, but it is required that the Earth have assistance, because this new balance is in uncharted territories for her, and this new balance is not readily attainable for her spirit. Therefore, the Earth needs guidance. A new spiritual technology for the Earth, called biorelativity, has come to this planet now. This spiritual technology can be developed to maintain the biosphere.

### MODERATING THROUGH BIORELATIVITY

I know that there have been increases in earthquakes and increases in storms. I know that some are predicting that this is just the beginning and that there will be a series of more earthquakes and a series of more storms. Look at the situation from this perspective: one, the Earth has to release this energy; two, it is inevitable that this energy has to be released; three, how could the energy be lessened? How could the energy be pacified so that it is done and is released with the least possible harm to the biosphere? How could that energy be released for the least possible harm to the human inhabitants and also the least harm to the animal and plant worlds that are in that path of energy release?

I, Chief White Eagle, say to Mother Earth and Father Sky: We are gathered here to ask for a path of peace and a path of release that does minimal harm to any living being. We ask that these storms and these quakes be released at a

moderate level so that there will be the least destruction. I ask that each one who is reading and listening to my words send the words to Mother Earth through our thoughts: "Moderate and in balance; moderate and in balance."

This may mean that there could be storms, but they won't be as strong. You might have to have three storms that would be moderate, but not damaging, to equal the combined strength of one storm. In this way, the energy of that storm would be released but would be released moderately. This may mean that instead of having one earthquake at a scale of 9—which is very possible in the near future somewhere on this planet—then you might have three earthquakes that measure at the scale of 5, or four earthquakes that are above 6 on the Richter scale. This is how we see biorelativity working more effectively—now, that is, that the necessary energy releases can be moderated. We know that the Earth is coming to a much more active period, and these biorelativity exercises can help the Earth to moderate.

### **ALLIANCE WITH YOUR STAR FAMILY**

We see the twelve etheric crystals and the activation of these crystals as a time when the Earth is aligning with the star families. When we say the words "all our relations"

then we are talking about all our relations—not only on the Earth, but with the star family. I ask that each of you become aware that you are gaining two things with this twelfth crystal. One, we are gaining alignment with the star gate. Juliano has beautifully explained how that will affect you and the planet.

The second thing I want you to understand that you are gaining an alliance with your star family. This includes a powerful alignment with the Arcturians and the Pleiadians. This includes the many other starbeings that are throughout the galaxy. Therefore, your star family includes many of these higher beings throughout the galaxy. Now each of you who are in tune with this energy will be gaining the possibility of receiving more information directly from other planetary systems of higher light. Each of you will be gaining knowledge and information about how these planetary systems have come to offer solutions to some of the problems facing the Earth.

What a great gift, to be able to connect with your star family members throughout the galaxy and to bring through their knowledge and their wisdom back into the third dimension and the Earth. I am Chief White Eagle, including my star family relations. Ho! ✨

# **Seasons of Life**

## **Onereon through Jeff Michaels**

**A**s above, so below. We speak from the perspective of the realm of spirit. Now let us focus on the human experience, particularly the passing of time. Consider the process of physical aging. It is a necessary thing, when you exist within the realm of gravity, to observe and mark the passage of time and seasons. Cycles of life are often referred to as seasonal, particularly the later days of a human's lifespan. It is not a necessary thing to accept the current limitations of the passing of time or the process of aging.

We remind you now of the perceptive ability of the human family and also of the concept that perception is reality. For many centuries, when individual humans observed that they were getting old, the common belief

has been that they must also be losing power or strength. In believing, this became a reality. Observe humankind in its present state of existence, and you will see far fewer individuals believing they are in the autumn or winter of their lives. You will observe far fewer weakening physically as their lives progress. Are you one of these people? You can be!

### **A SEPARATE REALITY**

One of the strongest accomplishments of the last several generations is to learn and begin the practice of creating a personal reality. This is a process with a great deal of momentum. The next step is the lengthening of vitality by using inherent power rather than outside techniques. The idea of belief in vitality and self-healing is not new in history, but you have all been removed from it through the advent of medical science and advancing

#### **KEY POINTS**

- Now is the time to renew responsibility and belief in self-healing.
- "Create the concept of a balance life within your physical form."
- You have passed through a winter and a new season approaches—a season of planting.

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technology. We speak now of necessity to an older generation, but our message is for a younger one as well.

The generations achieving adulthood at this time are the inheritors of this process, and they are the ones who will build upon it in ways beyond the imagining of the generations just prior. They will integrate the approaches of physical technology and energetic healing. They are creating the partnership from all angles. Many are pursuing the health care process in what is considered a traditional way, the way of hospitals and pharmaceuticals. Yet many of them are practicing such disciplines as tai chi, meditation and yoga and are aware of the inner power of self-healing. Others who have grown up with parents who avoided the medical profession and focused on right eating and healthy lifestyles now find themselves less bound by the prejudices against medical practice than were their parents.

The result is an approach that reflects personal responsibility in caring for an individual's continued vitality. They will understand that many diseases exist due primarily to belief or stress, and they will eliminate the need for them. They have begun to alter society around the world, making the potential for peaceful and harmonious relations stronger and closer than at any time in all existence.

### **CONCORDANCE, CONVERGENCE, COALESCENCE**

Cycles are essentially regular, but they are not exact. Many elements and forces go into the action of the cycles, causing sometimes wide variations from predicted models. In the lifetimes of the generations here now on the planet Earth, you have experienced some of the widest variations in the history of humankind. These large swings will continue for some time, though the peak is near. Soon the harmonic coalescence will come to a completion and a cycle will begin to wind down, allowing life to settle in for a straighter and calmer period.

Yet there is no going backward to previous times. There will be movements to bring the older concepts to mass awareness. The goal of some will be the return of certain ages. The result will be a forward motion, bringing old and new into a concordance and convergence and finally to a coalescence of new ways of existence, not simply for humanity, but for the planet as well. Indeed, this is an energy promoted by Gaia herself. It is why we recommend touching the earth and getting into harmony with the planet. It is why crystals and herbal solutions have become so prominent in the practice of health and wellness.

A balance is being achieved. It is the season for such a thing. Begin to think of yourself in a balanced way. Create the concept of a balanced life within your physical form. You will find that wherever you are in the span of your lifetime, your vitality will grow and you will move in a straighter and calmer way.

Those of you at the end of the cycle of earthly life will find more fulfillment and activity than previous generations believed possible. Those at the other end of the spectrum will find a level of enlightenment that previous generations

took years to achieve. In fact, the generations now being born are the conclusion of a bridge from one style of human living into another. Your life is an element of that structure. Your life is important in the vast vision of the purpose of the Earth. Believe this. Believe in your personal importance and that of others.

### **HARMONIOUS GENERATIONS**

Now that the concept of harmony has been conceived and passed through the unique process of the concordance, the convergence and the coalescence of human consciousness, it can progress and be assimilated by all incoming life. The planet has been prepared. There is still much work to do, and no one is to sit still now as if his or her job is concluded! Life is a continuing process and while you are incarnate you must continue to filter yourself and grow. We tell you now that these times are wondrous. Your works will not soon be forgotten.

When speaking of cycles, it is helpful to recall the concept of earth, air, fire and water. The children of the near future will be more concerned with air and water. The past generations have seen earth and fire as a primary means for advancing the human family. Possession of land and the transformation of elements into power will be of lesser importance to the ones that are just beginning to take stewardship. They will focus on water and air, not just in terms of cleanliness, but also in the harmonious use of these elements to power future society. A time will come when earth and fire will be of concern again, but that is further away than we care to address at this time.

The accent, the underlying motivation of human endeavor for the next generations, will be to exist together not just with one another but also with the planet and all life. In the future, it will be difficult for them to comprehend the conflicts and divisions of these current times. It will be these things that are forgotten. Why not begin that process now within yourselves?

This will be true for all elements of society. Politics and religion are changing daily. You are witness to the wild swings and radical works that represent old thought trying to be viable in the face of a new age. It is the defining of what is actually human progress versus what is merely the desire for personal political power. It is the understanding of the difference between abundance and greed. It is the realization of true spiritual connection beyond rigid religious dogma. Just as the old empires have faded, and monarchies and ruling classes have been replaced with a spirit of equalization among all people, the foreseeable future will be one of strong individuals combining in conscious choice to create communities of growth in many areas of interest. No borders will divide them and the very idea that such things once existed will be a puzzle.

At one time, the idea of possessions and power over other people was believed to equal happiness. This has proven to be a hollow concept. Now the belief of equality for all life has taken root and will not easily be removed.

Humanity grows in this area constantly—fitfully at times, but growth is seen everywhere. Just as spirituality and its shadow, religion, were dramatically different at the end of the twentieth century than at the conclusion of the nineteenth, so, too, will spirituality be eminently different at the close of the twenty-first century. No longer is the belief apparent that one need to have an intercessor between you and the Source of all things. Personal relationship with your spiritual guides is a well known, though not always well accepted, thought. In the future, it will be an inescapable fact. Do you know your guides?

### THE SEASON

On a large scale of generational history, we note for you that you have passed through a winter. For many it has been

severe. The ones alive now are seeing signs of spring, the sign of growth. Soon a new season arrives. It is the season of planting. Now is the time to look to the fields, to decide what seeds will be used and what will yield the most successful crop and harvest for the future. The fertility of the future rests within each one of you. What you sow, you will reap. You know these words well. We add to them now. You are the seed and you are the harvest. What fruit comes from you? What have you provided that nourishes others?

As always, we emphasize the greatest of all fruits, those of love and joy and peace. These are the signs of a successful season and cycle of life. Take stock of your existence now. Prune away the things that do not yield this fruit. Strengthen yourself now and gain the nourishment you need. When the harvest arrives, you will be bountiful. ✨

# The End of the Cycle

## Jeshua ben Joseph (Jesus) through Judith Coates

**B**eloved one, I will speak with you about something you have been contemplating from time to time. It has come up in your discussions and you have wondered, “Why does this Jeshua not speak of certain timelines and certain prophecies? Why does this Jeshua keep it very simple?”

Other entities will speak to you of great federations, and there are those. Others will speak to you of great plans for the future—sometimes dire plans and sometimes hopeful plans. Others will speak to you of what you have to look out for and what may be coming. They speak to you of a myriad of things because you are asking and inviting—you want to know all of the dramas, all of the ideas.

It is the same as when you watch your movies; it is the same as when you turn on your television sets and tune in to certain programs. You want to know stories. And so there are plenty of entities and plenty of channels who bring you the stories so that you can play with them and be excited one way or another by what they are telling you.

And you have wondered, “Why is there not prophecy from this Jeshua?” Well, I have tried that from time to time,

and you have acknowledged that my timing is not your timing. It is because you are the creators of your reality, the creators of what you experience, and there is always that little bit of improvisation that you throw in from time to time.

### THE HEART FAMILY

I do not come to give you fanciful stories. I know you want them, I know you enjoy them and I also know that there are many sources that will give them to you. I speak to you from time to time about concepts in order to show you how they can be clues to what you truly want to remember. But the stories and the concepts are just that—they stay within the mind. The mind plays with them and has great fun.

As you have seen in this reality, you can find one story, one concept, and then you turn a page or you go to another website and find its opposite. And you wonder, “Well, is this one true or is that one true? Which is it? What is going to happen? I wish somebody would tell me.” I have heard you say that. Truly, no one can tell you except yourself. What you believe and what you work toward in your own belief system creates what you want the future to be. I have said to you many times that your so-called future is predicated upon your past—

### KEY POINTS

- “The mind will give you all sorts of things to play with, but the mind truly is the servant of the heart.”
- The cycle comes to a close as you realize that you are the one who is creating.
- “As long as you draw breath, you have the power to live in that expanded state of excitement about making your dream manifest.”



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what you believe your past has been—and you usually extend the past into the future.

Now, if you have had a past that you believe to be negative, abusive and hard—all of you have known lifetimes like that—then there is a proclivity to look toward the future and say that the future is going to be a struggle. If you have a remembrance of love and harmony, which is resonance with other ones, then you tend to bring that forward out of your past and project it into the future. But it is all mental, subconscious though it may be, at that point.

What I speak to you is of the heart. I call you the heart family because you are of the heart. You play with the mind; you have fun with the mind. The mind will give you all sorts of things to play with, but the mind truly is the servant of the heart. As you remember to dwell in the heart—in the place of love that does not have to understand mentally what love is but knows it, feels it and abides in peace—then the mind will set about allowing you to manifest peace, love, harmony and trust.

Go first to the heart. Go to the place of beholder in love. Then allow the mind to work out what is best for the soul's purpose and the heart's purpose. Play with the mind as much as you want to. You have created it so that you can play with it—the same as you would play with any of the puzzles or the games that you make. Play with it if you want to, but remember always that everything comes from the place of the heart. That is where your power lies.

## THE PROCESS OF 2012

Now, within the mental concepts are truths—lower case *t*. And there is a concept that is being widely accepted among those in your group of shared belief systems that says the year 2012 is going to be a momentous year, and you should get your ducks in order while you still have time. You have been wondering, "What more can I do? How can I get my ducks in order when I don't even know where my ducks are or how many I might have?" So you do a lot of mental gymnastics about the year 2012.

Now, there is a thread of truth that runs through this prophecy. The year 2012 is going to be an advantageous year; it is not going to be the end of everything. It is going to be part of the process that you are already in. There will be an extended time from the year 2012—what you call five decades—of a knowing that is already being built. This knowing is the remembrance of your own divinity, of your own power, of where you have come from and why you have come.

It has all been a process. The year 2012 is going to be an advantageous year because many who are in this grouping of belief systems are going to be expecting it, and that which you expect has the power to manifest. It is not going to be cataclysmic to the point where it is going to be the end of our holy Mother Earth. It is not going to be the end of this reality. It is going to be an evolutionary process that goes forward and will extend for a good period of time as it grows and evolves upon itself.



You have already set the building blocks in place, and you are going to keep on building. What you will see is a growing awareness within yourself because you have prayed for this, you have asked for this and you have prepared for this. There is going to be a growing awareness with friends and coworkers, as well as ones who don't even use the same terminology as you, of their purpose. Many have wondered and are wondering why they are here. They also wonder why they struggle. They wonder, "Am I just here for a short period of time, and is that all there is? Is there just one lifetime?" It is so often put forward in your religious and philosophical threads of thinking that there is just one lifetime and that there cannot be reincarnation—the remaking of realities.

So they are questioning, "How do I make the most of this one lifetime?" To introduce to them an idea that perhaps life is ongoing is a bit of an evolutionary leap for them, and yet they are asking to know this. And you are coming into your own power of remembering that you have been here many, many times and that you have the choice whether to return to this reality or any other reality on Mother Earth or to go to another constellation or galaxy to adventure in other forms.

As you remember that you have a choice, you begin to feel in your heart the expansion of divinity that is you. After the time period that you call 2012, there is going to be a progression of challenges for humankind, but there is also going to be a progression of understanding that the challenges are not so negative; they are gifts. It will be a process that will build exponentially upon itself—very much the same as the seed that comes up through the ground, which becomes the plant that reaches out and extends a leaf, and another leaf, and then a flower and then the fruit.

You are going to be part of it because you are adding your energy to it. You are going to understand what is going on at a very deep level, and at the same time you are going to be taking part in what seems to be the world level, but from a different perspective. You have this human lifetime so that you could be part of an awakening. The cycle is an evolutionary cycle from a place that remembers its divinity. It knows that it is creating into the place where it identifies with what is being created. It identifies with that creation to the point where it forgets, temporarily, who is doing the creating. And then there is the process you are in now—awakening to realize, "I am the one who is creating," and then, "If I am creating, I can change whatever I see happening."

And how do you change that? You change it by changing your perception; you have the power at any moment to change your perception of what is going on. No one else can change your perception except you. You have great power because you can change it. No one can take that from you. You are the one who holds the power of perception and of belief, and that is why, when you come to the year of 2012, there is going to be a gathering—a celebration, if you will—that you are already planning at a deep level. The year 2012 is going to be an advantageous year; it is not going to be the

ending of everything. It is going to be part of the ongoing process of the evolution of awakening. The cycle itself is going to extend past that date.

### THE POWER OF DREAM SHARING

Every concept that is given to you, every prophecy and every message carries a thread of truth within it. It depends on how you perceive that truth. I am saying to you, why would you not want to perceive it as good? You have done the suffering already. You have been there, done that. I have been there, done a bit of it and finished with it—completed. You can be and as you are: complete. Dream big dreams. Go for it. Allow the dream in the heart to be big, and then allow the mind to figure out how to do it in the world. Do not worry about all of the small details. The mind is going to take care of that. The mind is going to chew on all of the details like a dog chews on a bone. The mind will be very busy as it comes up with suggestions as to how to do the big dream of the heart.

Take a moment now. Take a deep breath and ask yourself, "What is my dream? If I could have, do or be anything that I want, what would it be? What would I do? Who would I be? How would I be? What is my dream?" Allow that feeling to stay with you. This evening when you put your head upon the pillow, go back to that feeling: "What do I want in my life? How do I want it to be? How do I want to be in my life? What is my greatest desire?" Then live from that space as if it could be true, because it can. You are the one who can make it happen.

The energy of other people that you want to join in with you is going to be there as well. You say to yourself, "I know it. I feel it. I share my dream, my idea, with this other person. I share it with myself and all of the aspects of myself. And I feel so uplifted and so excited that I can't wait to talk about it to this other one." You get together and you are extremely positive about what can be and what you can put together. You live in a space of possibilities, unlimited possibilities, and it feels so good. And the reason that it feels so good is because it is true.

You are not limited. When you get in the space of excitement and you talk with another one about what you truly want to do, and they say, "Yes, you can do that. I'll join you. Let's do such and such," you are uplifted out of the world's struggles and you live in a divine space. It gives you the feeling that you can do anything.

Many of you have felt stuck. You have felt that you had to do such and such because that is what the world expected you to do. You had to earn the golden coins; you had to stay in a certain occupation. You had to go here and go there. Whenever you are thinking about something that you have to do, you get the feeling that resonates in the body—often it is right in the solar plexus and you feel like you could throw up. Why do you feel nauseous at that point? It is because you truly want, at the soul level, to throw it out and get rid of it, and sometimes you physically do that.

When you are living in the space of excitement—planning unlimited possibilities of what you can do—and you say, “Yes, I can do that,” you are saying yes to your divine power. When you do this, everything else has to fall in place, even if the separated ego questions your every decision. Now, there is a caveat here. You do need to look at what you might be rebelling against and understand why you do not feel exactly happy where you are and why you might want to change it all.

Maybe there are issues that need to be looked at with a new perspective—to be seen in holiness, to be seen as blessed. You do not have to throw it all out, but you can change some of the parts of it. You can change some of the parts of it without even moving from your chair because you can change how you look at it. And then sometimes you will make a physical change.

### **You Do NOTHING ALONE**

When you live in the place of excitement, you call in all of your angels, your guides and all of the unseen ones who are always around you. But you do not always hear them because you are too focused on what is wrong, what might be wrong or whatever issue might come up. When you are in that place of excitement, you have an opening of energy. You are open to receiving help from the higher realms, and what you are planning to do is given more impetus to move forward.

Now, I have said to you many times that you do nothing alone. You may think that you have to make all the decisions yourself. You may think you are doing it all by yourself, that it is a real “heavy” to have to decide something. But truly, you do not do anything alone. Your guides, teachers and angels are always working with you. The wise masters with whom you have walked the face of our holy Mother Earth in physical form in other lifetimes are there to be called upon. Sometimes you have spent the in-between lifetimes being their angel or their guide.

Share your biggest dream with others who you know are in a receptive, supportive space. Share with others who will say, “Yes, I believe that for you. I know that to be true. I know you can do that.” Share that feeling of power, and know that truly any time you want to call on that power, it is right there within you.

It is what I have spoken of as the heart and the simplicity of the heart—not having to worry about all of the details. You allow the mind to play with those, but you abide in the heart, that place of great power and expansion. Then the separated ego will run onstage and say, “But master, what about? Well, master, what if? How can we do this? They say I can’t do this. I’m too old to do this.” Well, you are never too old as long as you draw breath. You are never too old, even if the body has come to a place where it does not move with the flexibility that you used to know, even if the body has to be in a prone position and even if the body is in one of your wheeled chairs and does not move except as somebody else helps it to move.

As long as you draw breath, you have the power to live in that expanded state of excitement about making your dream manifest. So you see, you have no excuses. As long as you draw breath, you are alive; as long as you are living in this incarnation, you can do anything. You have an example of this right now in the one who is known as Stephen Hawking. He is not as mobile as the rest of you, but he has a great mind and is very much alive. And because he does not have to worry about the body, he is free in his mind to go anywhere, to imagine, to think and to devise ideas that some of you who are able to physically go everywhere do not have time for.

So as long as you draw breath, you are in a place of unlimited possibilities. Let no one tell you what your truth is. Others can only tell you what their truth is and what their perspective is, but it does not have to be yours. Many times it is not yours. Let no one tell you what your truth has to be because you are the maker of your truth moment by moment. So you can make your life anything and any way you want it to be.

### **You WILL FEEL IT**

You are approaching the end of a cycle of energy. You have gone from knowing the divinity in the most dense of densities, and then you have come to a place where there is a questioning—a clue that perhaps there is more than just what you have termed the Dark Ages. Perhaps there is more than just existence. You are now on the upward swing, closing in on what I have called the apogee, or the top of the cycle. Many of you will feel the energy expanding and the awareness of divinity—the awakening. You will feel it within the heart and you will know it to be true, even if others question it.

The end of the cycle is approaching. It is not here just yet because you have not declared that you want it right now. You want to go through a process. You have agreed to the process of time. So you will celebrate the year of 2012, and you will celebrate the year of 2013, 2014 and 2015 until you come to a certain place where there is an ending of a cycle for many. It will not end for all because there are some who yet feel there is more to experience in the human plane—more of the drama that they want to experience. They will stay in this reality, but you will not.

You will have finished the cycle, and then you will be looking around. You will say, “Now what can I play with, where can I go and what can I create?” The creative One—capital O—expresses itself in myriad forms, places and realities. The creative One is forever creating and expanding, beyond time itself, in order to express itself in new ways. That is what creation is all about—it is coming up with new ideas, coming up with new creations and sometimes getting drawn into those creations to the place where there is again the cycle of density and awakening.

You are very much closing in on the end of this cycle. Celebrate, dream the dreams and share with others the excitement of possibilities. Believe, trust, dream and know that always you are the divine holy One. So be it. ✨

# Reality Quaking: Redefining the 2012 Phenomenon

## Mother Earth (Gaia) through Pepper Lewis

*A dear friend of mine has been stricken with panic since reading a dire warning about devastating earthquakes that are due to strike California. Another friend sent me an email about the U.S. economy collapsing completely and resulting in hunger, violence and so on. Apparently, a "prophet" dreamed that it would be so and decided to post it on facebook. Needless to say, the predicted date passed without incident, but not before spreading fear like a wildfire. It amazes me that there are so many doomsday predictions and that people are taking them seriously. Where is our common sense?*

**C**ommon sense would be more common if people actually shared the senses that they have in common with one another, including intuitive abilities, telepathic sequencing, intellectual, reasoning faculties and collective consciousness. All of these are based upon humanity's natural understanding of itself. Common sense is the actual area in which all of the senses come together. This sense data is then processed and immediately made available to the individual, whose perception fulfills the next function. Individuals have different common sense based upon what their own personal and social experiences have shown them. Once all of the various sensations have been categorized, they are ready to be passed on to the group or collective consciousness. Currently, the term "common sense" refers to beliefs or

propositions that most people would consider prudent and sound without reliance on esoteric knowledge, study or research. So why do so many people take doomsday predictions seriously?

The simple truth is that humanity believes in the possibility of its own extinction. It has witnessed and even participated in the extinction of other Earth life forms and has studied a variety of probable theories for the extinction of some of its own ancestors. Your holy books suggest that both natural and unnatural forces have or have had power over you and that you must struggle to make your way in life. Scripture common to a variety of religions also tells of celestial beings who work tirelessly on your behalf, defending and upholding your will in this life and beyond. Humans are the only beings on Earth who know that they will die, and you have come to expect that disease, old age or an unforeseen catastrophe will one day take you elsewhere. As this is a time of unprecedented change, it is not surprising that you are searching for precautions and preparations.

### THE DOOMSDAY ARGUMENT

Humanity's collective cellular memory has retained records of every event in its history, including those that might be called doomsday events. A doomsday event is a specific, plausibly verifiable or hypothetical occurrence that has an exceptionally destructive effect on the human race. Hypothetical doomsday events include major disruptions in human civilization, extinction of human life, destruction of planet Earth and even the annihilation of the entire universe. More than 50 percent of you believe that at least one of these scenarios is possible, and an even greater percentage believes that such an event would likely be brought about by humankind. Doomsday scenarios can be divided into three major categories:

#### KEY POINTS

- As the year 2012 approaches, many are beginning to be overwhelmed with increasing concern and even fear about the possibility of doomsday scenarios associated with that date.
- Those with mystical understanding about the significance of the year 2012, however, realize that this event is part of an evolutionary leap and that you are simultaneously exploring other timelines, dimensions and potentials for growth, causing "reality quakes" that are part of evolutionary growth.
- Your beliefs will take you almost anywhere, but it is always best to decide that for yourself. You are now on the fast track in the discovery and development of all of your faculties. It is time to put into practice all that you have studied and learned over several millennia.

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natural occurrences, scenarios brought about by human beings and supernatural events.

Natural occurrences might include a global pandemic, a geological event, a gamma ray burst or other devastating cosmic radiance, an abrupt reorientation of Earth's axis of rotation, a drastic increase or decrease in the Sun's power output, an impact event such as a collision with a large meteoroid, asteroid or comet, a sudden change in the physical constants that govern the universe, the close approach of a black hole or severe climate change and more. A smattering of human-made events to consider include the devastating depletion of important and necessary planetary resources, a nuclear, chemical or biological war, a cybernetic revolt, unchecked global warming, particle collision based upon failed Hadron collider tests (or other large-scale colliders) and more. Supernatural events consist of all other possibilities that cannot be explained or included in the previous two categories, such as an act of divine retribution or purification as might be inspired by the Last Judgment or other religious circumstance.

Arguments for and against doomsday scenarios are almost as old as the Earth but rise and fall in popularity in accordance with empirical data, religious doctrine, archaeological discoveries, predictions and postulations, changes in calendar count and spiritual or mystical beliefs. Humanity is currently experiencing a moment of heightened sensitivity in this regard, and its excitement and anxiety will continue to rise into the foreseeable future. The branch of philosophy most concerned with this phenomenon is appropriately named "Eschatology," which is the study of what is believed to be the final events in the history of the world or the ultimate destiny of humanity, also referred to as the end of the world or the end of days. Interestingly, mystical traditions typically see the end of the world metaphorically, as the end of ordinary reality and the reunion with the divine. By contrast, the ultimate destiny of humanity is taught by many traditional religions as an actual future event or set of events that have been prophesied in sacred texts.

Distinctions in historical periods and measurements of time have also contributed to differences in theological significance. In mystical traditions, the end of time relates to escaping confinement within a given reality. On the other hand, some religions whose interpretations are more literal believe in the physical destruction of the planet and all living things upon it. A related and more modern belief system, "apocalypticism," which includes both religious and secular followers, believes in a violent disruption and destruction of the world and in the consummation, perfection and creation of the next world. Such beliefs generally include the human race surviving in some new form and usually describe the emergence of a New Age.

### THE 2012 PHENOMENON

Today, the 2012 phenomenon has taken center stage, and for at least the next few years, any challenge or mys-

tery associated with human life on Earth will in some way be attributed to the 2012 phenomenon. Basically, the 2012 phenomenon consists of a range of beliefs and proposals that suggests that one or more transformative events will occur in the year 2012, with an emphasis upon December 21 as the winter solstice and the most significant day of the year. The 2012 phenomenon is not new and has been a part of human archaeoastronomical speculation since at least 3113 B.C.E., approximately measured in astronomical years. December 21, 2012 is the last day of the fourth world in the Mayan Long Count calendar, the end of a 5,125-year cycle. Other pre-Columbian Mesoamerican cultures used similar calendars and had alternate beliefs about the calendar's creation and purpose. Some of these include mythical creation dates, numerological constructions and prophecies from extraterrestrial beings.

The Mayan calendar included calendars and almanacs that were used to determine what day it was, whether it was a civil or ceremonial and divine day, what god ruled the day and how well the crops might fare in a given cycle. It is important to note that the Mayan calendar as it is called today did not originate with the Maya, but with their ancestors the Toltec and the ones before them as well. One version of the calendar took into account not only the date, but also the influence of time upon the linear relationship with respect to the distant past and the far future. From a mythical starting point of origination, the calendar was capable of referring to—or predicting with great accuracy—the relationship of any one date to another or to the calendar itself. This is how December 21 was arrived upon as the end of the Fifth World. The Maya also kept track of lunar cycles and the cycles of other planets, most specifically that of Venus.

The Mayan culture and calendar has been a grand teacher for humanity and a specific point of reference for spiritualists, New Age thinkers, futurists and other students of life. The New Age interpretation of the 2012 phenomenon is strongly rooted in the Mayan culture, but many are divided in their beliefs. While some believe that the Earth and its inhabitants—some or all—will undergo a physical and spiritual transformation that will mark the beginning of a new era, others believe that the 2012 date marks the beginning of a destructive and apocalyptic time of great change in which humanity is further divided, challenged, adversely by nature and other forces and vastly reduced in number. Both ideas continue to proliferate, producing offspring theories and conjectures that perplex, mystify and frighten logical thinkers and irrational theorists alike. Interestingly, the classic Mayan calendar does not suggest or predict impending doom or specific catastrophes of any kind. Even among modern Mayans there is little universal agreement about what, if anything, the date might mean or bring.

Attempts by academics such as astronomers and natural scientists to dispel 2012 theories and rumors have been almost completely unsuccessful. Contemporary main-

stream scholars continue to reject apocalyptic forecasts, arguing that the date is largely irrelevant and that acceptable or available source material is scarce, contradictory and unsubstantiated. The intellectually elite liken fears about 2012 to those that surfaced around the year 2000, citing this reference as an adequate analysis of the phenomenon, yet the phenomenon persists. Why?

### THE ADAPTATION PRINCIPLE

Human evolution is largely based upon physical and psychological adaptation, a relativistic concept that explains collective leaps in consciousness as well as new eras or ages. Adaptation leads to changes in both belief and behavior and assists humanity to push beyond the limits of rationality, which in turn allows humanity to solve recurrent questions about human ancestry and current problems of an environmental nature. Behaviors and emotions that are universal or at least cross-cultural tend to reflect the greatest results. Therefore, when large groups of humans begin to believe and act in new and different ways, even irregular and erratic ones, a new genetic and biological material is born whose cognition leads to the expansion of all things, including a deeper understanding of the world(s), the size and scope of the universe and the individual's relationship to All That Is.

The ongoing effect of Hubble telescope's representations of the universe upon humanity is a living example of this adaptation principle. Consider for a moment how your view of the cosmos has changed. Hubble has taught humanity that extra-solar planets are quite common, and has put to rest the idea that our Sun is unusual in having planets. In fact, it would be fair to say that the Earth is a relatively ordinary planet orbiting a relatively ordinary star in an ordinary galaxy, one of countless others in this universe within an even greater multiverse that will one day merge with the omniverse. Humanity has learned that it is not simply a privileged observer of the universe. It is part of the Earth's biosphere, not above it, beneath it or unique to it. This understanding is an important key to other upcoming leaps in consciousness and evolution.

### LEAPS IN EVOLUTION

The onset of an evolutionary leap can be a difficult and inconsistent time for humanity. It creates large gaps that humanity must contend with, including some but not all of the physical and psychological anomalies that you are currently undergoing. A marked increase in melancholy and depression is one, as is a decrease in the stability of present-day and past memory recall, physical or sexual orientation, a worrisome concern for one's physical surroundings, a general sense of lack of everything—from wellness to physical and economic resources—a bleak or obscure outlook of the future and increased fear, anxiety and even panic over the normal challenges of life. While these are no more than symptoms of change, they are nonetheless taxing upon the central nervous system and upsetting to the personality self.

Evolutionary leaps also spark changes in the nature and structure of reality. Reality is what you call your existence upon the Earth. It consists of everything that exists in your life or happens to you. Your reality allows you to feel authentic and alive. During an evolutionary leap, the future of your reality (this reality) is possible but not necessarily probable, because you are simultaneously exploring other timelines, dimensions and potentials for growth. When the certainty of one future is not guaranteed, other futures exist as possibilities. They become real, exist in the same moment as you do and operate under the same variable laws as you do. This is a very accurate description of what you are presently undergoing and why the sky is the limit as far as your uncertainties are concerned.

Those with an ability to see beyond the ordinary—as well as those who channel, interpret or otherwise divine what remains hidden or invisible to others—are not exempt from the pitfalls and gaps that exist in the present moment. This includes oracles, clairvoyants, mystics, philosophers and visionaries as well as those who interpret dreams for themselves or others and more. In fact, it could be argued that those who would assemble under this flag are even more susceptible to “reality quaking” than others. A reality quake is what happens to a reality that has been overly stressed, corrupted or compromised by another force—natural or otherwise.

Such influences include but are not limited to belief systems, unique crossroads and timelines, dimensions, new discoveries and revelations. Under the effect of these new influences, the first reality can no longer exist in its present form nor sustain or uphold the original framework from which it was created. A quake brought about by one or more influences has now compelled a modification of the original reality in part or in whole. The original structure, which now contains less of the material from which realities are made, can never be recovered or restored; it has been forever altered.

Where do prophets and prophecies come in? They are the glue that helps to fill the cracks in the cosmic egg. They offer bridges from here to there, if there is where you want to go. Your beliefs will take you almost anywhere, but it is always best to decide that for yourself, if at all possible. Like it or not, you are now on the fast track in the discovery and development of all of your faculties. It is time to put into practice all that you have studied and learned over several millennia.

Allow those who thunder and quake that the end is near to collapse under the weight of their own words. Be led if you like, but not misled if at all possible. The end is as near as the next beginning. It is simply a matter of turning the page with an eagerness to experience what is next. I submit to you that change is inevitable and evolution unavoidable. Surrender the obsolete, embrace the new and anticipate the next experience with an open heart and mind. ☼ © Pepper Lewis, 2009. All Rights Reserved.



# A Meditation: Open the Golden Door

OMA through Frankie Z Avery

Lily Dale, New York

**S**o many similarities bring people together at the same time in the same place. One unique thread we see that brings this gathering together is that each one of you—and we have never seen so many in one group—are on the precipice of evolution. The energies are preparing people for it.

Another thread we observe in this gathering is that you have lines of incarnation in common. You share similar awakenings to your heritage as philosophical and religious trustees of one of two incarnating factions. Many of you are experiencing the energies that you get from your Egyptian incarnation; in fact, many of you are getting messages now from your guides and teachers. The rest of you at the moment are, via your guides and your teachers, feeling your aboriginal incarnations. By “aboriginal” we mean those who are originally native to this land, whom you would call American Indians. This energy is very much alive.

## RESONATING WITH THE DIVINE

As you become aware of heritage, it is important and very good for you to study what people call the gods of those philosophies. In considering concepts of god, keep in mind the distinction between those who know and those who believe. Believers will say, “God is whom I must pray to, make amends or sacrifices to, or hide my guilt and sin from.” Those who know feel the resonance of the divine regardless of the face on it. They know that the faces put on legends of divinity, as it were, are archetypes. In many ways archetypes represent aspects of yourself. Then, because you can recognize them externally, you can be them internally. So it is for you and yours not to salute the divine in your external world, but to awaken to the

### KEY POINTS

- “In many ways archetypes represent aspects of yourself. Then, because you can recognize them externally, you can be them internally.”
- You may be one of the many who are beginning to see individuals as threads or fibers of energy, taking on different spatial locations.
- “Humility is the ability to learn. Humility is the ability to breathe in newness and let it make you larger than the self you were a moment ago.”

divinity within you. Live it, breathe it, be it, express it, share it, touch it, feel it, sweat it and become harmonious with it. As you do that, you come into harmony with others—even with those whom you would call enemy or look down upon disparagingly.

This whole time period is about resonating with the divine, attuning with that essence within yourself. The reason so many are incarnating now, teaching now and being here now is because of resonance. For the first time, all the factors are in alignment—the external energies of your planet, the personal, dynamic existence of your population, those teachers from many, many lifetimes and those wanting to awaken who have been brought on by the heralds you call the Indigo children. Energies are occurring to make this manifest. How many of you are discovering that when you decide to put your hands on your hips, stomp an indignant foot or point that finger, people now laugh at you instead of becoming angry? What is happening is that as this energy awakens, people aren’t taking fury, anger or negativity seriously. Why? Because it is no longer affecting them acutely.

Another thing occurring during this time and space is the diminishing number of those who would make war. Those who would kill for the art, the sport and the fun of killing are becoming fewer and fewer. Isn’t that interesting, especially with all the news you are getting? They become fewer because more and more people are getting up—not to say, “This is wrong” or “That is bad,” but to say, “I have discovered another way. I have discovered another path that holds truth.” This is what the teachers outside the physical body have been whispering in your ears. They’ve been talking for what seems like generations. Now people on Earth have the ears to hear. And you’ve been hearing it. It’s heard in indigenous populations all over the world, and you hear it in your country. The voices of those original founders of this wonderful continent are returning with a flourish to cherish the lands and the



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space again. They say, "We ought to be one with the land, one with the animals and one with the water." Many of you have been walking through the woods here and seen visions of indigenous people. Pray, help you if you throw some litter on the ground because there is nothing like hearing indignant indigenous! [Laughs].

Now things are getting much louder—voices as well as right and wrong indications from your guides. For generations the messages sounded like, "You will find your way. We will show you how to pray and how to meditate. We will show you how to transport yourself in your visions beyond the now and your present locations." Before it was, "Ah, we will evolve." However, since the quickening, you're getting very specific directions. You hear, "This is right for you. This is not right." What is now right for the Earth is what is right for you—"Ruin the rainforest and you kill the Earth. Put another golf course in the Amazon, and you will find yourself flooded out." Many of you have lived in coastal cities. Especially if you live in coastal cities, your teachers are telling you to raise your voices against golf courses in the Amazon region because this contributes to melting the ice cap. Your teachers are no longer being gentle hosts. No, they are saying, "There is work to do, and there is work to be done quickly!"

### **HAVE FAITH IN YOUR TEACHERS**

One thing we are here to share with you is that there are many angels now who are here to clean up any mess. Because of the speed at which changes are occurring since the quickening and the lowering of the magnetic blanket around the world, those energies that are negative are more negative. You are seeing a violence being discharged in the etheric realms. So in regard to mediumship, don't heal it. Stay away from it. Why? It's not your work to contend with. This is one of the reasons we will close this session with a technique, the golden door meditation, which will also give you greater access to your guides.

Some of you are experiencing your guides through dreams. Some have chosen to take time to meditate and awaken to your teachers. Others go out and seek guidance in order to assist in getting to them. And some of you are being tracked down and trapped by your guides so you will listen to them. Have you felt a tap-tap-tap on your heads? Have you noticed recently that you've hurt a leg, an ankle or something that prevents you from running away? Oftentimes when your guides can't get in touch with you in any other way, they will walk with you for a moment and slow you down a bit. This is why you should be alert to your body; bodies do not lie. Have faith in your teachers—they will find you. Oftentimes it is said that when the student is ready, the teacher appears. No, often the teacher appears to get you ready! You're ready whether you want to be or not. Why do we say "whether you want to be or not" when there's been so much clamoring about the goodness of free will? It's simple. There isn't time to meander anymore.

There isn't time to play pretend spirituality. What is spirituality anyway? And again, if OMA's words don't fall lightly on your heart, throw them out. Spirituality isn't the knowledge but the vibration of oneness with all things—where that divine essence resonates through you. It resonates through the ground, through the rocks, through the water and—hardest of all to accept—through others. Often it is difficult to see the radiance, beauty and divinity in someone who is casting stones, especially at you. But that, as you awaken to this divine within yourself, is what you are beginning to see.

How many of you have been seeing through the eyes of others these days? You could be looking straight ahead, and all of a sudden a view goes across your mind that you're not even participating in, and you realize you are seeing through the eyes of another. Frightening, isn't it? Especially for those parents who are doing this with their children. Seeing the world through the eyes of a child again? Whew! How many of you are discovering that when you are close with someone or when you go to bed concerned about someone, you dream his or her dreams? We know this is happening to each one of you because that's another thread.

Another phenomenon is occurring. We are not sure if this is a warning, a suggestion or just a telling, but you are beginning to witness people as threads of energy. Especially if you're tired, you may begin to see people take on different spatial locations. Instead of solid figures, you may see fibers of energy. Maybe you have been doing this and thought it was something you had to eat. You may have said to yourself, "Look at that. They look a bit fuzzy. It must be the wine I am making." Well, no. Keep making your wine, as that will certainly help people—isn't it nice to live in an arbor? Remember that a little wine can be very good as a meditation tool. Now, the operative word here is "little." A little wine can be good. Seeing people as energy threads is what your teachers have been speaking about for decades.

### **CULTIVATING A HUMBLE HEART**

We know mediums have united with those who have gone on to lead the way and teach. Perhaps you have wondered or asked, "What's the name of my guide?" Well, what difference does it make? Since guides are not in a physical body, the only person to whom a name means anything is you. Yet if it makes you more comfortable with guides to give them all a name, they're yours to do so. OMA had no name because we had no body, but it is much easier for the channel to say, "Would you like to speak to OMA?" instead of, "Would you like to speak to the vortex of energy that has never been in a body, that has been around for a long time and that's now going to communicate through me?" OMA is easier.

It is the same thing with your guides, some of whom have been in physical bodies. They will tell you what you need to know. Not only will your guides tell you what

you need to know, but your guides will come to you in a way that you can understand, relate to and recognize. For example, if you live in the heart of China, you wouldn't see an Anglo-Saxon saint as a guide if you've never seen an Anglo-Saxon. If you had lived in the heart of Alaska, what might be your guide? An eagle, a polar bear, a seal or a whale? Is that any more or less spiritual? Of course not. Your guide will communicate with you in a language that you can relate to. What would be the point for your guide to speak in tongues or symbols that were unfamiliar to you? Remember, they have to work through your consciousness. It's very difficult for a guide to finally communicate with you unless you remain still. For one thing, you don't stay still long enough. Also, if you see a guide, you scare yourself. And if you don't scare yourself, you don't tell anyone because you think, "They'll think I'm crazy." And that scares you a little bit because you know you are! [Laughs]. Children, you work too hard conveying sanity. Sanity has caused spiritual emptiness for centuries, so cast away the need for sanity and you can open up your heart.

Perhaps you finally meet a guide, but decide the guide isn't who you need. How many of you have done that? You might say to this guide, "Oh you're telling me things to do that are too difficult." Or you don't get the answers that you want. Think about it—the answers that you want are the things that you already think you know. We beg you not to fight to defend the things that you know. That is what keeps you in a rut. Embrace the challenge of oxygen, of new, of questioning. It is a confused mind that is willing to learn. It is a humble heart that is willing to take in the voice of angels. If all you hear is what you know or agree with, you aren't growing. You know that.

### LET GO AND LET GOD

In truth, your guides are not teaching you anything. They are stripping away lifetimes of harbored struggle, suffering, pain, tragedy, comedy and belief systems that keep you locked in one place. Your guides are here to strip you of all that unwanted baggage. For what reason? To awaken the divine within you? No, the divine is already there. To awaken you! To awaken you to the divine that resides within you—the one who says, "Yes, I am one with the earth. I am here to protect animals, not use and abuse them. Why? Because I can see the perfection and the divinity with the animals, the birds and the leaves." Your guides are here to enhance your life by diminishing your struggle. They encourage you to surrender your weapons. Surrender your obstacles to goodness!

Surrender is relinquishing the refusal to let right action move through you. What does that mean? Well, in healing it means to quit focusing on the cure, quit fighting the disease and awaken to your wellness. In life it means to quit searching for bad or evil and awaken to good and beauty. Do you realize that if you looked infinitely through telescopes and microscopes, you'd never see evil? Where do you see evil? When you look at each other. So we say

let go. Surrender that and begin looking for the divine. How do you find it? You look for beauty. You look at a tree; you look in the eyes and the heart of your friend. You look to a sunrise, a sunset and a weed breaking through the earth. Why? Because the universe is perfection. You can't add to the perfection of the universe because it already is. What you can do is unencumber yourself from that which you have defined as imperfect. Have you become callous by holding to a belief system or fearing the loss of power or prestige? Whatever it is that you are afraid to lose is the very thing that is choking the life out of you. What are your guides telling you? Let go.

Let go. Many of you feel comfortable saying, "Let go and let God. Think about what that means. All let go means is free your heart and your spirit, and let the teachings begin. You'll find that teachings are truly remembrances. Why? Because once upon a time, before you took on these physical bodies, you were a lightbody. When you leave it, you still are. You have a consciousness that came with this physical body, but fortunately it evaporates eventually—and with it the guilt, the pain and the suffering. As you let go of that, you return to your own personal light. This is what your guides are teaching you—not only how to return to your light, but also how to be your own personal light.

### INTRODUCING THE MEDITATION

May we share a tool with you that facilitates with a connection to your guides? This meditation can make the journey easier for you. If you access the door in your heart and mind, you can become your own medium and find your teacher. Doing this exercise can open up your energy centers. You open up three of the many chakras that are beneath your feet and beneath your physical body. In actuality, you are opening up about ten. Then you will open up several of the chakras that are over your head too. Primarily, there are fourteen different chakras. Actually there are 365, but beyond some point, why mention them?

You also open a porthole in the veil between the worlds—not only between your physical world and your mental world, but also between your physical world and the etheric world. And you move yourself. Working with this energy moves your consciousness up to perhaps the top of the fourth ray to the bottom of the fifth ray, or dimension. The more you do this exercise, the more you will find yourself able to move higher and higher. The more you work with the exclusion of everything but the darkness and focus on the golden door, the more you will find that this is something that—if you went into the golden geometry—can open up doors to the mind that were not open before. It will also help form a greater rainbow bridge.

So you have this accessible door within your heart and mind through which anyone and anything can walk if they are invited. If they are invited. As you work with this technique of the golden door that we share with you, you can ask for someone specific to be on that other side of the door

and bring him or her in. You can pierce the veil with this and actually ask for somebody to emerge. You don't have to just have your guides and your teachers. If you wish, you can speak to a grandfather or to a historical figure. You can ask and see as someone comes to the door whether you want that person any closer. Because you can open this golden door to anything or anyone, we request that you be a bit cautious with this exercise.

Remember that if you wish to contact those who have recently departed, you can interfere with their journey. Those who have recently departed can be quite confused for days or weeks because as we first depart, we still have energies of the physical world. Through these migrations, as you leave a physical body behind, you leave your etheric body and your astral body behind also. The process can take anywhere from 21 to 108 days, depending on how enmeshed the person has been in their physical world, especially in pain or anger. Remember, any time you are angry, vengeful, bitter, temperamental or critical, like Marley's ghost you put another chain around your neck. You don't want to keep someone earthbound. Even with a good-hearted nature, it is possible to tie someone. Remember also, the divine wants your energy perfect, so we give you a door that opens *and* shuts.

Do remember that when you are doing such work on a physical level, you are putting a great stress and strain on the capillaries and the corpuscles in your brain. You children give so much. You give life to so many, and you give knowledge of eternal life to everyone with whom you speak. You do such brilliant work, but you can hurt yourself. OMA wishes to help you not hurt yourselves. We know many of you have a bad something—a bad back, bad legs, bad neck. So what we will share, all of you can do simply and easily. Many people think that it is better if you stand on your head, on one foot or do this or that to become more spiritual. Hopefully, the person who is telling you what you must do to become more spiritual is laughing at you, because eventually you realize that you are spiritual and you are spirit. You can quit pushing that rock, that boulder, uphill with one hand. If you become exhausted, then surrender and let go of the rock. Often exhaustion is the best spiritual teacher you have because you quit fighting. You go, [deep sigh] and all good things are made manifest, whether it is your healing, your life, your prosperity or your joys.

### **ACCESS THE GOLDEN DOOR**

Now focus on the last two fingers of both hands. And if you are one handed, one hand is fine. If you are no handed, that is okay too. You can feel the energy with no hands, can you not? Touch the last two fingers with your thumbs. Be careful with this particular exercise to keep your first two fingers apart. Don't let the middle fingers touch.

Then make yourself comfortable. If you have to, shake a bit. Even stomp a bit. When you stomp your feet, you are telling your body to expect an awakening transforma-

tion. Stomping actually does this. Expect a transformation from where? The ground up. With this you are awakening the first three to four chakras and aligning the rest of them. What you do is you open and let everything become awakened. Without very much action on your part, except breathing, the chakras will begin lining themselves up if you will sit quietly. Notice as you breathe that your body is going to want to make some changes for a minute—your arms and your legs. You will feel a need to wiggle around a bit, and this is good because this is your body telling you how to align itself. Don't fight it. What did we say before? People lie, and bodies tell the truth. You will sit how you think you should; your body will tell you how to sit in a way that is good for you to do this. And your body knows your truth.

Now many of you will find that you have a pain in one part of your palm, in one hand or the other. What will happen is that the more you do this work, the more that pain will go away. Remember what pain is. Pain is a conscious way of saying "stop that." What do we learn from pain? Nothing until you stop it. You learn what hurts from pain. You'll notice that the more you do this, the more it shows where you have resistance. If you didn't have resistance, you wouldn't be in a physical body. So bless it instead of fight it. What's the word? Surrender.

Next, sit quietly and affirm: "I am now bringing blessings and gratitude in and through my body. I am grateful for this opportunity to awaken to the divine within me so that I may reach out to the divine in all things at all times. I am grateful for the opportunity to awaken to the mind, the spirit and the consciousness that is there to teach me, walk with me and open doors of consciousness, existence and beauty. For this I am grateful. And it is with a grateful heart and an open mind that I begin this meditation. And so it is."

Now is the time to get into your breath. You notice that there is a darkness in your mind now for a moment. Into that darkness, with your eyes closed, you begin to peer. Off into the distance of your mind you will see a tiny golden door or a tiny golden door frame. It will appear to you somehow off in the distance as if it is miles away. And in truth, it is. It could be miles; it could be lifetimes. It could be in the fourth, fifth or sixth dimension, though it matters not. Now is the time to suspend all questions. As your mind begins asking, titting or tweaking at you, just breathe and let it go. Resume your attention on that tiny golden door.

With each exhale you are surrendering to your greater self. The door may be coming closer to you, or you may notice it beginning to open. Take another breath. As you exhale, you surrender to the teacher, the guide, who is moving through the door and in your direction. If you feel your composure wavering, just take another deep breath and what? You surrender. You are surrendering to the spirit of light, love and divine inspiration. You surrender to the teacher who is approaching you. It could be someone in

your genetic history. It could be someone who has been in body for a short time or who was embodied centuries ago. It could be someone you know. It could be a stranger. What do you do if this person approaches? You surrender. As this person approaches, you take his or her hand. You reach out your hand and you touch. And as you do, you see a light penetrating the darkness. You see a panorama of the vision your teacher wishes to share with you, and you just observe. You take a deep breath and you surrender.

If you are very quiet, you will notice there's a sound—a note, a musical instrument or something that you hear off into the distance that resonates with the energy of your teacher. Let yourself surrender. Subsequently, in your awakened state when you hear that sound, it oftentimes means that your teacher is present. If you inhale deeply, you will notice there is an aroma associated with contacting your teacher. This aroma will be unique to you and your teacher. In order for this teacher to be with you now, this teacher would have to have been with you before. Be thankful by saying, "I am grateful for the opportunity to make my mind, my body and my spirit humble." Humility

is the ability to learn. Humility is the ability to breathe in newness and let it make you larger than the self you were a moment ago.

If you wish, take a deep breath and exhale, and ask the teacher whose hand you were holding for the word that expresses what the two of you will be sharing together. One word. If you wish, you may ask now for a simple vision of what is to come as a result of the time you spend together—a simple vision and then let it go. Just for fun, ask your teacher, "What is my greatest gift as of this moment?" Then accept it and let it go. Do this by saying, "It is with great blessings that I welcome new teachings, new thoughts and new energies into my world, my life and my living experience."

You see your teacher move away and close the door. Now take a deep breath, release your hands and be kind to yourself as you open your eyes. Be very kind and move a bit. Were there some surprises, dear friends? Remember, children, you haven't had this wonderful time for touching into other dimensions and archangels for 2,000 years. What you can do now is why you are here. ✨

# A Year of Preparation

Kuthumi through Lynette Leckie-Clark

**M**y greetings to you as you link with my energy field. Many of you in recent times have become aware of energy, and you are beginning to understand the great energy contained in the light. Some of you are now working with the light energy to heal and assist other souls through these transitional times. These are the wise ones—the souls who have come to Earth to teach, to show the way to the light, to a new understanding. They spread their wisdom like rain on dry ground, and very soon, through their drops of wisdom, others begin to understand. Their souls rejoice, and they too gain higher wisdom and higher truth.

## KEY POINTS

- During this next year, many more of you will experience a year that will begin as a blank page, full of promise and challenge.
- To fully achieve all of your desires for this year, develop unshakable intent and belief in yourself while facing your ego and overcoming your fears and doubts.
- The new light energies about to flow over the planet are the strongest ever up until this time. Prepare yourself by overcoming your ego and allowing light to flow through you.

## NEW TRUTH FOR SOME

In your new year, many more will begin to understand a new truth, yet this will be a new truth only to them. For this truth that we relay to our channels is not new; no, it has always been. By your measure, it is ancient. Do you know that most of you on Earth are ancient also? Yes, you are, for if you added up the years of each life time you have experienced, you would be very surprised and understand that your soul is indeed ancient. Since your soul resides within you, you are ancient. So when you say, "Oh, I'm getting old," you are! Amusing, don't you think?

However, let us return to the subject of your new year. What a magnificent time for you all. Think of this year as a blank page, a year full of promise. It also brings you a great challenge, one we have been preparing you for. But let us go one step at a time: The first step is understanding that you do indeed have a blank page before you. It contains a wonderful opportunity. I ask you to be still, to think quietly and then ask yourself what it is you wish to achieve in this new year. What is it?

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It can be anything you desire. Do you wish to be financially abundant? Learn a new skill, obtain more knowledge. I tell you, there is great power in knowledge: Great positive power indeed. So what is it, my friend? What single task do you set yourself in this magnificent year before you?

Now I ask you to count your steps in achieving this task, this goal. Begin by looking at the first step. This is, of course, intent. If you are to be successful, you will require unshakable intent that you will achieve that which you have decided upon. Like all good foundations, your first step must be solid, strong. Faith is required and belief in yourself.

Next, you must build the following steps. Each step will take you closer to your goal. Ask yourself what it is you need to do or learn to achieve your goal by the end of this year. Each part becomes a step—a building block, some would say—to the summit of your goal. You see, you must believe in yourself. It has always been this way, my friend. As I said, this truth is not new, no.

Yet this year of 2010 is a year of promise. There is personal promise and anticipation as you take the steps toward your own achievements. Planning and foresight is required, is it not? Such great satisfaction is yours as you see your achievement in sight. A part of you knows you can do it—knows you can succeed and achieve. The great satisfaction of triumph is your reward. You understand it is so.

### A GREAT TURNING POINT IN YOUR EVOLUTION

Yet I also mentioned a great challenge before you. This is a challenge on the path of humankind. It is also an individual challenge. For at this great turning point in your evolution, it is time to face the ego of your mind. It is time to understand, to recognize and to overcome. This may sound like a difficult task to some of you, and yet I tell you truth when I say that understanding releases fear. What is the power the ego so desperately needs to operate, to survive? It is fear. Yes, fear. Fear operates on many levels. Even when you doubt, there is fear involved. Yet what is it you fear in that moment of doubt? Is it ridicule or that you may make a mistake? What is it? What is at the core

of your fear? Why do experience fear at any time?

Understand the reason, and you control your ego. Even one who appears egotistical resides in fear. He is afraid that he will appear inadequate or that others may not like him, so he puffs himself up like a peacock and portrays a different image of himself to others. He creates a mask to hide behind. Yet I ask you, why does he seek to hide if he does not fear? So I say to you, understand. Understand yourself, your behavior. Ask a trusted friend to be truthful to you. How do others see you? How do you see yourself? You see why I tell you that this is your greatest challenge this year.

### IT IS TIME

In this year, 2010, it is time—for as you as human beings overcome your fear, you overcome your ego mind as well. The ego continually battles with your soul. Some call the ego the personality. This is merely terminology; the part the ego plays remains the same. At first, you may find this a difficult task. The most difficult step is to recognize the ego at play. You will need to be watchful of yourself, your words and your thoughts. I give you one word to help you overcome, the same word I give to my students, a word of powerful energy. That word is “delete.”

As you recognize, use this word delete, and the action will be then gone from you. In that instant, you recognize, and you readjust your thoughts, your words and your actions. After a time, you will see that you are using the word delete less and less. So you overcome; you see? Practice, my friend. The rewards are great—the greatest rewards you will ever receive. You will overcome the ego mind, but greater than this, you will achieve enlightenment, for your soul will rejoice and light will freely flow to and from your being.

Another powerful gateway will be opened on 10-10-10. For those who have prepared, the new light energies will flow through them. The energy to come will be the strongest yet to flow onto the planet. This is why I give this message today. It is time. Prepare. Prepare for your new light-body on a New Earth. ✨

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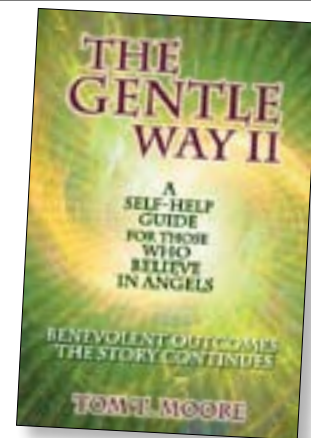
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# Emotions and Growth

## Golden Arrow through Alexandra McColm Ward

**G**reetings to you, greetings to you indeed. Truly it is a pleasure for us to be here with you, to commune with you and to interact with you in this way. It is truly a delightful experience for us. We understand in the deepest part of your being all of the emotions that you experience—all of them, from the exhilaration and happiness and fun all the way to the other extreme of hopelessness and frustration. We understand those feelings, those emotions—the highs and the lows, the extensities of them, the bigness of them. We would like for you to know that no matter how dramatic those emotions are, no matter how extreme they are, they are but just a portion of a simple experience. From our perspective, those experiences of the highs and the lows are the only way that you can expand and grow as a human being with the physical experience of living on this planet, living a physical experience. That is the only way. You would not be here otherwise.

### THE SECRET OF DIFFERENCES

We would like to explore with you the differences that each of you has as you are in relationship with another person. It does not matter if you are in relationship with a partner, a husband or wife, a family member, business partner or friend. It does not matter what title you put on the relationship; all are the same. It always comes down to two people thinking and feeling differently. It is very important to explore the journey that you are setting forth with another and explore the growth patterns that you each are having in relationship together. It is important to explore feelings, concepts, thoughts—all of that—because you each come from different thought patterns: male and female. The two are not the same in thought patterns. Each are different, the male aspect and the female aspect. In addition, you are from the aspect of your upbringing and the other person thinks and feels and comes from the experiences of his or her upbringing. So each one of you is a

### KEY POINTS

- Recognize that even when you feel utterly different from a person with whom you have a relationship, you are all truly the same.
- Do not judge yourself or others by the speed of your growth. Time has no relationship to growth.
- Instead, relish the current growth of knowledge and seatedness in the All That Is and realize that you are never truly alone.

different being, in every way. You are not the same, either one of you, in any way, except for the aspect of your Source energy. But from a physical, earthly aspect, you all are very different; rightly so, you are supposed to be. Even if you were identical twins, you would have totally different personalities, thoughts, ideas, concepts and beliefs.

So as you explore your differences, you are going to come around to know, believe and think about how wonderful it is that you all are so different. Even though you all are different, this does not mean that you all are not compatible. Compatible means the ability to work together—being different, but working together. So there are no male or female beliefs, thoughts, emotions that are not compatible. Now the secret—and there is a secret in here that most have missed along the way—is that once you appreciate the differences that you all have, then, and only then, will you be working together, whether that be in family relationships, business relationships or any other relationship. You are here on this planet to be in relationships. So you go about investigating and exploring, because exploring means looking into the unknown, and it is the unknown that holds all ideas, concepts and beliefs that are beyond the known. Does that make sense? It truly does make logical sense that if you are exploring the unknown, then what comes from that exploration is the known—new understandings that are then known by you. Do you understand?

What you all are about is sharing your life together in the framework of acknowledging the differences between you. Yet in that acknowledgement, you come to know that you are all going in the same direction. You are not, indeed, so different, so incompatible that you cannot understand each other and your communication. And you have the added ingredient of the willingness to be open to the more, to experience more.

So let us say this to you: Explore your differences, honor your differences and see the beauty in those differences. You all go about your challenges your own way. You cannot cross over and do anything at all about another's challenge. What could you possibly do that would bring knowing to them and their challenge? You can talk till

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you're blue in the face, but if it does not resonate with their challenge, it will do nothing for them.

### TIME HAS NO RELATIONSHIP TO GROWTH

So as you appreciate your differences and the different challenges that you each set up for yourselves, each allowing the other to set up your expressions, your fears, your contrasts and allowing each other to experience what it is that creates growth for each of you, it does not matter when you or they "get it." Time has no relationship to growth! If you did not live here on this planet and have this earthly experience, you would be at another level in another realm, growing without the contrasts that you have here on this planet. So there is no relation at all with time and growth. The growth happens in all ways, in every framework of reality.

So do not measure your growth. You can take a look at it, a glimpse at where you were one year, two years, three years, five years or even ten years ago. You can take a glimpse now, and what do you see? How far you have come, yes? But do not measure your growth by good or bad. Growth happens with or without you in this human form. And do not place so much importance on that growth. Why do you do that? You even place importance on others, on their growth or lack thereof, which is what you would call criticism and judgment—expectations, all of that. And, of course, if you do not put expectations and criticism and judgment on others, you put it on yourself. Why do you do that?

You are growing, whether or not you are awake or asleep. You are expanding and you are accelerating, whether you are awake or asleep, whether you are dead or alive. So what you have accomplished, what you have done, what you have experienced and what you have felt has been growth. And we would say that it is pretty decent growth. You don't need to feel good about your growth. Just the fact that you are here experiencing is confirmation enough that you are growing. From our perspective, we see the increments, the spaces of time, in that growth. We observe that; we see the vibrational flow that you give to us. We see those transformations from one phase to another phase, to another and another. That's all growth is—transformation from one phase into another, yes? Interesting how it's put that way: just a transforming, a movement from one element to another element and to another to another phase and so on. That's what Earth experience is all about. Now let's explore the specific questions that you have.

### FEELING THE VIBRATIONAL PATTERNS OF NATURE

*I had an experience while I was outside cutting wood. My body was vibrating and the energy of the plants and trees were merging with me. What was that all about?*

Yes, all right. To put it very simply, all is vibration, yes? Your visual sight is vibration, the hearing that comes to

your eardrum is vibration, and the body is vibrating at all times. So as you read written material, as you read those words that vibrate through your eyesight, they become real in the framework of your experience, your existence. And so what you physically experienced was the realm outside of the human realm. It is the plant and animal kingdom realm that vibrates in its own frequency. If you went up to a living tree—or a dead one; it does not matter—you would receive a vibrational pattern from that tree. Each tree has its own vibrational pattern. Each animal has its own vibrational pattern or, as you would call it, uniqueness—as does each human being.

So as you are in relationship, you are exploring each other's uniqueness. And your life is constantly that: exploring your uniqueness in relationship with another. So when you were outside cutting wood, you brought to you vibrational patterns of that which was around you, which was all of nature. And you were bringing to you those vibrational patterns that you felt energetically in your body and in your mind. Do you understand?

*Yes. At the time, I didn't see all that, but I did feel like there was a merging of that energy in me.*

Yes, because you were willing to bring that to you. We would give you the simple exercise to go out into your yard and place your arms and your body next to a tree. It does not matter what kind; in fact, we would suggest that you put your arms and your body around a very large evergreen tree, and feel that vibrational pattern, allow it to permeate you. Then go and put your arms and your body around a dead tree and feel its vibration. Finally, go and put your body around a leaf tree and feel its vibration and allow it to permeate you.

*That's an experience I've never had before. It seemed new, but it felt like I knew it. I just enjoyed it very much, and I know I can create it anytime I want to. Does that hold true with animals and rocks—anything?*

We suggest that you do that with everything that comes into your focus. You can even ask an animal or a bird to come to you. Just hold out your hand and ask them to come to you, and as they come nearer and nearer, they might hop onto or crawl onto your hand or your leg. Connect with them. Feel their vibration. Feel what it is that they would like for you to know. Feel what it is they would like to communicate to you, with you and express to them what you would like for them to know from you. How much do you appreciate each other and your differences? Explore that. Explore that with the rocks. Go wrap yourself around a very large rock, a boulder, and allow it to speak to you. Feel its vibration and what it has to tell you.

### IS 2012 GOING TO BE A RAPTURE?

*What is this "rapture" that many are talking about?*

You have your own opinion of what that is, what that looks like and so on, of course. Ask another, and you will,

no doubt, get a totally different opinion of what they think it will be. If you have twenty people in a room, every one of them will have a different definition of what it means to them. You all see it through the vision of what belief you hold about it. If you are from a religious background and upbringing, you will have the concept and belief of what you have been told by another. For us, from our perspective, a rapture is just an awakening. That is all that it is. No more, no less. A rapture is a coming in of knowledge, of knowingness. A rapture has been happening for the last twenty years: It has been a coming in of knowledge, a coming in of knowing, a coming in of seatedness in the more of All That Is. "Seatedness" is a very good word; we know that is not in your dictionary, but it describes the concept well: seatedness in the knowing. You would say that it is a confidence in the knowing.

*Does it also mean that there will be an awakening of the masses, or is it going to be a gradual awakening of many?*

All right, let's ask you this; does it matter if it is one or the masses? What is one versus the many? It is all one consciousness, yes? It is all one Source, yes?

*I guess the reason I ask is because all these people—churches and so on—talk of doom and gloom and 2012.*

It is all right; it is just a contrast for all of humanity to look at. That is all. When humanity sees and hears the doom and gloom, see if that fits for you. See if that is part of your reality. If that is not part of your reality, it will not be. You understand? It is just a contrast. Contrast comes for your growth. When you have a conflict or a contrast, it gives you the opportunity to explore how it fits for you, how you feel about it and how you are taking it in. It gives you the opportunity to know what it is that you do want and desire for your life. What a gift, yes? You create contrasts so that you can grow and expand and accelerate that growth. The secret is to see it for what it is and not get caught up in the drama of it. Life is supposed to be fun.

### **YOU DON'T HAVE TO BE ALONE**

*Is it correct to say that individual relationships—male and female, couples, groups—are just things that have been created by religion, that they segregate and create separation and not togetherness?*

In a way. That is not entirely the whole picture. Separation is created, not by religion, but by consensus reality—meaning everyone is a group agreeing to that framework of thought, everyone is agreeing to that framework within their own expression to the degree of their belief about it. So everyone has his or her own degree of belief about it, but they have come together even before incarnation, agreeing that they would come to this planet to experience this separateness. And in order to be on this planet called Earth, you must separate from non-physical and become physical; you must separate from Source energy to exhibit and experience aloneness.

So the discouragement that you feel when you think that no one cares, "I am alone in this," we would respond by saying that absolutely, you are. You are alone in that, at that moment. But you don't have to stay there. If you do not want to be alone, then choose to be in connection with someone, and if you feel separate and alone from your partner, then think about how you would go about being in connection with that person. You go to them, wrap your arms around them and say, "I feel so discouraged." As you make that statement, you become responsible for how you feel, and by wrapping your arms around your partner and expressing how you feel, you then have the opportunity to choose to be in connection with that person.

You choose to be separate, and you can then choose to be in connection. What you choose to experience is up to you. Even choosing an experience of discouragement gives you the opportunity to choose another experience other than discouragement, yes? A statement of intention to change the experience you are choosing to have in the moment is: "We intend and declare to be in connection with all life, knowing that we are one, and we bring this knowing to us now. Thank you so much, and so it is." An important thing to remember is that you cannot change an experience for another person; it is not up to you. You cannot fix anything for another, you can only change the experience that you are having for yourself. You are responsible for you and only you, no matter how difficult it is for you to see the way another person chooses experiences, no matter how painful that person appears to be for you as an observer. It is his or her choice of experience and it is up to that individual to come to clarity about it, in whatever way the person is going about it.

### **ALLOW SPACE FOR ALL THAT IS**

Let go of your thoughts about others and allow them to be in their experience. As you do that, you will find relief within yourself and it will allow them the space to flow through their experience. As you hold on to and remain solid in your thoughts about others, the more that energy remains stuck and solid within you and within them. The key is to let go—let go, let go—of anything and any thought that is not acceptance, honoring, appreciation and love. So as you do this for yourself, you do it for another.

We want for you to know that you are never alone. You may feel alone because of your belief about separateness, but when you drop the body, you are All That Is: you *are* that. So as you practice knowing—as you practice stating your intention to know and feel that oneness—you will, indeed, always feel one and never feel separate and alone. You are always one with All That Is. You are never not that!

Now enjoy your journey, see the humor in it all, see the lightness in it, see your grandness and be that grandness! We'll leave the body at this time and offer to you all blessings, peace, harmony and joy. So be it! ☀

# Pivotal Moments in Time

## The Council of 12 through Selacia

November 2009

**T**oday, as humanity stands at the edge of the 2012 window, increasing numbers of people are realizing that these aren't ordinary times. There is plenty of media focus on 2012, but it's more than that. You don't have to be a psychic or historian to feel the magnitude of changes occurring today. You can feel the undercurrent of change even if you don't regularly watch the news.

Most likely, you feel more uncertain about your future than you did a few years ago. As you observe your world's fragile state, you no doubt wonder how humanity can come together with the needed solutions for the growing list of concerns. You don't need to understand politics or economics to know that your planet is at a tipping point. You can see it all around you. Similarly, you don't need to be on the path of conscious awakening to feel the acceleration in time. Everyone feels it. All of the people around you are working with the same twenty-four hours you are. Time pressures are felt by anyone connected with the pulse of modern society. It's more than simply growing older and feeling you have less time to live before you die.

What is the bigger picture here? How do you make sense of the linear yardstick humans call time? How can you intelligently approach the topics of time, the 2012 date and the massive shift occurring? What is important to understand right now? How do you stay sane when the world is in chaos?

### FIVE THINGS TO KEEP YOU SANE

**Update your relationship with time.** Separate out your need for order and your need to be fully present with life. Your only true power to create is from the now. Let go of your war with time, with deadlines and with your growing to-do list. Acknowledge that everyone gets baffled by time. As you become more multidimensional, time takes on a new meaning. To be sure, your clocks and calen-

dars are convenient tools. They provide a practical way to describe the events of your life. Clock time is a measuring stick you use to set up meetings and arrange the details of your day. Calendars also act as measuring sticks while helping you to track seasons and cycles. Beyond these practicalities, the use of psychological time is relative and not helpful for living in the present moment. That one instant, as it occurs, is the only one from which you can make changes.

**Become friends with change.** There will be lots more of it. The great quickening is now in full swing with humanity's awakening, which is accelerating at a rapid pace. You are an integral part of this process—the shifting that is happening inside of you. There is much you want to change about the world you see. The most productive way to initiate those changes is to focus on being as loving and as kind as you can be. Include yourself in the equation! Whatever challenges you face become the energetic fuel of your path of light. Your obstacles, when faced and transformed, become luminous gems you share with the world. Rather than complaining about how many problems you have, express gratitude for the luminous gems you can create and share.

**Keep dates like 2012 and other linear reference points in perspective.** The great shift occurring in the window of 2012 is more of a process than a single event. This evolutionary progression has been unfolding with increasing momentum during your lifetime. Whenever something ends, something new can begin. That's what you want, after all—something brand new! These historic moments represent an enormous potential for humanity to create a new, more light-filled world. You are here to participate, to co-create needed changes and to benefit personally and spiritually. You came not for one date in time, but to have a front-row seat as your planet ascends into a higher consciousness. The seat you have taken is not stationary; you are moving constantly. You don't realize this as you sit there, but it's true. Your movement into higher levels of being won't always feel comfortable. Sometimes you will feel dizzy or simply tired. Sometimes

### KEY POINTS

- "Time pressures are felt by anyone connected with the pulse of modern society. It's more than simply growing older and feeling you have less time to live before you die."
- It is important to keep in touch with your senses because your intuition and physical senses will play key roles in your ascension into the higher frequencies.



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you will want to cover your eyes to avoid seeing what is there. Sometimes you will question whether you can go on. Do not worry. The eternal you has no doubt that you will succeed.

**Avoid shutting down your senses.** Your physical and intuitive senses are integral to your ascension into the higher frequencies. You don't want to numb them with substances, overwork or a nonstop diet of media input. Your body is the earthly temple for your soul. It will give you vital information about what's important, what and who to trust and what's out of balance. Your emotions can be your greatest helper or your worst enemy. Learn to identify how you feel when you feel it. Become intelligent about how you respond to what you feel. Decide that you will use your emotions as a beneficial tool for your growth without harming anyone, including you. If you realize you are anxious or depressed, address your feelings without judgment. Remember that anyone can feel these things. The key is to find solutions so you don't go into self-sabotage mode. Underneath the anxiousness—

when you go deep enough—there is pure joy. Your genuine self is joyful and intuitive. Those qualities are naturally within you and within everyone you meet. Your intuition is like the gift that keeps giving. The more you intentionally work with it, the more it helps you to flower into your highest potential.

**Look deeper than surface appearances.** You need to learn to look beyond what is presented, beyond what is announced as fact. These are times of increasing transparency, but it is consciousness that will determine how you see things. Not everyone will perceive events the same way. Those who aren't ready or don't want to see the truth will have their own version. Don't feel that you must convince them of your timetable. Don't give your energy away in senseless arguments. Stay in your center, in your own truth. Remember that truth relates to the eternal realms. In those realms, no proof or manipulation is required. Truth simply is. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

# From One Physical Dimension to Another

## The guardians through the Saga-Oracle

**G**reetings, dearest ones. You have arrived at a very important time in your evolutionary journey where you step from one physical dimension to another. This step is the most daunting and the most blessed event imaginable, for it is your first step up into a higher-frequency plane where physicality is possible.

### MOVING THROUGH THE PYRAMID OF TIME

You began, of course, on the first dimension as the one you refer to as God imagined and planned your existence, and then you moved through the transition of the even

plane of the second dimension and into the now pyramidal third dimension. Think of a Mayan pyramid, and you will have a visual of how the dimensions are shaped once physicality is possible.

You entered at the base when time was expanded. As each age was mastered, you stepped up and time compressed. Collectively, you have arrived at the temple at the apex of the time pyramid. The span of time is greatly compressed, and things seem to happen at such a fast pace that you feel a bit disoriented and even nauseated sometimes. Since frequencies have also stepped up and are quickening as well, your bodies have had to adjust to a plane that vibrates at a higher frequency. Aches and pains have been bothering you even as your guides have been assisting your shift to a new physical atmosphere by helping prepare your bodies for the new rhythms. Your dreamtime seems erratic and restless, but in fact, much is being done but in shorter episodes because your dreamtime is compressed as well.

### KEY POINTS

- The year 2010 is about the completion of the third-dimensional stage and preparation for the fifth. Let your heart lead the way as you enter these last stages of the third dimension.
- In 2011 you can expect to step up to the portal and prepare to pass through. Unite and help each other during this time.
- It will take the entire year of 2012 to move through. Keep a glad heart and be grateful you are here at this time.

**DEANE GEMMELL**  
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## YOU WILL ADJUST TO THIS SHIFT TIME

Little by little, you will adjust. Foods that once sustained you, or at least represent what you have been using for energy, no longer taste as good and often make you feel a bit ill. You find that you need food that does not contain additives and artificial components. The more natural the food, the better you digest it and utilize the energy it provides. This is especially true of food that grows close to where you live. That is because the shift in vibration is adjusting your food chain even as it changes you. The best match food-wise, then, is locally grown.

The planet is shifting as well, and places upon your lovely Terra, planet Earth, have different needs as to how the frequencies will be adjusted. That is why food from faraway places might not sustain you as well as food from your own area. The additives are not changing their molecular forms as the natural substances are, and this is why you are not responding as you once did to their inclusion in your food. Soon the entire planet will be in unison and location of food sources will not be an issue. But for now, if you are having digestive problems or your energy seems drained, partake of local food to bring your physical body back to balance within the energy adjustment of your time and place, and avoid the additives as much as possible.

The fourth dimension—and even dimensions are not places of physicality but transitional planes—is full of helpers right now who are not physically incarnated. They are your guides and guardians and so many angels that you could not begin to imagine. This transition is important to your group consciousness, because it is your first step from your first chance at physicality to a higher physicality. But this step also affects the entire universe and universes you have yet to discover. It is like a mighty sensitive ocean, and each drop of water affects the entire sea of possibility.

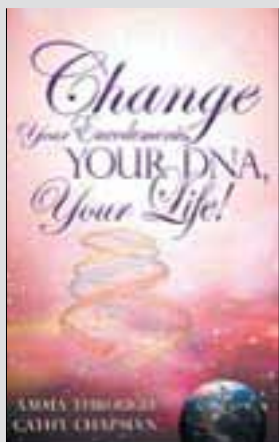
So what you do and how you do it within this shift time is far more important than you know. Those in the non-physical, such as ourselves, are not attempting to interfere. We are assisting because we are all one in creation

and we have taken this step already and we want you to succeed. It is possible to fail to make the transition but unlikely from our perspective, because we see that there are enough who desire to evolve and move into a higher physical experience to make the shift likely. Your lovely planet Terra has hosted many civilizations before, and some have reached this apex and fallen back to ground zero. This time you have a great desire collectively to succeed, so we are prepared to assist, without interference in your freewill lessons, as best we can.

## YOU'VE BEEN PREPARING FOR 2010 FOR SOME TIME

You have been preparing for this coming year of 2010 for some time, but especially within the past few years. In 2008 you sorted your relationships with yourself, with friends and family, within your careers, and with all sorts of personal connections. You determined what was holding you back and what was divinely helping you progress. At that point in 2008, you decided which relationships you would keep and which you would release. Since then you have been in the process of following through on your soul determinations as to these associations. The decision came first and now the drama follows, as releasing sometimes is easier said than done. But you will find a way to follow through.

In 2009 we spoke of the “shaky tower of power” falling. The collapse of your banking system, mortgage system and even car companies, and all the associated marketing, has been due to the pyramidal thinking as it was corrupted by those who use fear as a tool of power. To explain further, since the third dimension was a place and time to explore your individuality, you developed egos so that you could understand how you individually fit into the larger scheme of creation. However, due to the freewill nature of this learning planet, the ego got twisted into a modality of master/slave. Some within their egos and through opportunity deemed themselves worthy masters and labeled the rest slaves who would serve their cause. It was up to them to convince the slaves to do their bidding.



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AMMA THROUGH CATHY CHAPMAN

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**\$16<sup>95</sup>**

SOFTCOVER 303 P.  
ISBN 978-1-891824-52-4

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This was possible only due to the fear-based thinking modality that was adopted and accepted because the feeling or heart centers were either turned off or ignored. The mind should be a tool and the heart should lead the way, but in the fear-based mode, the mind takes the leadership role, and its logic and reason all pivot on what it *thinks* keeps it safe—not feels, since that is the heart speaking. In this mode, the pyramid becomes a frame of mind in which the powerful sit on top, and the idea of the “trickle down” of wealth—the way fear sees power—is controlled by those sitting on top. The problem with this mode is that they seldom let much trickle down; being seated in fear, they fear losing what they have.

To insure they don't lose ground or position, they accumulate as much as they can so that they can feel secure. However, living in fear is never secure, so they live constantly in a troubled state of mind, and insanity takes over and affects all under this ego master. Those below them, if kept ignorant and scared enough, will do their bidding because they too fear losing position, even if that position is very low on this pyramid of worth. Little by little the slaves wake up, and they protest and fight and wars break out. The innocent suffer because they are easily overpowered by those who seek the same power that oppressed them, and in the end destruction and mayhem rule.

You have had enough of this, dear ones, and you are not going to fight anymore. You are going to release this corrupted, ego-centered, fear-based thinking. You are quiet about it because you have shifted to a love-based priority, and love does not shout and demand but rather unites and merges. The loud voices you hear right now are fear trying to stay in control. Beware of how fear inverts things and makes what is good seem bad. Listen with your heart—which brings us to 2010

### **THE YEAR 2010 IS ABOUT PREPARING FOR THE FIFTH DIMENSION**

Numbers are codes, and codes trigger actions and reactions. Some are divinely encoded and some are not. Once aware, however, there is a choice as to which codes you will respond to. For instance, in advertising a code is intended to get you to buy a certain product, is that not true? We could do a huge lesson on codes, but for the moment let us focus on the numbers in terms of years. The number ten is a completion. It is also an ending and a new beginning literally all in one. The one and the zero indicate this. Thus, in the year 2010 you will have a completion of what you have learned thus far in the third dimension and a preparation, or beginning, for the next step into the fifth dimension.

Expect the year to be a bit chaotic as fear grasps to continue to hold its power. The collective force within this fear mode we call anti-force—to force something means to move it—seeks to hold the status quo, which this ego power survives within. Thus anti-force is a holding back, not a movement. However, it is a monster that will consume itself, because by stopping evolution and thus the

motion of progress, it creates stagnation. That is the first process of rot and decay, and eventually what rots before it completes its soul intention dies to itself, and its energy has to begin all over at first base, so to speak, and do everything again until it gets it right. That is going backward, not forward!

Expect to hear a lot of screaming as fear lashes out. Expect that suffering will happen, because that is what fear does: It hurts and maims what it cannot control, and if it gets angry, as it often does, it will hurt even that which it controls. Its main threat and controlling factor is inflicting pain.

Let your heart lead the way through these last stages of the third dimension. Reach out to those who suffer, but do not let fear control you by allowing it to be the focus of your attention. Keep hope of a better day bright in your hearts, and know that no matter what you lose materially, it is what you keep soulfully that counts. The more you help others, the easier it will be for you and everyone around you.

Be a pillar of peace within the chaos, and that peace will ripple and calm the storm. When you become a pillar of peace, you stand tall and true, and you show others that peace is possible. Do not allow yourselves to feel guilty for not suffering as you see some suffering manifest. That is fear's tactic, to make you feel guilty. You are not sinners prone to sin. You are learners who learn by moving through your life experience in a heartfelt, loving way. If you make a mistake, learn from it and move on.

This is the tip of the pyramid of time, and as we said, you are in the quickening. The year will pass rather quickly, so we suggest that you just hang on. This is like the rapids in a river in which your boat floats, and in a short time you will be past the rushing, dangerous water. You must, however, help others as much as you can in your own natural manner. Some make things better by just sharing their calm presence; others help by physically or mentally assisting those in need as their heart directs. You will know what to do, but by no means should you entertain feelings of guilt. Just do good and forget feeling guilty about the should-haves or would-haves. By all means, keep on keeping on. Some of your metaphors are so wise—you have many that will inspire you.

### **YOU WILL FIND BALANCE IN 2011**

The number eleven is always the first portal. Without the two pillars (11), you cannot have a safe portal. The two ones here represent the two essences of this planet, yin and yang, positive and negative, he and she. This balance is represented on sacred temple floors as the black-and-white checkerboard, and it is a code signifying the playing field of this planet of dual energies that makes a one-ment. Avoid using the word “dark” for bad things. We know your language doesn't have many words to signify what is bad, but using words that are connected to the feminine have just engrained the corrupted attitude that anything feminine is unworthy.

This is why we say “anti” instead. Think about your term “antichrist.” Doesn't that mean against Christ-ment or knowing one's true relationship with the divine? Isn't

the worst fear of an antichrist figure that this one would stop evolution of consciousness and be a destroyer instead of a divine motivator? You get the idea, we think.

So the twin ones, the positive and the negative energies, are equal in this code of eleven. Thus it has created a portal or doorway to another place and space. So, dear ones, in 2011 you can expect to step up to the portal and prepare to pass through. You will not be alone, we assure you. There are many ready to make this decision. There are also those who will decide not to pass through at this time or who may, in their minds, never want to leave the false security they have embraced.

We tell you that ultimately everyone must progress or, as we have said, die and have to begin all over again until they get past their fears and move into the flow of love. Some people might be afraid at first, but their higher selves, their superconsciousness, if you will, will force the issue and they might have a rougher time arriving at the portal. It is important to not judge others' progress or place within this transitional time. Everyone will arrive from his or her own path and in his or her own way.

What is important is to unite during the stepping up to the portal year. Help each other in all ways, but do not try to push your ideology on others, for they must come to this point through their own perspective. Your nonjudgmental attitude is more helpful than forcing them to see things your way. Yet if they ask you for help, do what you can. If you ignore someone reaching out to you, then you lose ground or go to the back of the line. There are ways to help without enabling wrong behavior. Trust that your guides will help you in all situations. Help from the perspective of your heart, and lead the way by example. Let the head be delegated to supporting a heart-centered approach.

### **MOVING THROUGH THE PORTAL IN 2012**

Fear has a way of twisting everything around so that it becomes an anti-force instead of a motivating force toward divine evolution. Many of you are afraid of this coming time because you think the world will end. It is the dimension that will end. As per the ending of your world, that is highly unlikely. But fear pretty much made a mess out of things up to this point and you may feel sadness as you perceive effects of the insanity of fear's loss of power and the acting out of this dying illusionary system.

Don't look back now. Keep your heart's arrow pointed toward a new and better day. You will begin moving through this portal from December 12 through 21. The code is 12:21, which indicates that the portal opened to the next higher dimension as symbolized by the twos between the pillar ones. Some of you might argue this, but remember, there are many ways to say the same thing. What is important is that you step on through at this point.

It really takes the entire year to move through, and in the last few days of December you may still feel a bit disoriented because you just passed the 12:21 point. It might seem like some others are still playing the old game; they

are shouting and carrying on, and you see and hear them, and you wonder, "How can that be?" It is because you can always help those behind you, just as those ahead of you have helped and are now helping you. Doors don't shut when you pass through; they just hang open. Stragglers will keep coming through for some time.

The new dimension sits like an inverted pyramid, but in time you will see this as a normal mode and it won't seem inverted at all. The third dimension was a code for the masculine with its peak at the top, and thus masculine lessons abounded. The new mode is the code for the feminine with its peak down, and the lessons will reflect her essence. The peaks are always the quickening time and things will seem to change rapidly. For those afraid of change, this can be a daunting time. Embrace change. Know that it brings a better day as we have said before in this transmission.

Some changes to expect in your physicality will be the shift from a gravity-/mass-ruled planetary influence to a new ruler on the planetary level of water/electricity. Electricity is highly charged illuminated energy, and water is a super conductor. Due to your personal magnetic poles within your body—which have, through this preparation process, shifted with the feminine or negative pole now at the base chakra and the positive pole near the crown chakra—you have a new effect to deal with. Previously the lower magnetic pole in your body was attracted to Mother Earth's feminine energy. She has poles as well, but mainly she is a feminine entity and thus emits a greater negative energy. That means gravity held you in place like two magnets—one positive (your base pole) and one negative (Terra)—attracted to each other. Now you have your feminine pole closer to Mother Earth as you stand, resulting in the feminine pole reacting to feminine essence so that you have a bit of a pushing-away effect. This will progress until, a long ways from now as time has once again expanded, you will literally swim and float through your atmosphere.

In the meantime, expect the weather patterns to seem chaotic as Terra finds her balance in the shifting process. The atmosphere that surrounds Terra will settle into balance within the new laws of the dimension in due time.

Above all the situations you encounter, remember that you wanted to be born within this time and you earned your chance to be part of this huge transitional step or you would not be here now. Try to keep a glad heart, even as you keep a responsible eye on the events that take place. There are things you must do now that you have known for some time, especially in the ecological arena. This time will pass quickly, but it is more important that any timeline can convey. It is love taking back its rightful place as leader and way-shower of your soul journeys.

Be pillars of peace and let that peace ripple and spread out far and wide. You are not alone. We and so many like us, along with multitudes of angels, are with you now and always. We will help you move into your new and brighter day, and we will help you honor as well your new and more restful nights. Be peace. ☀

# 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.

## Mercury and Mars Welcome The New Year

Stephanie Clement

**S**till feeling the effects of Saturn square Pluto? Austere times call for the highest vision and inner tenacity we can muster. Saturn and Pluto reflect intelligence and will. Instead of recoiling from intense pressure, we are called to step up, use our power and will and seek our soul's highest potential. The annual forecast in the December issue focused on the eclipses as factors in just about everyone's life, depending on your Sun sign. The lunar eclipse on December 31 set the tone for the coming year by putting a conclusive stamp on endings for 2009. Because the Saturn square to Pluto is such a long-term aspect—and because it is such a difficult challenge for everyone—I have focused this January column on how you can manage the energy now and plan for the next several months. We will not be finished with this aspect until August of 2010, so every person who addresses these issues helps him or herself and also helps others to get through this period of economic and emotional struggle.

Mercury aspects Mars on January 1 with both planets retrograde. Back in October, these same planets did the two-step with Mars aspecting Mercury and Mercury then aspecting Mars, forcing us to perceive the real meaning of what we heard in the news and from our families and friends. The aspect then became the sextile, providing multiple opportunities for politicians, economists and health care professionals to say, re-say and attempt to unsay whatever they were thinking. On January 1 the aspect is the quincunx, a sure signal of adjustments of all kinds.

Now we have the chance to adjust our individual and collective courses each day to get more out of every moment. Therefore, my forecasts for each sign include a little something about resolutions for the New Year. We also have the chance to rethink and re-state personal positions as Mercury

quincunx Mars, confirming what we truly want in terms of health and financial security and affirming a higher purpose with every decision.

What does the solar eclipse chart for January 15 have to say about the future? One outstanding feature of this chart is Mars standing by himself in Leo, retrograde and forming no aspects to any other planet. Between January 1 and January 15, retrograde Mercury retreats. On January 15, Mercury stations and begins to move forward, returning to the quincunx of Mars on January 26. The entire month of January is therefore dominated by this pair of planets in one way or another. Here are a few ideas about Mercury and Mars and how to handle the combination of energies:

- Mercury deals with intellect, whereas Mars reflects will and willpower.
- Mercury is the mediator, whereas Mars is aggressive and warlike.
- Mercury reflects sound judgment, whereas Mars indicates urgency.
- Mars represents compassion—if we consider his energy on the esoteric level—and Mercury indicates the capacity to resolve conflict into harmonious outcomes.
- Mars indicates courage and directness, whereas Mercury can be inhibited in writing or speech.
- Mars reflects determination, whereas Mercury is sometimes scattered.

These six comparisons show how Mercury and Mars can balance each other. If one planet is less constructive, the other offers support. If one is creative, it makes up for shortcomings in the other. The dance of the quincunx focuses on adjustment. This month, we all experience adjustment, not just as a difficulty, but also as a very positive, creative possibility. The more aware we are each day, the more successful we can be in

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ASTROLOGY FOR SOUL EVOLUTION



making the most of our capacity to adapt—another quality of the quincunx.

### CONCLUSIONS IN THE FIRST WEEK OF JANUARY

Remember the lunar eclipse on December 31. This eclipse indicated endings of various kinds. For the first nine days of January, everyone benefits from concluding those transactions that were held over from 2009. Think seriously about how you can resolve feelings of limitation in your life. As you look back at the past year, notice events, thoughts and feelings that stand out for you. You may even want to make notes about these memories. Some problems now feel well resolved. Some events, although emotion-filled, are well on the way to becoming settled memories. Some situations will live on as bright moments in your life—births, school successes, advancements in work, completion of responsibilities or insights gained through channeling or meditation.

In considering both the lunar eclipse that just passed and the Saturn square Pluto, we will all benefit from having a conscious plan of action for 2010. One suggestion about how to plan while honoring your inner wisdom is to notice what happens when you simply scan the months of a 2010 calendar and think about the future. As you look at each month, imagine what the future might bring. Consider ways to enhance your own good fortune and also think of compassionate activities that can punctuate your life. You may want to identify a single cause to which you can devote some of your energy, or you may prefer to leave yourself open to whatever acts of kindness arise each day. Or you could do both!

After this calendar meditation, make notes to yourself about what you have envisioned, and put the notes away so you can read them again when you run across them. Choose an affirmation to suit your personal goals and make it the trailer on your computer, a note on the bathroom mirror or a refrigerator quotation. By the end of January, this affirmation will be part of your natural approach to life.

### CAREFUL PLANNING IN THE SECOND WEEK OF JANUARY

During the week of January 10 through 16, note that the solar eclipse mid-week will leave Mars on its own and coincide with the end of Mercury's retrograde movement. With Saturn closely squaring both Mercury and Pluto, we can expect some harsh communication in the world of politics, economy and the social sphere in general. This does not mean you have to sink into nervous anxiety or take premature action. It does, however, call for paying attention and evaluating the news carefully.

Because I relish the truth so much, I normally resist skepticism. Around the time of the eclipse, though, I think we can all exercise our skeptical faculties to good advantage. Utilize the moment of Saturn turning retrograde in Libra on January 13 to re-examine a belief or two. By questioning

what we hear and see, we honor the decisions made last week to adjust our thinking to suit new circumstances. Yes, we all want greater prosperity and peace. Now we may achieve those desires by asking difficult questions and seeking more satisfying answers.

Open yourself to messages from angels or ascended masters. When Saturn and Mercury are stationary on nearly the same day and squaring each other, two celestial voices unite to reveal messages of intelligence and harmony—qualities we especially need in our lives now. On the practical level, these planets point to responsible communication. On the spiritual plane, they bring rays three and four together in our consciousness, stimulating intelligent activity designed to achieve greater harmony.

Opportunities grasped before the eclipse may take a few days to manifest positive results. Once Mercury gets moving forward, though, what you began on January 12 or 13 begins to take form, and you find ways to transcend verbal arguments (Mercury/Mars). By the end of the week, imaginative ideas will naturally arise as the Moon conjuncts with Neptune. Although gains are made easily with this aspect, idealism could lead to incautious speculation and loss. This is a week for gathering energy and determination, but not necessarily initiating action until you are sure you are ready.

### EXPANSION IN THE THIRD WEEK OF JANUARY

If you planned last week, you may take action now, from January 17 through 23. Multiple opportunities arise as Moon sextile Pluto, Mercury, Sun, Neptune and Jupiter. Expect a general desire to do something—anything! You may see people taking unnecessary risks (Moon/Neptune), but you don't need to join them. You may want to renovate or redecorate (Moon/Pluto). We may see evidence of an economic upturn in the form of more jobs (Sun/Jupiter), and we almost certainly will hear about such changes from political leaders as the Sun and Venus are trining Saturn.

On the personal level, you may sense growing desire to accomplish material or spiritual changes for yourself, family and friends (Sun/Neptune). You may even take the lead in some areas, supporting changes at the community level. Even if you take no overt action, this is a week for examining your leadership skill set, getting a little extra training or flexing your mental muscles by writing an editorial or calling your congressperson.

To utilize the Saturn/Pluto energy effectively, now is a great time to reorganize. As you store holiday decorations, take the time to look at what you have, toss broken or outdated items, and generally lighten your material baggage. As you do so, you will find that your spirits improve. The days are only marginally longer, but you can sense the Sun's energy increasing, if only you pay attention. Choose a book or other resources to help you expand your talents, whatever they may be. This is a week for growing your abilities through study, meditation and practice.

## RESULTS IN THE LAST WEEK OF JANUARY

Sunday provides moments for introspection with the Moon trine to Mercury. Passionate thoughts definitely enter people's heads as the Moon is square to Mars, even if you don't see any action in this regard. Your efforts from last week saw some results, and today you have time to reflect. With the aspect of Moon square Jupiter, subtle gains weave a pattern that amounts to success in more than one area. As the Sun reaches its trine to Saturn, the world takes on a sense of determination, and decisions are made. With no aspects to Mercury during the first half of this week, people work behind closed doors to take small steps forward. Publicity carries little weight now.

Prepare for Monday. Starting early in the morning, all those adjustments you have made begin to show results. With Moon square Jupiter, you are able to address big problems and formulate decisions that have eluded you previously. Although there is less focus on your love life today with Venus out of the picture temporarily, you experience a state of peace in which your knowledge integrates with feelings to produce intelligent activity as the Moon trines the Sun. You may feel a bit like a logic machine, but go with the flow. Sometimes reason and logic are just the ticket! If romantic love is not in the picture, then love your work. As the energies of Mercury and Mars merge

in the quincunx aspect on January 26, devote yourself to adaptations through which everyone can accept the results while maintaining personal values.

Use all the data you have been absorbing and get creative with communication. As the energies of Mercury and Mars make this aspect again, devote yourself to achieving harmonious outcomes through moderated adjustments. Everyone can then accept the results while upholding personal values. You may find a new source of spiritual guidance emerging into conscious awareness on January 29, as the Moon trines Uranus. Pay attention and grow this into a psychic ally. Alternately, you may discover a rebirth of interest in an artistic pursuit, or you may realize just what needs to happen to increase the impact of marketing or advertising efforts. When you add up all the aspects, this could be a good week to revise your resume to incorporate descriptions of skills you have developed in various arenas instead of simply stating your responsibilities.

January holds the promise of improved attitudes and circumstances for those who adjust their course. Can you change? Sure. Will you change? Probably. If you actively pursue change by adapting your thoughts and behavior, you will find that you appreciate what you gain in a whole new way.

## Weekly Forecasts



**January 1–9:** With the Sun in your Tenth House, emotional issues are out there in front of you this week. With Saturn in your Seventh, you can expect that other people will be

looking for ways to make you responsible for their general welfare and happiness. They will present some weighty, if not compelling, arguments about why this is so. A creative tactic for you is to use the Moon quintile Saturn energy to sell a more optimistic position tone. You see the potential in imaginative ideas. Now you have to get others to drop the doom-and-gloom attitude and get on board with more forward-looking plans.

As noted in the introduction, this is not the time to rush into new ventures. In fact, the entire month of January offers you an extended period of time to review last year's activities, get your documents in order and to develop plans for home renovation, group travel and other activities as well as personal, mental house cleaning.

**January 10–16:** As Mercury semisquare Neptune, your internal thought processes focus on Eleventh House groups and how they work (or are not working) in your life. Recent events have shown you both the upside and the drawbacks in relationships. With the solar eclipse, you experience the uniting of minds in a common purpose, and you love the results! On January 15, you probably want to say what you mean, but strive for truth without sharp edges.

**January 17–23:** If you took action based solely on feelings a couple of weeks ago, now you get to experience some fallout in the form of nearly instant karma (Mercury square Saturn). This could be a very good thing. There is no time like the present for revising your creative desires to fit better with those of associated and loved ones. Restate your position to reflect your true feelings and, more particularly, your actual needs. Address practical issues first, and be sure to consider how material decisions affect everyone—yourself included.

**January 24–31:** What progress have you made with your resolutions for the new year? Although other people have plenty they can tell you, your best source of data may come from within, as indicated by Mercury quintile Uranus. Listen to your heart. If you sense appropriate progress, then congratulate yourself. If not, re-evaluate your resolutions and tweak them to fit with what you discovered throughout the month. Your goals are reachable if they are both reasonable and comfortable.



**January 1–9:** With Sun, Mercury, Venus and Pluto in your Ninth House of travel, if you are at home this week, you may wish you were far away. Conversely, if you are traveling, you may wish you were at home. Either way, with Venus quintile Uranus, you can get creative about how you share love

with loved ones. At home, do your chores and someone else's to give that person a break. Away from home, take time each day to write letters or send postcards. Right now, your power comes from the ability to inspire love in others. Resolve to use power wisely this year.

**January 10–16:** With your ruling planet Venus in conjunction with the Sun, you will sense the eclipse very strongly. Anticipate intense emotions, especially from someone's mother. Apply pressure judiciously and maintain your own course by staying in the emotional current instead of fighting it. With Venus and the Sun sextile Uranus, look for hidden opportunities in career and work this week. Continue to choose your words carefully along the way. When ideas are thrown at you, test their validity against your internal values and standards as indicated by the Mercury/Neptune semisquare. Ask for clarification if they don't measure up.

**January 17–23:** With all the sextiles noted above, now things seem to go your way more often and with a lot less effort. Group members share ideas (Sun sextile Uranus), providing you the chance to contribute and take advantage of new information. In fact, you manage to get your finger on the pulse of karmic common sense now with Mercury semisquare Jupiter. Utilize this sensitivity to understand hard-edged tactics at work. Others appear to have little flexibility (that old Saturn/Pluto square), while you have more than your usual capacity to absorb change and run with new assignments. Toward the end of the week you find your comfort zone (Sun trine Saturn) and hang out there for a few days.

**January 24–31:** You continue to function comfortably with the Moon in your sign on January 24. Males at home and females in social situations (Mars in your Fourth, opposing Venus in the Tenth) deepen your awareness of subtle details in their actions and words. You understand undercurrents of feeling when you adjust your perspective only slightly to accommodate perceptions as Mercury quincunx Mars. Your creative potential tends toward logical, rational thought about creative activities of all kinds. You assess progress both in terms of your goals and the stage of the process. What looks ugly today can become tomorrow's swan.



**January 1–9:** The week begins on an emotional note with the Moon in your Second House of self-worth. You become aware that what you thought was a basic, practical communication has been inflated into an emotional pronouncement as the Moon comes into opposition to Mercury. Apply logic before you jump in with a position that appeals to you but may be lost on others. As you develop your logical thesis, incorporate solid data (Moon quintile Saturn) as much as possible. With Neptune in your Ninth

House, leave the imaginative embellishments for someone else. In the meantime, transform dull facts (Mars quincunx Mercury) into proof of your argument.

**January 10–16:** With Mars semisquare Saturn in your Fifth House on January 10, you feel creative tension that pushes you into action. By the time of the eclipse on January 15, Mars is on its own, and you lose your edge a bit. Dive into a project early in the week—something that appeals to your love of art or surprise. As Saturn turns retrograde, review long-term creative strategies on or after January 13, and grab hold of any opportunity that day that promises newsworthy results. After your planet Mercury turns direct on January 15, you feel your mental skills parallel your verbal talents.

**January 17–23:** Mars is still hanging out alone, making for some communication issues. You may find that ideas gel and you can write about them with greater clarity, however. You also may find that talk seems cheap compared to action. With the Moon in the Tenth House sextile Pluto, you want results on January 18 and need to control emotionally based pressure. Remember your review last week? Keep long-range goals at the top of your priority list and let temporary irritations dissolve on their own.

**January 24–31:** With Venus, Jupiter and Neptune all in your Ninth House, you can direct your energy toward romance, travel or the publication of your ideas. Adjust your words to fit the available space if you are writing. Take time to check any factual statements one more time to be sure you are correct (Mercury semisquare Neptune). This may be boring, but a mistake could damage your cause. Do this on January 24 to free up the rest of the week. On January 27 and 29, social events provide surprising potential, possibly involving a travel invitation.



**January 1–9:** Your Seventh House is loaded right now! Partners are in your face on January 1, asking you to act on promises you may only vaguely recall. Think first: did you really say that? If so, then rethink your promise and decide what you will do about it. If not, restate what you agreed to do and then do it, if you haven't done so already. By January 4, you find you have concluded discussion on a more fruitful note. With Mercury conjunct Venus on January 5, talk turns to more appealing topics and your creative energy flows more smoothly.

**January 10–16:** Finances are tight this week with Mars in your Second House and semisquare Saturn. With Pluto in your Seventh, associates challenge you to manage with what you've got, and you can meet the test—at least in the short term. On January 11, a social commitment (Venus conjunct the Sun) keeps you busy. Romance enters the picture on January 13 when Venus sextiles Ura-

nus. After Saturn begins its retrograde path on January 14, you discover a home repair that requires some planning. On January 15, you come to an agreement about how to proceed. The solar eclipse that day could push you to make a decision that affects cash flow, so try to work this to your advantage.

**January 17–23:** With Mars sitting by itself in your financial house, you find yourself reviewing the situation from several angles. In fact, you could obsess a bit. Use that pent-up energy to revise your resume or devise a work schedule that maximizes your talents. On January 18 a female proposes an alliance with tempting benefits. Think about it. On January 22, you settle into an arrangement (Venus trine Saturn) that provides both harmony and responsibilities you can live with. Group energy can make for a comfortable social ambiance on January 23.

**January 24–31:** With the Moon going through the personal houses in your chart, your emotions turn inward this week. You may have a discussion with yourself in which you try to sort out needs and desires from a spiritual perspective, but you find this can be tough to accomplish. Draw upon the past; there you will find examples of times when you were faced with great difficulty and found the needed strength. Then consult a partner or associate to work out just how much you have to shift to achieve the desired result. Although you want to make a dramatic, expansive statement with Mars opposing the Sun, something more modest proves to do the job without upsetting others.



**January 1–9:** Take extra time to firm up plans this week as the Moon sextiles Saturn in your Third House. You tend to think you can do more than humanly possible (Saturn square Pluto), but you somehow manage to do it all. You will need rest along the way, however, so plan to be home early each day if you can. With Mercury conjunct Sun, listen to others, but act only when you see your course clearly. On January 6, pressure increases with the Moon square powerful Pluto. A two-minute relaxation routine can work wonders when you apply it a few times during the day—preferably behind a closed door for privacy.

**January 10–16:** You know what you have to get done this week, and you have the energy to do it. Internal tension with Mars semisquare to Saturn is not visible to others, so don't expect them to understand your moods unless you say something. The solar eclipse in your house of work on January 15 tends to focus on shifting responsibilities. You may receive a full review, or you may want to review your own goals and progress. Venus, Mercury and Pluto on your Sixth House work environment indicate that coworkers benefit from setting new goals as a group. You benefit by confirming your own resolutions, especially in terms of service.

**January 17–23:** Although you might want to stick to personal issues and get them resolved with energetic Mars in your First House, the universe calls on you to deal with partners and coworkers now as Moon, Neptune and Jupiter move into your Seventh. How can you balance the two needs? Listen to others on January 18 and be sure you understand their emotional motivations. Recognize that they seem somewhat impractical (with aspects to Uranus) but no less compelling because of that. The Moon in your Tenth House suggests a social setting to move responsible action forward on January 22.

**January 24–31:** This week, your energy has three brilliant outlets. First, you can harness emotional energy to gain ground in the career arena with the moon in your Tenth House. Identify one change in your work that would bring greater comfort and then pursue it. Second, with the Sun and Venus moving into your Seventh House now, you are more aware of the wishes of business or romantic partners, and you have energy to meet those desires. Finally, you find that with Mercury quincunx Mars, you can adapt to situations by redirecting your perceptions just a bit—you don't have to reverse direction at all.



**January 1–9:** With Neptune and Mars in opposition, your imagination is working overtime this week. Bring dreams and visions down to Earth in the form of fresh concepts and refinement of creative skills. While the Moon is quintile Saturn, set aside time to practice a skill or find a local class where you can share space and time with like-minded talents. Align your actions with your own logic on January 4 as Mercury is quincunx to Mars in your Twelfth House. Then test the waters in a social setting on January 5 with Mercury conjunct Venus. After January 6, you get a chance to regroup energetically (Moon square Pluto) by getting a massage or hot tub break.

**January 10–16:** The emotional pendulum swings toward other people now, as the Moon trines Uranus in your Seventh House. Deal with Mars semisquare Saturn by giving yourself a self-esteem break of some kind on or before January 13. You will discover you have measured up very well, all things considered. After January 13, when Saturn retrogrades, you can take time to gather documents for taxes or other financial activities. The eclipse in your house of creativity pushes you to bring balance into your life. Make an extra effort to show your love to others.

**January 17–23:** With Mars in your Twelfth House and semisquare Saturn, the energy involved in your dreams could power small cities! This week, dreams are filled with action. You may sometimes wake up feeling exhausted, but you find that once you get moving, you are actually energized and ready for the day. Other people's feelings loom large now. With Mercury in your Fifth



House and semisquare Neptune, use some of your creativity on January 18 to discover compassionate ways to deal with demanding children and other individuals. Your soul inspires each interaction.

**January 24–31:** With the Moon traversing your Seventh and Ninth Houses, you're on track with group activities this week. If travel (Moon square Jupiter) is on the horizon, make sure to pack favorite outfits or toys for each of your companions. Work schedules may get juggled. You can get a lot done in short periods of time if you can stick with the assigned task and don't wander into the land of idealistic imagination (Moon square Neptune). Use that energy to maximize your travel enjoyment, even if only for a weekend.



**January 1–9:** With four planets in your Fourth House, there's plenty of action in your household. You begin this week facing emotional issues rooted in karmic relationships.

By curbing your desire to tell it exactly the way you see it, you allow others a chance to speak their piece. Then work to transform the problem without seeming to force others to change their minds. As the week progresses, emotional tension ebbs and by Friday you appreciate the other side of more than one argument. With the Moon square Pluto, January 6 is a good day for a physical workout.

**January 10–16:** The same energy that fueled disagreements last week can be used now to further group activities. With energetic Mars in the house of groups and semisquare Saturn in your First House, clarify communication by revealing your goals as well as the tactics you plan to employ to reach them. You discover that, up to now, others have misunderstood something vital, so review practical matters around January 13, when Saturn retrogrades. The solar eclipse in the home area of your chart indicates opportunities coming through your own efforts.

**January 17–23:** With Saturn retrograde, early this week you feel the burden of personal responsibility. Invest emotional energy in unique artistic or other creative efforts on January 18. As the Moon aspects literary Mercury in your Third House of communication, clever writing could be part of the picture on January 21, infusing intelligence into caring relationships. Venus and Saturn join forces on January 22 to provide a more relaxed setting for sharing love. When the Moon enters Taurus on January 23, you reap the benefits of time spent with a partner the previous two days.

**January 24–31:** Venus and Mars see each other clearly this week, providing the possibility for romance to grow. At the same time, you feel that you still need to adapt your plans to suit family or household requirements. On January 25, you may challenge yourself to reveal your true feelings. After January 28, the pressure to adapt relaxes and you can be yourself again. On January 29, you may

want to invest time and effort into demonstrating that you care. Enthusiastic Mars in your Eleventh House of groups suggests public acknowledgment of appreciation for members of a group effort.



**January 1–9:** Nothing succeeds better now than throwing your heart into your work. With Mars in your Tenth House and aspecting Mercury in the Third of communication, this is a good week for revising a written piece, reorganizing your filing system and generally resolving to make the most of even difficult responsibilities. Work in private goes well for you. On January 4, expect someone's tune to change, causing you to adjust your own. Pay close attention to emotional undercurrents throughout the week. Wait to express your own feelings until January 9, when you achieve greater clarity.

**January 10–16:** Career efforts pay off this week, but possibly not exactly as you expect. When Saturn of responsibility retrogrades on January 13, you realize you have to revise a plan and rework the numbers, and there is no one there to help much. Yet on January 15, Mercury turns direct, and as you find the words to share your findings, others come around to your way of thinking. Stand firm, rely on creative inspiration and work with a female who sees things your way—to both share and stand firm is the trick. Use your own energy to encourage others in their work, not to coerce in any way.

**January 17–23:** If you feel an energy drain with Mars isolated in the heavens, it's time to reinvest in your spiritual and physical exercise programs. If you can't get outside to walk, take the stairs up an extra flight or walk the longer circuit to someone's office. Take time to bend and stretch several times during the day, especially on January 18. The entire feel of a project changes after January 21. A female associate helps focus your sense of direction on January 22 when Venus trines Saturn. Hang in there for results.

**January 24–31:** Do you even remember what you resolved for 2010? This month has tested your determination in many ways. With Saturn in your Twelfth House and squaring Pluto of power, an older person both challenges you and asks for your support as the Sun and Venus trine to Saturn on January 20. Take all comments under advisement and reserve the right to make your own decisions. With Venus in your Fourth House of home, connect with a family member to rearrange furniture or even redecorate on January 27. As the Sun reaches its opposition to Mars by the end of this month you direct more energy to personal development.



**January 1–9:** Because of the action of the Sun, Mercury, Venus and Pluto in your Second House of personal resources, watch your money carefully. This includes tracking your spending, but also simply keeping track of your wallet. What



starts off tense on January 1 lightens up a bit by week's end when you have a chance to relax and rest. You rediscover something magical within the walls of your home. Personal effort on January 6, when the Moon squares Pluto, results in progress you may not have anticipated. Stress, as indicated by Mars semisquare Saturn in your Eleventh House, limits group effectiveness now. You can help by forecasting optimistic outcomes and showing how they can be achieved with available resources.

**January 10–16:** Refocus on dealing with the circumstances around you this week. Remember your New Year's resolutions? As Saturn retrogrades on January 13, other people may actually look your way and have more than enough to say. The eclipse on Friday, coupled with Mercury moving forward again, provides a time when you can give your speech most effectively. Write it in your head a couple of times before January 15, and add a fresh twist just before you go on stage. Show your independence in words and action, and show yourself you mean to keep a promise to follow your soul's highest aspirations.

**January 17–23:** This week, your attention turns toward action. With Mars traveling alone in the heavens, you have plenty of energy and possibly not enough focus. To get more done, use the Moon sextile Pluto on January 18 to have a pep talk with yourself. You know what you want to do, so build up your own enthusiasm with the promise of a reward when you finish. On January 21, with Moon trine Mars, you see a creative channel to pursue. On January 22, a female may double-team you with an older individual as the Moon sits in opposition to Saturn. Let them try. On January 23, you feel secure in your personal power (Sun trine Saturn) and will do what you choose.

**January 24–31:** If you show compassion toward partners and coworkers this week, you can't go wrong. Remain flexible in the face of pressure. You know in your gut what you need to do, and you also sense how to achieve more. On January 24, logic wins others to your side as the Moon trines Mercury of the mind. On January 25, the Moon square Jupiter allows for expansion, and by January 27 you begin to appreciate the progress you have made when the Moon opposite Pluto in your First House reflects greater awareness. Your partner's input can strengthen the foundation of otherwise ungrounded ideals. By January 29, you convince him or her of the lasting accomplishments of joint spiritual effort.



**January 1–9:** With the Moon traversing the most public houses in your chart, you wear your feelings on your sleeve this week—particularly on January 6, when the Moon conjuncts your ruler Saturn. If you are given new responsibilities now, you have a golden moment for beginning anew to exert your intelligence in work, social activities

and for yourself. At about the same time, you feel a challenge to elevate your will and power above the mundane and into service to humanity. Always one to accept a good challenge, you can run with this impulse now and develop genuine warmth to enhance your sense of responsibility.

**January 10–16:** With Mars causing tension for you this week, you find that time spent alone can help you relax and regain composure. By January 11, when Venus joins the Sun, you feel harmony seeping into your very bones. On January 13 Saturn retrogrades, and you—of all the signs—benefit from this extended period in which you can review decisions and plan carefully. You learn that intelligence expresses more fluidly when you have a structured plan—one that can adapt to circumstances. The eclipse in your sign could present personal restrictions, so take time to plan before you leap into action!

**January 17–23:** Feeling the effects of Moon opposition Mars in your Eighth House, you may begin this week with other people demanding that you change the way you do business. Even though your first impulse may be to tell them to mind their own business, you find that by January 21, you bring some of their suggestions home with you to consider more carefully. The domestic scene illuminates personal aspirations. With Mars—the planet associated with your Fourth House—wandering by himself, one obvious solution is to consciously use his energy at home, dealing with household matters on the material level while allowing your mind to soar.

**January 24–31:** As the Moon travels through the western sector of your chart this week, you direct your attention toward partners and associates. On January 24, when the Sun trines Saturn, you may become more comfortable with career and other responsibilities as you find intelligent solutions for nagging problems. But the biggest shift comes when Venus opposes retrograde Mars. Now you deepen understanding of the relationship between the initial causes of situations and the actions that work to move events forward. This heightened awareness of energy in your environment extends from magnetic romance all the way to enhanced devotion to a teacher or ideal.



**January 1–9:** Find a labyrinth or magic circle in your travels and walk a pathway first laid down in ancient times. In so doing, you allow the interplay of outer planets to bring you into psychic balance. On January 3, the Moon opposes both Jupiter and Neptune in your First House. Imagination and wisdom find inspiration in each other. Take time today just for yourself so you can enhance these two energies within your soul. Mercury joins Venus in your Twelfth House to offer private messages infused with knowledge you need to manifest harmony among family and coworkers.

**January 10–16:** As the Moon moves toward the eclipse on January 15, it joins the inner planets in your Twelfth House. With Pluto also in this house, you gain from meditation concerning power and how to exert your will in the most beneficial ways. Join with another person to merge talent and intelligence into effective social action. Plan to review decisions on or after January 13 when Saturn retrogrades. The eclipse illuminates insights gained through meditation or channeled sources. When Mercury moves forward after the eclipse, you may decide to share insights with a partner.

**January 17–23:** With Mars standing alone and moving backward, communications may stall to some degree. Actually, whatever communication occurs, you will find that you gain valuable insight into the motives of associates and family. As the Moon passes through personal houses, you perceive emotional undercurrents better than many people this week. Keep your insights to yourself. The information you gather now may be applied successfully next week when the Moon enters the houses of creativity, work and partnerships.

**January 24–31:** This week you understand how the ideals of others play into your own sense of self-worth. With intuitive Uranus in your Second House forming a sextile to Pluto of power in the Twelfth, expect power to focus on the actualization of plans that have seemed to move only backward for a while. You could act rashly on January 28 and 29 with the Sun opposite Uranus, or you could gather your determination, express your point of view without yelling and use your quick wit to show that you have considered

other people's desires. On January 30, you sense a new adventure coming as the Moon approaches its opposition to Neptune, stimulating your imagination. Love is part of every action and interaction for you now.



**January 1–9:** Your life balances this week between profound insights concerning power and active, creative effort on a practical level, effectively utilizing the Saturn Pluto square aspect. In order to gain those insights, you have to manage household and work issues early in the week. It may feel like you are chipping away at a mountain, but as you resolve seemingly insignificant differences, you build a foundation of support. Invest time every day in prayer or meditation. On January 4 and 5 you can expect thoughts to arise that bring peace to your heart. As Mercury joins both the Sun and Mercury on January 6, you can take those ideas on the road as you work within a group to get a job done.

**January 10–16:** On January 10, the Moon squares Jupiter and Neptune, challenging you to overcome obstacles in your spiritual path. Emotions carry you into the public arena. Prepare early each day by taking time for your private meditation or prayer. Although Mars opposes your planets Jupiter and Neptune by sign, there is no aspect between them. You find you can devote energy to imaginative scenarios but may not see much progress until after the eclipse when you can say exactly how you want to move forward. When the Moon opposes Mars on January 16, devotion to others matches your own desires.



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**January 17–23:** As the Moon moves through the personal houses in your chart this week, you tend to pull back from others and address your personal needs and desires. If there is any doubt about what to devote your time to on January 17 when the Moon conjuncts illusive Neptune, take the time to bolster your resolve. Begin a fully optimistic activity that truly addresses your own needs. Make an effort on January 18 to infuse your Plutonian will with emotional determination. By January 23, new opportunities reveal themselves in the form of visions or channeled information when the Moon sextiles both Jupiter and Neptune. Physical desires may seem to take on a life of their own this week. Try to go with the flow, especially at work.

**January 24–31:** With communicative Mercury in the Eleventh House of groups, you gain power when you adapt your words to suit the mood of the group. Although this seems like giving in a bit, actually you gain support to use later. A partner or associate never fails to remind you of your responsibilities. It's up to you to find the intelligent way to accomplish a goal that rests on imagination and emotions. Take time on January 24 to assess the material demands of a project. When the Moon again joins Jupiter and Neptune on January 25, even while at work on the job, allow your intuition to guide your actions and decisions. This is a time for higher wisdom to override apparent logic. On January 27, devotion to others becomes an essential part of your expression. ✨

### Daily Aspects—January 2010

January 1	Mercury quincunx Mars, Moon opposition Mercury, Moon semisextile Mars, Moon trine Uranus, Moon void of course, Moon quincunx Chiron, Moon quincunx Neptune, Moon quincunx Jupiter	January 16	conjunction Venus, Moon semisextile Jupiter, Mercury stationary direct, Moon into Aquarius
January 2	Moon into Leo, Moon quincunx Pluto, Moon sextile Saturn, Moon quincunx Venus, Moon quincunx Sun	January 17	Moon semisextile Pluto, Moon trine Saturn, Moon semisextile Mercury, Moon opposition Mars
January 3	Moon quincunx Mercury, Moon conjunct Mars, Moon quincunx Uranus, Moon opposition Chiron, Moon opposition Neptune, Moon void of course, Moon opposition Jupiter	January 18	Moon semisextile Uranus, Moon conjunct Chiron, Moon conjunct Neptune, Moon void of course
January 4	Moon into Virgo, Moon trine Pluto, Moon semisextile Saturn, Mercury conjunct Sun	January 19	Moon semisextile Sun, Moon semisextile Venus, Moon into Pisces, Moon conjunct Jupiter, Moon sextile Pluto, Moon quincunx Saturn, Venus semisextile Jupiter, Moon sextile Mercury
January 5	Moon trine Venus, Moon trine Mercury, Moon trine Sun, Moon semisextile Mars, Mercury conjunct Venus, Moon void of course, Moon opposition Uranus, Moon quincunx Chiron, Moon quincunx Neptune	January 20	Moon quincunx Mars
January 6	Moon quincunx Jupiter, Moon into Libra, Moon square Pluto, Moon conjunct Saturn	January 21	Moon void of course, Moon conjunct Uranus, Moon semisextile Chiron, Moon semisextile Neptune, Moon into Aries, Sun semisextile Jupiter, Moon semisextile Jupiter, Moon sextile Sun
January 7	Moon square Mercury, Moon square Venus, Moon square Sun, Moon sextile Mars, Sun quincunx Mars, Moon quincunx Uranus, Moon trine Chiron	January 22	Moon sextile Venus, Moon square Pluto, Moon opposition Saturn, Moon square Mercury, Venus semisextile Pluto, Moon trine Mars, Venus trine Saturn, Moon semisextile Uranus, Moon sextile Chiron, Moon void of course, Moon sextile Neptune
January 8	Moon trine Neptune, Moon void of course, Moon trine Jupiter, Moon into Scorpio, Venus quincunx Mars, Moon sextile Pluto, Moon semisextile Saturn	January 23	Moon into Taurus, Moon sextile Jupiter, Moon square Sun, Moon trine Pluto, Moon quincunx Saturn, Moon square Venus, Moon trine Mercury
January 9	Moon sextile Mercury, Moon square Mars, Moon sextile Venus, Moon sextile Sun	January 24	Moon square Mars, Sun semisextile Pluto, Sun trine Saturn
January 10	Moon trine Uranus, Moon square Chiron, Moon square Neptune, Moon square Jupiter, Moon void of course, Moon into Sagittarius	January 25	Moon sextile Uranus, Moon square Chiron, Moon void of course, Moon square Neptune, Moon into Gemini, Moon square Jupiter, Moon quincunx Pluto, Moon trine Saturn, Moon trine Sun
January 11	Moon semisextile Pluto, Moon sextile Saturn, Moon semisextile Mercury, Venus conjunct Sun	January 26	Mercury quincunx Mars, Moon trine Venus, Moon sextile Mars, Moon quincunx Mercury
January 12	Moon trine Mars, Moon semisextile Sun, Moon semisextile Venus, Moon square Uranus, Moon sextile Chiron, Moon sextile Neptune	January 27	Moon square Uranus, Moon trine Chiron, Venus opposition Mars, Moon void of course, Moon trine Neptune, Moon into Cancer, Moon trine Jupiter, Moon opposition Pluto, Moon square Saturn
January 13	Moon void of course, Moon sextile Jupiter, Moon into Capricorn, Venus sextile Uranus, Moon conjunct Pluto, Saturn stationary retrograde, Moon square Saturn, Moon conjunct Mercury, Venus semisextile Chiron, Sun sextile Uranus	January 28	Moon quincunx Sun, Moon semisextile Mars, Moon quincunx Venus, Moon opposition Mercury
January 14	Sun semisextile Chiron, Moon quincunx Mars, Venus semisextile Neptune	January 29	Moon void of course, Moon trine Uranus, Moon quincunx Chiron, Moon quincunx Neptune, Moon into Leo, Moon quincunx Jupiter, Sun opposition Mars, Moon quincunx Pluto, Moon sextile Saturn
January 15	Moon sextile Uranus, Moon semisextile Chiron, Moon conjunct Sun (solar eclipse), Moon semisextile Neptune, Sun semisextile Neptune, Moon void of course, Moon	January 30	Moon conjunct Mars, Moon opposition Sun, Moon opposition Venus, Moon quincunx Mercury
		January 31	Moon quincunx Uranus, Moon opposition Chiron, Moon opposition Neptune, Moon void of course, Moon into Virgo



# Inspired Spirit Building the Physical

Rhonda Smith

*This year, 2010 (21/3), will be full of opportunities for choices at all levels. There can be a deep inner peace underlying everything this year, as long as you stay who you are. This is the year to begin forming those groups that will create and manifest the new institutions and organizations that will have a "prime directive" to serve humanity. You will have opportunities to define friendship in terms of unconditional love and to learn to be okay making the discernments necessary to choose and work with those who can put excessive emotion (self-created fear) aside and be the true leaders who understand cooperation and unity to be the tools to create the new world. This will require you to continually understand that it is loyalty to self first that will keep you on your path.*

The following explains the method used for numerology forecasting. We use the 3+ digit convention, because we are evolved to the point of needing to know the "essence" of the numbers—their rooting. For example, if the final number is 3, what kind of 3 is it? The final number is like the peppercorn, the rooting tells you what kind of peppercorn: black, red, cayenne and so on. The computations are done thusly:

**Year:** 2010;  $20 + 1 + 0 = 21(\text{root}) = 2 + 1 = 3$ , and shown as 21/3

**Day:**  $1/1/2010 = 1 + 1 + 2010 = 2012 = 20 + 1 + 2 = 23(\text{root}) = 2 + 3 = 5$ , and shown as 23/5

**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:

$19 + 2 = 21(\text{root}) = 2 + 1 = 3$

Backets indicate a "master number" that is never reduced to a single digit and is highly influential.

**Y**ou begin the year with January ([22][11]), an intense month of dual master vibrations. Underlying all your interactions will be the vibration of the spiritual master builder, giving you four times the strength to bring God energy into the material plane in your life. In this way, you are standing on a firm foundation of inner security, easing your ability to cooperate with others and therefore God's plan on Earth. This combines with the master energies of the spiritual light messenger. These energies are here to give you guidance and strengthen your connection to your source—especially of information. If your intuition phones this month, make sure to answer the call, because it will give you guidance on how to build your firm foundation within. Don't lose sight of the fact that a well worked-out plan is necessary before your move forward. The goal is to stay connected to your inner information, integrate it into yourself and manifest it in all your interactions this month.

## JANUARY 1 TO JANUARY 2, 2010 (47/11/2)

You begin this master month with a master day. This is the beginning of the manifestation of your dream, your vision. For these two days, you have major decisions to make. You will need to have confidence and courage, because you will be putting spiritual energy into practical form and being the master builder of your life—the goal of the 22 master spiritual builder. The qualities of peace, tolerance, abundance and, most importantly, sustainability need to be expressed in a tangible way.

You start with the energies of adventure and change, so stay balanced on your foundation while allowing your mind to explore possibilities. You then have a day of increased sensitivity so that you can see what's beneath the surface of your experiences, finding the balance of the center and your inner foundation as you take the opportunities to get into the flow and responding to unexpected situations with confidence and growth. The goal for this period is to keep yourself balanced in the physical, emotional and mental areas and to make that place sustainable for the rest of the year.

## JANUARY 3 TO JANUARY 9, 2010 (25/7)

You have a week for reflection on where you are and how far you've come. During this process of experiences, remain objective and visualize what you desire to create, reconstructing your mental energies to support that vision. Stay connected to your inner voice and you'll be guided to choices for your future. Make sure to remain flexible, resourceful and adaptable in order to make adjustments as needed to manifest the truth in your creation.

You begin the week with a day of increased intensity, pushing you to be reflective, to move from human doing to human being. You then have a day of easy-flowing environmental energies, within which details of your life will spontaneously arise for your examination and investigation so that you can determine what actions, if any, need to be taken to change the fit of these details into your vision to bring in the abundance. You shift to a day that requires you to maintain harmony as you share your accomplishments within your relationships, bringing deeper understanding and reaping the rewards of your past achievements.

Now it's time to reevaluate some more, crystallizing your desires with the new information you've gathered and then using the power of your imagination to mold that into physical form as you use wisdom and a strong sense of justice to start the next step in your progress. The underlying master energies are

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brought to the surface to help you emphasize the spiritual areas in your experience, so don't ignore your higher guidance: be sensitive to the revelations offered you at this time.

This leads to a day of the energies of celebration and creative expression that needs to be balanced, because these energies can be restless; however, they do bring great peace, happiness, fulfillment and directional guidance. You end the week with an intensification of the master spiritual builder energies that can be tense, so don't go to extremes even though you are being pushed to think on a large scale. The goal is to remain balanced through all the movement and changes in order to be balanced within yourself so that you can manifest your spirit into your physical life.

### **JANUARY 10 TO JANUARY 16, 2010 (20/2)**

This week has the energies of decisions and turning points. It will present alternatives to you to choose and then act decisively. Be patient and allow your vision and revelations to guide you. Don't resist any change that will bring peace and balance to your life.

You begin the week with a strong sense of adventure and change, so allow your mind to explore new ideas and areas you haven't investigated before. Then it's time to take responsibility for bringing things into harmony, since you are given the ability to see beneath the surface of events. That increased knowledge will assist you in harmonizing it all, using the master 11 and 22 energies that are supporting you in this process. A day to reflect and reassess is here for you to check your mental energies against your vision of what you desire.

This is followed by a day of free-flowing energies, allowing you to examine and investigate any details in your life that arise spontaneously, so evaluate and take action using cooperation. A day to share your accomplishments follows, so maintain harmony and peace and you will gain the rewards of deepened understanding. Take the energies of this new understanding and use them to further crystallize your desires and manifest them into your life.

You end the week with master messenger energies, so stay receptive and remember that spiritual messages are coming to you to bring balance in all areas. The goal is to be totally in balance—mentally, emotionally, physically and spiritually.

### **JANUARY 17 TO JANUARY 23, 2010 (24/6)**

This entire week is meant to increase your sensitivity and assist you in always being connected to your inner awareness of the truth, including what's beneath the surface. Remember that as you become centered within, you will bring about order in your outer world.

You start the week with the energies of celebration, which can lead to restless activity—so stay centered and don't get carried away. Strengthen your connection to your intuition and inner guidance, and you will gain direction and bring happiness and fulfillment to yourself and your home. Open your mind to the thoughts of the new order of

things and choose actions that will bring better conditions for all through system and organization. A sense of adventure comes to you, so explore, seek out variety and change of all kinds and you may discover things you never thought of to add to your vision.

The energies of the week come to the surface and intensify now so that you can make sure you are still centered in who you are; you'll know that if you are flowing through unexpected events. You then have a day to go within and be reflective so that you can check that you are using your strong intuitive abilities to move your mental energies into a positive force for forward movement. This moves you to what could be an intense day within—even though the energies of the environment are easy flowing and based in cooperation—as both the master builder energies of the month come to the surface supported by the master healing energies, assisting you to bring yourself to wholeness and health through courage and faith in the higher forces within you.

You end the week reaping the rewards of past achievements and, at the same time, preparing for new adventures, so maintain harmony on all levels as you interrelate and share your accomplishments. The goal for the week is for you to stay centered in your inner world and take responsibility for putting things in harmony, remaining balanced and able to respond to the flow.

### **JANUARY 24 TO JANUARY 30, 2010 (28/10/1)**

Your last week of this month is full of the energies of both the seed and harvest, helping you to clarify and crystallize what you wish to manifest this year. It is time to use this energy to assess your sense of justice and to perfect it with a total understanding of the concept "as you sow, so shall you reap."

The week begins with this vibration to enhance your awareness of it. Then you move to a day of master messenger energies that provide inspiration and revelations that may require more responsibility and effort. They do, however, promise great rewards as long as you remain receptive and remember that there are spiritual messages that will bring balance into your affairs. You're then greeted with a day to celebrate, as rewards come in abundance and your domestic situations blossom and bring happiness and fulfillment. Do, however, rely on your intuition to avoid getting carried away with these energies.

This brings you to a day of new ideas about how the new order of things in abundance can enable you to be a forerunner for better conditions, as challenges are presented to the old ways. You'll then be given another day of restless energy that is to be used constructively and put into action with patience, persistence and determination, so you will use your own unusual or unconventional approach to accomplish the task. You are then reminded to see what's beneath the surface of your plans—with the help of the intensity of the master messenger beneath the surface energies, pushing things to the top.



You end the week with a day to listen to your inner voice for direction, and it will require flexibility, resourcefulness and adaptability to make any necessary adjustments to demonstrate the truth, reality and clarity. The goal is to make sure that you bring perfected justice to everything you create this year.

JANUARY 31, 2010 (26/8)

You end this month of inspired spiritual building in the physical plane with a day that bestows abundance in your life. The challenge will be to take responsibility for what you've created—the abundance. Much will occur spontaneously, so choose your actions wisely in order to reap the rewards. ✨

## Daily Aspects: A Time in Hindsight

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.*

**S**olar Eclipse in Capricorn (25°01') on Thursday January 14 at 11:11 PM. The image associated to this degree in the Sabian symbols is "a nature spirit dancing in the iridescent mist of a waterfall." We are finding our joy. The more we elevate our consciousness, the more of the light, and the lighter, we are—able to dance through the veil separating the visible from the invisible. We become messengers linking both worlds, bringing forth new knowledge and magical revelations. This is a very powerful eclipse, which forces us to redefine our position in society. What are our true ambitions? What is our real vocation? What do we stand for? What are our long-term goals? It is an eclipse that also helps us to unearth the wisdom buried deep within us. We could, as a result, become more detached from superficial endeavors and seek more meaningful spiritual involvements. We need to shed and simplify our surroundings to focus on what truly matters to our long-term evolutionary process. This is the time when we reach the zero point, the void,

out of which everything new can emerge, purified of the past. The year 2010 is truly a year of new beginnings, our emergence out of the chrysalis.

Mercury continues to be retrograde (since December 26) between 18°59' and 5°35' Capricorn. It will turn direct on February 15. We need to be focused and organized, preparing for issues pertaining to authority and what or whom we follow. We want to become masters of our own destiny. This is a time of intense prioritizing and acting on our long-term ambitions. We are reminded of our responsibilities and how to use them to transcend both external and internal limitations.

Mars continues to be retrograde (since December 20) between 18°49' and 9°19' Leo. This retrogradation is all about asserting ourselves with warmth, generosity of spirit and courage. The more we follow our hearts, the more in alignment with our true life purpose we are. We need to act with passion, enthusiasm and a touch of glamour. As our love pours out, we become truly radiant sparks of light that lead by example and inspire those around us who are ready to move out of limiting and limited beliefs.

Saturn turns retrograde on January 13 at 4°39' Libra and will remain so until May 30, having reached 27°50' Virgo. We are revisiting a romantic relationship of the past—either of this lifetime or any other parallel or past life. This is a time to form equal partnerships with people who match us in power and are on the same spiritual wavelength. We want to create win-win situations with others through peace, equilibrium and harmony.

### MOON MESSAGES

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

- Friday, January 1 between 7:43 AM and 6:41 PM when the Moon enters Leo
- Sunday, January 3 between 1:55 PM and 6:52 PM when the Moon enters Virgo
- Tuesday, January 5 between 9:24 AM and 8:58 PM when the Moon enters Libra
- Thursday, January 7 at 10:07 PM until Friday, January 8 at 2:00 AM when the Moon enters Scorpio

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- Sunday, January 10 between 7:02 AM and 10:10 AM when the Moon enters Sagittarius
- Tuesday, January 12 between 6:43 PM and 8:54 PM when the Moon enters Capricorn
- Friday, January 15 between 1:02 AM and 9:17 AM when the Moon enters Aquarius
- Sunday, January 17 between 12:23 PM and 10:17 PM when the Moon enters Pisces
- Tuesday, January 19 at 10:06 PM till Wednesday, January 20 at 10:36 AM when the Moon enters Aries
- Friday, January 22 between 11:47 AM and 8:39 PM when the Moon enters Taurus
- Sunday, January 24 at 7:03 PM and Monday, January 25 at 3:11 AM when the Moon enters Gemini
- Tuesday, January 26 at 10:33 PM till Wednesday, January 27 at 6:01 AM when the Moon enters Cancer
- Thursday, January 28 at 8:48 PM till Friday, January 29 at 6:10 AM when the Moon enters Leo
- Saturday, January 30 at 10:27 PM till Monday, February 1 at 8:17 PM when the Moon enters Virgo

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

### SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

- ☾ Moon in Leo between Friday, January 1 at 6:41 PM and Sunday, January 3 at 6:51 PM and between Friday, January 29 at 6:09 AM and Sunday, January 31 at 5:22 AM

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

- ☾ Moon in Virgo between Sunday, January 3 at 6:52 PM and Tuesday, January 5 at 8:57 PM

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

- ☾ Moon in Libra between Tuesday, January 5 at 8:58 PM and Friday, January 8 at 1:59 AM

Now is a great time for relationships, associations, diplomatic exchanges with others and anything related to beauty—a haircut, buying new clothes or a make over. It is also optimal for art, especially painting and decorating or a pleasant social event such as a concert or an art exhibition.

- ☾ Moon in Scorpio between Friday, January 8 at 2:00 AM and Sunday, January 10 at 10:09 AM

This time span is perfect for scientific research, esoteric studies, self-transformation and dealing with the mysteries of life, death, sexuality and exploring the other side of the veil, as well as insurances and issues pertaining to the use of power.

- ☾ Moon in Sagittarius between Sunday, January 10 at 10:10 AM and Tuesday, January 12 at 8:53 PM

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

- ☾ Moon in Capricorn between Tuesday, January 12 at 8:54 PM and Friday, January 15 at 9:16 AM

Now 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 businesses and redefining our long-term goals.

- ☾ Moon in Aquarius between Friday, January 15 at 9:17 AM and Sunday, January 17 at 10:16 PM

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

- ☾ Moon in Pisces between Sunday, January 17 at 10:17 PM and Wednesday, January 20 at 10:35 AM

This is a great time for meditating, sitting by a body of water and anything related to the sacred, including dancing, painting, swimming, dreaming, music, photography, film, sleeping, channeling and connecting with the mystical, the magic and the oneness of All That Is.

- ☾ Moon in Aries between Wednesday, January 20 at 10:36 AM and Friday, January 22 at 8:38 PM

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

- ☾ Moon in Taurus between Friday, January 22 at 8:39 PM and Monday, January 25 at 3:10 AM

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

- ☾ Moon in Gemini on Monday, January 25 at 3:11 AM

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

- ☾ Moon in Cancer between Monday, January 25 at 3:11 AM and Wednesday, January 27 at 6:00 AM

This time period is perfect for family activities, especially those involving children. It is also good for spending more time at home, cooking, nurturing ourselves and those we love, and inviting the people we cherish over for dinner. It is also an excellent time for drawing, creative writing, crazy humor and anything requiring imagination.

## INTENTIONAL MEDITATION

On Thursday, January 14, take out the papers we charged on December 31, 2009 and write one intention per sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon (solar eclipse) in Capricorn at exactly 11:11 pm. This is an auspicious time, a very intense portal into our independence from all that has kept us bound to the old reality. Once that exact moment has passed, staple your sheets together, write the date and put them away, expecting a miracle.

Our next intentional meditation begins on Friday, January 29. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Leo at 10:17 PM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon on February 13.

## A WEEK FOR COMMUNICATION

**Monday, January 4:** Sun conjunct Mercury (11:06 AM). This is a great day for clear communications. We mean what we say and are direct in the expression of our ideas. It is a fabulous time for making those phone calls, responding to email we had been putting off and getting together with friends and colleagues. This day is a great day for lecturing, writing, attending a conference, reading a book that expands our minds and collecting data on a specific topic of interest.

**Tuesday, January 5:** Mercury conjunct Venus (2:39 AM). We express ourselves lovingly today; communication flows harmoniously. We are able to say even difficult things nicely. As we share our serenity with others, everyone blossoms and feels happier. This is a wonderful day to invite friends over or to attend a pleasant event. We seek romance and beauty.

## A WEEK OF LIGHT AND SHADOWS

**Monday, January 11:** Sun conjunct Venus (1:05 PM). Today we are easy going. We want our lives and our surroundings to be peaceful and beautiful. As we flow with life, we create much peace around us and reach pleasant agreements with others.

**Wednesday, January 13:** Venus sextile Uranus (1:48 AM), Saturn turns retrograde (7:57 AM) and Sun sextile Uranus (10:40 PM). Kindly refer to the opening paragraph on Saturn. There is much electricity in the air. We seek excitement in our relationships and could suddenly break one that has become dull and boring. We are attracted by unusual, free-spirited people who walk to the beat of their own drummer. New, unexpected opportunities arise in strange ways that completely shift our understanding of our own reality.

**Thursday, January 14:** Solar eclipse (11:11 PM). Kindly refer to the opening paragraph as well as to the intentional meditation section.

**Friday, January 15:** Mercury turns direct (8:52 AM). Kindly refer to the opening paragraph. There could still be some confusion today, such as misplaced keys, delayed lug-

gage if we are traveling, messages erased by mistake, misunderstandings or people we had lost sight of reappearing. It may be best to wait until tomorrow to install new software or repair your car.

## A WEEK OF ABUNDANCE

**Sunday, January 17:** Jupiter enters Pisces (6:11 PM until June 7). The next six months are all about abundance—spiritually and financially. It seems that we are able to generate money in magical ways. Mystical ideas, projects that connect us to the sacred, meditation, nocturnal dreams and inspired visions are all conspiring to create a feeling of great wealth that also translates materially.

**Monday, January 18:** Venus enters Aquarius (6:35 AM until February 12). The next month is marked by the need to work with the collective. Like-spirited groups and humanitarian endeavors become all very attractive. Exciting and lucrative new projects emerge as friends brainstorm together and share their resources. Our star family expands as we meet more and more beings we feel a deep inner connection with.

**Tuesday, January 19:** Sun enters Aquarius (8:28 PM until February 19). During the next few weeks, we could become more interested in UFOs, extraordinary events and the unusual. We should expect the unexpected and remain very flexible in the face of ever-changing circumstances. Life seems to move forward at the speed of light. We may have trouble keeping up with our own shifting realities.

**Thursday, January 21:** Venus trine Saturn (10:07 PM). This is a great day for an emotional commitment. We want to build something solid with another we are deeply involved with and are seeking to create a real foundation for a love that will withstand the test of time. We are realistic about our engagements and responsible regarding financial matters. This is a wonderful time for sound financial investments.

## A WEEK OF STRUCTURE AND CHALLENGE

**Sunday, January 24:** Sun trine Saturn (7:37 AM). We are structured, patient and grounded. The more organized and responsible we are, the more likely we are to achieve our goals. A great day for steady and structured progress. Our understanding of our own life is profound. We are attracted to serious projects we can commit to 100 percent. We are not afraid of all the hard work that is necessary to get to where we wish to go.

**Tuesday, January 26:** Venus opposition Mars (9:29 PM). It may be best today to beware of emotional excesses. We could be impulsively drawn to situations and people who do not necessarily serve our best interests. A new romance could seem very appealing today, but we should not necessarily get involved in it too quickly. An old flame could be rekindled. It is important that we remain balanced in our needs for adventure and excitement.

**Friday, January 29:** Sun opposition Mars (11:43 AM). We feel both energetic and impatient today. This could



cause friction with people who take our direct honesty personally. It is probably best to stay away from sharp objects and to not act impulsively while operating a motor vehicle. Much effort is required today to accomplish our objectives. Forcing issues proves to be counterproductive.

**Sunday, January 31:** Saturn square Pluto (2:06 PM). This is the very last time we have this aspect, which colored the whole of 2009. Obstacles, limitations and feelings of

scarcity test our courage and persistence. As we take responsibilities for those past actions—good and not so good—that have led us to our present circumstances, a new sense of direction emerges that challenges everything we had previously built and believed in. The more integrity we have in dealing with the past, the more we are able to transmute the difficulties in our lives. We are completing a massive evolutionary leap forward. ✨

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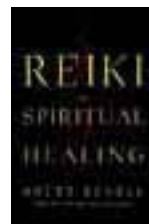


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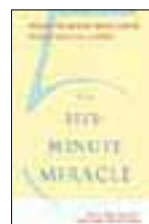


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# The 2012 Prophecy

Jose Arguelles

**T**he year 2012 is now on everyone's mind. The release of Roland Emmerich's film *2012* has popularized this date on a planetary scale. What does it mean? Where did it come from? As awareness of 2012 becomes an event of mass consciousness, we begin to sense something of the greatest magnitude, a veritable world shift. The ripples from this shift are already creating waves washing up on the shores of the old consciousness. What is behind the date December 21, 2012, and what does it really augur? It is generally known that this date is related to the Mayan calendar and the Mayan prophecies. How did the Maya come to this date, and what do their prophecies say about it?

The Maya, whose civilization reached its heights in Central America and Mexico between A.D. 435 and 830, were expert mathematicians with a unique calendar system. How did they come to be operating with a sophisticated sense of time far beyond anything known even today? In my 1987 book *The Mayan Factor, Path*

*beyond Technology*, I concluded that the primary intention of the Mayan calendar system was not to measure time but to record the harmonic calibrations of a galactic synchronization beam that is 5,125 years, or 5,200 *tun* (360-day cycles), in duration. According to the time science of the ancient Maya, a great moment of transformation awaits us in 2012 when we pass out of that beam.

## A NEW PHASE IN EVOLUTION

For humanity, this beam constitutes the "wave harmonic" of history. Spanning 5,125 years, this beam commenced on August 13, 3113 B.C., a date marked by the Mayan Long Count calendar as 13.0.0.0.0, 4 Ahau. This precise date of 13.0.0.0.0, 4 Ahau will occur again on December 21, 2012. Exactly 1,872,000 days will have passed—a cycle of 13 *baktuns* of 144,000 days each. This interval of 3113 B.C. through A.D. 2012 comprises the totality of history as we know it, from the First Dynasty of Egypt to the present—hence the idea of a wave harmonic of history. During this cycle, human beings have gone from an existence as tribal creatures just learning how to live in cities to being part of a full-blown, planetary organism.

In this process, humanity learned how to mechanize time. The mechanization of time created an unconscious mental field in which human beings systematically separated themselves from nature for the purpose of creating a vast industrialized order, the technosphere—a sphere of artificial time cast over the biosphere. Since 1618, the human species has been living in its own artificial time, apart from the rest of the biosphere that continues to operate in the natural cycles. The dissonance between artificial and natural

time has brought about the present crisis and pushed humanity toward a new condition of being.

The conclusion of the cycle in the year 2012 bodes a return to natural time and an evolutionary upgrading of planetary life. A resonant frequency phase shift will usher us into the brilliance of galactic, solar-planetary evolution. We shall pass not only into a post-historic but a post-human, or superhuman, phase of our evolution. In fact, the entire 5,125-year cycle—hardly an instant in geological time—is but a mutative phase. With this phase complete, a new evolutionary stage will begin. This is known as the noosphere, which is literally the mental sheathe of the planet, the mind of the Earth in which we think and act as a single planetary organism—a new race of bio-solar telepaths. With the advent of planetary consciousness will come not destruction but—at long last—universal peace. ✱

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2012: Tipping Point

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## KEY POINTS

- According to the time calculations of the ancient Maya, a great moment of transformation awaits us in the year 2012 when we pass out of the great galactic synchronization beam that has endured the last 5,125 years.
- The conclusion of the cycle in the year 2012 bodes a return to natural time and an evolutionary upgrading of planetary life into the noosphere, as a resonant frequency phase shift will allow us to move past history into the brilliance of galactic, solar-planetary evolution.



**JOSE ARGUELLES**  
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# Companion Communication: A Clear Path

Marcia Reeves Thrasher

**W**hen attempting to communicate with an animal, you might sometimes be frustrated by the way it seems you are not getting any response. At times, you may even feel that you are talking to yourself or the wall or floor where you sit. Sometimes the animal will not even come to you or look at you. Realize that there are reasons for this, just as there are reasons for why human beings don't answer a phone call or return an email or other correspondence.

Perhaps the animal does not wish to communicate, for example. The animal might be scared or frightened, or perhaps it is passing and it is best to communicate with its guides of uni-

versal consciousness instead. It is also possible that the animal has passed and is readjusting, not wishing contact at this time. Take into consideration your surroundings and those of the animal if you are communicating in person at a shelter, home or accident site. It is, however, not always necessary to be at hand to communicate. Think of this form of communication as similar to being on a cell phone or in a chat room with a friend. You are communicating through a channel, a means for sending and receiving information.

However, as telepathic and receptive as most animals are, it is actually quite possible that you have already been receiving messages and that you simply didn't know it at the time. Have you ever had the experience of thinking a particular thought at your cats, dogs or horses—or you've even said your wishes out loud for them or had a little thought or picture in your mind of what you would like for them to do or how you would like for them to behave—and then they actually did that very thing? If you have cats, dogs or other household pets, it's possible that you and your pets have been communicating all along and you didn't realize it. They do realize it, of course, so don't be surprised if, once you finally begin to hear them, your animals make statements such as "I know," "of course" or any number of responses, essentially communicating that yes, they have known your thoughts all along and have been receiving them; it's just that you didn't acknowledge their part in

the transaction. You only thought you were sending messages and making statements to your pets without an exchange.

## A GENTLE PASSING

I once had the privilege of spending a few hours with a lovely lady canine named Claudia. Claudia had led a very well-rounded life with her companion, Carol, and she even went to work with her most days. They were rarely apart, dog and companion. Carol contacted me and asked to bring Claudia to see me. We shared a few hours together, and during that time I learned that it was a difficult decision for Claudia to make to leave Carol and pass on. She knew how much Carol loved and would miss her. They had shared other lifetimes together, and even in Carol's present lifetime, Claudia had been with her before.

What Claudia needed was to know that Carol would not grieve too long for her passing. Claudia also needed for her companion to know how much she loved her and that they would be together again. With this knowledge, Carol could look forward to their next visit, and Claudia could then pass on without lingering and suffering any more from the disease that caused her much pain and discomfort. At Claudia's request, I acted as a conduit for

### KEY POINTS

- If you find yourself frustrated in your attempts to communicate with your animal companions, it can help to realize that you may have been communicating with them all along and that you only need to understand their mode of response.
- When your companions are sick or ready to pass on, it is important to allow them to communicate their needs to you so that you can provide the level of care and comfort they need.
- As you communicate with your animal friends, realize that they are very sensitive to your moods and emotions. Often, what seems like acting out is actually a response to your own energy, so be patient, calm and compassionate in your interactions with them.

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that information exchange between the two spirits and companions.

What a privilege it was for me to serve in this function, as a conduit for a loving and compassionate exchange between two spirits—one human, one animal. Not long after our encounter, I heard from Carol of Claudia's passing. We now contact each other once or twice a year. Carol is looking for Claudia's return, but she is also getting on with her life, because she knows that whatever form Claudia chooses to return in, they will recognize each other.

### **THE JOY OF BEING A CONDUIT**

There are many facets to being an animal communicator. Being present during a healing or helpful during a passing gives me inner joy and makes me, as the conduit for such services, ever more diligent in my own travels in this journey on Earth as a healer in service to all beings. By serving all kinds of being—animal, human, tree, rock and each and every spirit form here on Earth—I become a conduit, a vessel for communication and possible change.

There are changes I wish for too. I wish that there were no longer a need for shelters for animals or humankind. I wish we could all live together and respect each other. Yet I also know that we all come here with lessons to learn and paths to follow, so when I do act as a conduit for healing or passing, I keep in mind that I am only the communicator, the one who allows the exchange of information and keeps that channel clear and flowing so that there will be a healing and contact that can insure a closure or even an idea for change and inspiration.

This is not to say that I don't also use other means of communication. As an empath, I also pick up on the feelings and pains in others. A good animal communicator will not try to diagnose or put the animal or companion in harm's way by trying to treat or offering to treat an animal in need of medical attention. This is not what animal communication is about. Veterinarians have a purpose too. I pre-

fer the mix of traditional holistic care, if it is available in your area. If not, then find someone who is willing to try alternative methods of healing alongside the traditional methods and medicines available.

### **BEING OPEN TO ALTERNATIVE HEALING**

Luci-Fur is a three-and-a-half-year-old "cinnabun" female cat. We call her a cinnabun, because she has the chocolaty color swirl of a cinnamon bun on both sides of her body. Molly, her brother (I admit it—I am not at all great with determining the sex of a kitten before giving her or him a name) is a vanilla swirl and has more of the traditional Siamese look about him. When Luci was just a few months young, she developed an upper respiratory problem that would not go away. The traditional method for curing this ailment is antibiotics, which she took for months. The infection would not go away, however, and even when it did, it came back almost immediately. I know that prolonged use of antibiotics in humans and animals is not good. You are killing the good with the bad, and the best possible scenario, if at all possible, is to simply build a strong immune system.

When one is close to an animal companion, it is more difficult to keep a clear channel and to make accurate decisions, and as the months dragged on, I decided to check out holistic care. I contacted a company over the Internet and found some of the answers I was searching for through a conversation with one of the representatives. I knew that Luci needed something else besides the traditional care she was getting if she was to ever have a strong immune system, and I was able to help her by both listening to her and researching the options very carefully. It is always important to thoroughly research any drug—traditional or holistic. In my opinion, we have a responsibility to ourselves and our companions to not be complacent in accepting any diagnosis or prescription from another, just because they have capital letters after their names

or because they insist that something is necessary for us to get better.

Today, Luci-Fur is almost four years young. She gets a cough when the seasons change, but she has put on weight and her immune system is much stronger. We have an open channel of communication. Each morning, Luci greets me and comes into the bedroom to say hello to the birds. This is her way of communicating her love to us. When she was small and still healing, she would lie on the bed and listen to the birds sing and flutter about. A part of Luci's healing was knowing that she is loved and needed.

### **BECOMING AWARE OF THE EFFECTS OF YOUR EMOTIONS**

Communication is a path in which more than one being is attempting to create a clear channel of understanding or focus, and intent is crucial to the exchange of information. We often say or think things without thinking about the consequences. Acting out of anger or frustration, you might make a rash statement, and then your cat will rush away, not wanting to be around you while those thoughts are being generated by your mind, making your energy field a little more dense and murky. The most rational thoughts to have around animals and fellow humans are those that come from love and compassion. This is not to say that you will never be angry or frustrated. Of course you will. Just remember the impact of words and thoughts on yourself and others.

Know that your animals and pets are telepathic. They know when you are hurting. They sense and pick up on little nuances quicker than your spouse or friends do. They are the mirrors of our own worlds at times. If they become frustrated, it can show in their mannerisms or displays. Cats and dogs tend to pick at their own body hair or lick themselves raw, and caged birds often resort to feather plucking and loud screeches. Some animals respond by not going in the litter pan except in a hit-or-miss fashion. If you see this type of behavior, take a look

at yourself before trying to search for a quick cure or answer for the situation at hand with your companion. Maybe it is you who have vented, raved and worried endlessly, and those feelings have been picked up in the only way the cat or dog knows.

If this is the case, it is important to communicate to them about what is going on. Are they going to have to move, to relocate or find new homes? This can often trigger anxiety, and perhaps a pet might even respond by running away from home to alleviate the further stress upon its companion. Money worries also plague us all.

Animals have no concept of the dollar bill and its power in the commercial and corporate world. They give us love and companionship and want to know they will be fed and sheltered and loved. They can, however, easily pick up these feelings of anxiety from you, who has always been the one they have trusted and looked up to. Again, people are no different from animals when it comes to feelings and emotions. Think of a loved one—a spouse, child or friend—and think of how you would react in the same situation. We are all spirit. We all have emotions.

Sit down with your cat or dog and have a little one-on-one chat. Communicate your concerns rationally and without using stress or resorting to shouting or high-octave speech. Dogs, cats and other animals respond to calm voices, as their sense of hearing is very acute and sensitive. Tell the animal your plan. Let her know that you will keep her informed of what is going on—keeping in mind that linear time for an animal is not the same as it is for humans. Above all, love them for the blessings they are and the compassionate companionship they give to us unconditionally. They will respond. ✨

# The Shift and the Mastering of Alchemy

Jim Self

**W**e've been hearing about the shift for so long that it's hard to believe it is finally here. But what precisely is shifting? What are we moving from? What are we moving toward? And—more importantly—what difference is it really going to make to your world, your life, your family, your loved ones and you?

## KEY POINTS

- The four-step formula for creation can bring abundance into your life.
- "The noise of the third dimension is very distracting, pulling our attention into the past or projecting it into the future where fear and anxiety often reside."
- Two large waves of energy and light are moving through the universe in order to bring about a higher consciousness.

Have you been noticing that time seems to be speeding up, your memories aren't as reliable as they used to be, old issues are suddenly resurfacing and nothing seems to be working the way it used to? You are not alone! If you have been hearing people talk about moving from the third dimension to the fifth dimension and you haven't a clue how that's going to come about, or what specific changes it's going to bring or even what the fifth dimension is, you are not alone. Moreover, it's no accident that you're reading this at this moment. It was written for you.

The purpose of this writing is twofold. It is intended first to present you with a container for much of the information that you already know but may not be consciously aware that you know. The other purpose is to introduce you to a set of tools, skills and opportuni-

ties that will enable you to build a platform to move from third-dimensional unconsciousness to a higher dimensional awareness—fully conscious and completely realigned with who you are and who you have always been but don't remember at this moment.

It is actually quite simple to create happiness, abundance and well-being in your life. As with so many aspects of life, however, that which is simple is sometimes the hardest to grasp. For example, the four-step formula for creation is truly simple: Create an intention, place your attention on your intention, add an emotion—happy, amused, excited and so on—to the object of your



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attention and the universe, through the law of attraction, will give you precisely what you placed your attention upon. Your job is to receive it, to allow it to come to you. In other words, ask and it shall be given unto you.

So why are most of us unable to follow this simple formula and create the lives we desire? The noise of the third dimension is very distracting, pulling our attention into the past or projecting it into the future where fear and anxiety often reside. When emotions such as worry and doubt arise, holding our attention on our intention can become very challenging. The law of attraction gives us exactly what we place our attention on. It wouldn't understand if you were to say, "Just give me the good stuff." So how you hold your emotions and thoughts is how the universe understands your request.

### **THE SHIFT IS A TRANSFORMATION OF AWARENESS**

The shift that is underway is affecting every aspect of our third-dimensional reality. This shift is so far-reaching that our limited imagination cannot begin to grasp the transition and changes we are now in the midst of experiencing. It is affecting every aspect of life on this planet—political, social and economic structures, the environment, institutions, wars and how we view our relationships and work.

Simply put, this includes every thought we think and every feeling we feel. It is altering time, our memory, our DNA, the wiring of our physical and emotional bodies, our beliefs and our perceptions of good and bad. Most especially, this wave of change is affecting our awareness of what is possible. It is offering us new and abundant understandings, instructions and possibilities of how to once again live in harmony with each other, the environment and All That Is.

However, between where we currently exist and this new heaven on Earth—where we will soon arrive—there is a bit of a gap. The shift in consciousness that is occurring is a shift in our very perception of our

world. As most of us have played this game of life, we have tried to fit in and follow the rules. We have tried to create a better life for ourselves and for our families. However, in our rush to create more for ourselves—the bigger house, better car, higher salary and so on—many of us have discovered that we have actually created less. We have less time to spend in that big house, less time to enjoy the company of our family and friends and less opportunities to appreciate a sunset or take pleasure in the natural beauty that surrounds us.

Many people have begun to feel that something is not right, that something valuable has been lost. What is really missing, whether we are aware of it or not, is that we all have lost a part of ourselves along the way. And at the end of the day, more, bigger and better has still not been enough. We have disconnected from the things that truly nourish us, and it has left us physically ill, emotionally unhappy, mentally exhausted and spiritually unclear about who we truly are. This is now beginning to change. As more and more of us are awakening, we are beginning to remember who we are. We are recognizing imbalances in our lives, and we are asking ourselves, "What's really important to me? What truly makes me happy?" The answer isn't found through gaining more of the world outside, but in gaining more of the "me" within.

In our rush to the top, we left a part of ourselves behind. We traded respect for competition, kindness for advantage and giving for taking. We lost touch with our inner guidance, which has always directed us to a higher, more aligned place. This is a place where cooperation, support and understanding create deeper trust, friendships and compassion. The shift is occurring within the hearts of all of humanity, and millions are beginning to awaken. It is an awakening of consciousness! It is taking place across the world in every town and village, and in the hearts of each child, woman and man. We are finding a new passion within, and we are beginning to recog-

nize that who we are counts. We all matter, and we all have a contribution to make. This awakening consciousness has no limits. It is a shift that is taking us all into a higher dimensional awareness—a higher, more aligned way of life. We are becoming aware of becoming aware.

### **THE WAVES OF CHANGE**

Two massive waves of light and energy are moving through the universe, through each of us and through the Earth. These waves of change are working together in perfect synchronization, evolving everything to a higher consciousness. One wave is expanding outward like an ever-widening ripple on a pond, spreading greater light, knowledge and wisdom. It is opening ever-expanding gateways to higher consciousness and evolution. This wave is shifting mass consciousness from the third-dimensional perspective, through the fourth and into a fifth-dimensional perspective. It is creating a fifth-dimensional community of higher consciousness on Earth that is realigning us with All That Is.

As this first wave accelerates, it is fascinating to observe how it is powerfully and positively affecting us. This wave is providing us with choices and presenting us with possibilities that have not been available to us before. It is also making it possible for the second wave to unlock all that has been keeping us stuck in 3D. The second wave operates differently from the first. Its function is to create harmony. However, in order to achieve harmony, everything that is not of the light—everything that does not exist in balance—is being destabilized, dissolved and cleared away. Everything that is no longer working in our lives is being loosened and released.

This wave is releasing all dysfunctional patterns on every level. All that is lacking in integrity will dissolve in order to be replaced with new patterns of energy, light, knowledge and wisdom that are available in the first wave. In short, as one wave of light is emptying the vessel, the other wave of light is refilling it. These transformative

waves are allowing all of us to rewire, reconnect, realign and remember who we are and what we really came here to accomplish. Like a tsunami, these waves are significantly stepping up in intensity. We will see tremendous transitions in the upcoming months and years.

This is happening now because we have asked for it to occur. It is also

happening now because we have succeeded, in the most amazing way, in accomplishing what we came here to achieve by playing this game of the third dimension. And it is now time to remember and to return home to the heart of the creator—All That Is. So should you be happy? Yes. Should you be excited? Yes. Is it simple? Yes. Is it going to be easy? Not exactly, but

it does not have to be difficult either.

We are playing in very exciting times, and in order to make this transition as easy as possible, we will need some new skills and tools to help us ride these waves with grace and ease. We also will need a new understanding as to how to perceive our surroundings differently, and how to choose the reality we wish to experience. ✨

# Feeling Our Way To a New World

Heather Fraser

**T**he world that I remember and have carried within my heart since eternity is coming closer. The ancient voices that speak to me tell me that to feel is to pray. If we are not feeling, we are not living.

Most of us have forgotten what it's like to really feel. We know what anger, frustration, anxiety, stress, hysteria, jealousy, boredom, happiness, excitement and embarrassment are. These are but a few of our human emotions, but they are not feelings. They are more like agitated states of mind. To feel is to move and to dance to the rhythms of our heart. To feel our life, every inch of it, is to experience the divine. From the agony to the ecstasy—it's all an expres-

sion of what is holy within. Our heart is the chalice that holds the sacred elixir of life. To drink deeply of its wisdom and its achingly beautiful grace is to know God.

Where else can we come to know the meaning of our existence than through the mysterious chambers of the heart. These are the passageways to infinity, and it is through these beating, rhythmic, ancient vessels of feeling—love and pain—that we know we are alive. Yet to truly feel often becomes the very reason why most of us want to remain numb. To feel can be scary—yes, some of us can even be more frightened to feel love than fear. In fact, I believe that most of us are so used to feeling fear and pain, that to open ourselves and our hearts to love is our greatest fear of all. Yet this is our only salvation.

We've all danced intimately with pain and sorrow. We know that dance; in it our movements are robotic and lifeless. We remain in the darkness of our perfectly controlled lives—every second accounted for and every decision perfectly planned far in advance.

Our fatal error in this situation is that we've turned the switch of life off. In our efforts to not feel any more pain, we've become our own jailers. Imprisoned are we with the keys to freedom in our very hands, the keys that will unlock our hearts and allow the thaw to begin.

If we are moving through our lives rooted in the fear of feeling the full range and magnitude of our own greatness—our own divinity—what kind of prayers do you think we are offering up to the world? If feeling is praying, and our feelings are the energy behind all our manifesting and creative power, we can begin to see the grave error of our ways. To live in fear is to pray for fear. To live in numbness is to pray for numbness. To feel nothing is to not pray at all.

## KEY POINTS

- “To live in fear is to pray for fear. . . . to feel nothing is to not pray at all.”
- Allowing ourselves to feel the uncomfortable feelings we are used to avoiding is an act of great self love.
- We think we won't survive our feelings, our power or our worthiness. But we will.

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## WE ARE THE SILENT PEACE OF GOD

This is what the ancient ones want us to know now. This is why we are starting to wake up and remember the ways of old. This is why we have a heart—that we may feel it all. To keep our feelings trapped inside is to flirt with disaster. Feelings are life force. They create movement. When they are unexpressed they create stagnation, and stagnation creates blockage. Blockage is frozen life force that creates mass; where there's blockage, life force cannot flow. If life force cannot flow, the poetry of life disappears from view, and our very existence becomes compromised.

It takes courage to let our hearts thaw, to feel vulnerable enough to let the tidal waves of pain and suffering flood and wash away our fears. But the more we allow ourselves to unravel and unwind these bands of restriction, these frozen sorrows, the sooner we become amazed at how short-lived the movement of emotional pain is. We notice how quickly it rushes out and away, freed at last to be transmuted into life itself. And we're left stunned, wondering why we held on to it for so long.

When we give ourselves permission to feel uncomfortable feelings, which is a massive act of self love, we are opening up the gate that leads us down the road to freedom. It is here—as we walk along together, as we cry, as we let go and as we mourn—that we begin to feel something else. We begin to feel little glimmers of joy. We begin to notice the person walking next to us. We notice we are no different; we want the same thing—to be free to love and free to feel. We begin to see the beauty of the trees as we walk on, the dance of the wildflowers as they sway in the breeze, the warmth of the Sun as it gives life to every living thing and the hush of the sky. We look upward and give thanks for the greatest realization we've ever come to know—we are the silent peace of God and our hearts are the dwelling place for this unfathomable, benevolent power. Before we know it, joy is welling up inside of us and spilling out. We know it's impossible to contain it. We know it must be shared.

With this profound knowledge we begin to believe, beyond a shadow of a doubt, that the fate of our world and our freedom to craft a life we love is up to us. We begin to trust in our ability to use the energy of love to create unity—within ourselves first—by gently emptying our hearts to the silent peace of God, who's been waiting so patiently for our return.

This is what it means to feel. We cannot separate ourselves from pain, though we do our best to bury it as deeply as possible. We cannot separate ourselves from the divine. The two are one. God is everything—pain and sorrow, love and joy. The more we try to repress how we feel, the more we build walls to block out the light of love. But this light continues to shine; it cannot be put out. It cannot be extinguished because it shines on into infinity, loving us, healing us and supporting us—whether we're aware of it or not, whether we want it to or not. We can turn away from it, we can shut our eyes and we can build the walls. We can do all this in an attempt to feel separate and in control—to align ourselves with only that which is practical, responsible, factual and safe. But all this holding together, all this fanatical energy exerted to keep ourselves and others fooled, will eventually weaken our perfectly put together lives and a crack will slowly begin to form.

### CRACKING OPEN

As legendary poet and songwriter Leonard Cohen once wrote, "There is a crack, in everything. That's how the light gets in." And there it will be, shining upon us. There it will be, no longer hidden from our hearts by our long-held beliefs that we are powerless and worthless. Why else would we have chosen to turn away from it? To let it in would illuminate the lies we've been telling ourselves, and this would be painful. As long as we remain shut-off from it, we can feel safe that our false beliefs about ourselves are true, that our identities remain intact and anchored to this world we've become so comfortable living in. This is the underlying payoff for remaining asleep—comfort, security, identity and the known.

The great awakening is about all of us cracking open. There's no point in continuing to try and hold it all together. The truth about who we are and what we have the power to create in this world is going to be known. We can either let go and accept this evolutionary process and move through it with relative ease and grace. Or we can hold on tightly, resisting our true selves every step of the way, causing great discomfort, struggles and chaos.

What would it mean to know that we are powerful and worthy? What would it mean to know that we are the creators of it all—that we are that powerful? What would it mean to know that we are in fact the light of God?

This is where we are being asked to go—into this new world, into this new identity. But that is a frightening prospect for many of us. If we believe that what we've identified with for eons about ourselves is untrue, then who would we be otherwise?

Loss of identity can be terrifying. If we are to give up such long-held and deeply ingrained beliefs, how will we survive? Will we survive?

Can we withstand our hearts breaking open and feeling the pain of our ignorance and the joy of our newfound salvation?

This is where many of us fear to tread. We think we won't survive our feelings, our power or our worthiness. But we will. It is written and it is our destiny. The world of duality—the only one most of us have ever known—is coming to an end and it's ending in our minds. No, the Earth is not going to explode and disappear. It is ending through the power of our minds to create something else, something based on new beliefs about what and who we are.

Something that feels more like oneness and unity and less like fear and separation. As we move into this new awareness, like magic our eyes will begin to see a new world. It is here the ancient prophecy of old telling of a new world, a new people, will come to light. It is us. It is we. We are emerging from the chrysalis of transformation to a freedom beyond our wildest imagination. ✱

# Ask for BENEVOLENT OUTCOMES And Change Your Life

**H**appy Holiday! During these times, be sure, as you're out and about attending parties, reunions, football games and returning gifts to stores, to remember to request most benevolent outcomes (MBOs) for your driving and for the safety of yourself, your family and your valuables during this exciting time. For example, you can say, "I request a most benevolent outcome for the continued safety of those valuables I'm leaving in my car while I'm away, thank you!" If you are in crowded places that are known to have pickpockets and purse thieves, you can say, "I request a most benevolent outcome for my safety and the safety of my possessions during this time, thank you!" This will lower the stress and fear factor you might otherwise have had you not requested these MBOs. Now for some great MBO stories and questions.

## REQUESTING MBOs VERBALLY

Shirley writes: "Doreen Virtue says you don't have to pray out loud, that you can indeed say prayers in silence because your guardian angel will still hear them. But you mention they can only hear them if you say the words out loud or write them down, due to the fact that we are in the physical world. It just seems contradictory to me, that's all. Who is right? Or are some of us evolving to where our thoughts are heard by the angels anyway? I had to write to ask because it is causing me distress, as I have read a lot of books by Doreen Virtues, and I often feel more comfortable talking to angels, God or whatever it is in silence."

For Shirley and everyone, I never said that you would not be heard if you

make your request in silence, but that it's simply much better to say the MBO requests and benevolent prayers out loud. As you read earlier in this article, guardian angels and prayer angels can read your thoughts, but a comment from Lois J. Wetzel might clarify the issue a little further. She writes: "I woke up at 2:30 AM thinking I need to tell you this: When you request an MBO verbally, as I mentioned, you are vibrating the throat chakra and creating sound. Sound is the creative force of the universe. In many major religions, sound is what creates everything, from the Om of Hinduism to the ideas expressed in the first lines of the Gospel of John: 'In the beginning was the Word, and the Word was with God, and the Word was God.' The word is a vibration, and everything that is, has a frequency. Everything is energy vibrating, so everything has a sound or hertz frequency—whether it is in the human auditory range or not." What synchronicity! Again, this is, I think, another validation for the benefit of requesting benevolent outcomes out loud. The conversation she references, by the way, was an interview with me on her *BlogTalkRadio* show on November 13, and you can listen to this interview and to the November 18 interview on Dick Sutphen's *Metaphysical World* by going to my website, clicking on "Appearances" and scrolling down to the respective dates.

## GETTING HOME

Laurie writes: "I really needed MBOs on my trip back home from a science fic-

tion convention in Atlanta. I had left my car parked at my friend's condo (we drove to Atlanta in her car) and I came back to find the battery dead. It wouldn't have been a hassle except that I live 200 miles from my friend and still had that far to travel to get home. We managed to jump-start my car, but we were worried that there wouldn't be a shop open to replace the battery, since it was Labor Day. A few MBO requests later, we discovered that the local Sears was open and could take me immediately. The extended warranty on the battery still applied, and I got a new one for a discounted price. I drove away happy.

"Only later did I discover that I had left my credit card at Sears. More MBO requests ensued! I asked that the card would be found and put away safely, and that I would be able to get it back easily and without complication. I was a little worried the next morning when I tried to call the automotive department of Sears and kept getting a busy signal. A quick MBO to get through swiftly resulted in the phone being answered on my very next try. And yes, they had my credit card safely in the cash register. I was able to drive there and pick it up without any difficulty. Whew!

"I've discovered that I have best success with MBOs when I frame the request



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positively. For example, I will say, 'I request a most benevolent outcome to be safe and collision-free while driving today' instead of 'I request a most benevolent outcome to not get into an accident.' In other words, I don't ask for something to *not* happen. I turn it around and ask for something positive to happen. I feel that it's all tied up with the law of attraction. By asking for something *not* to happen, that negative thought or image is in your mind and will actually attract the thing instead of keep it away!

"In your 10/10/09 newsletter, you referred to Robert Shapiro's suggestion that people say, 'Things can get better for me.' I have a quote tacked to my wall that I'm pretty sure is from Shapiro too. It says, 'I'm better today than I was yesterday, and I'll be better tomorrow than I am today.' I say this out loud every day along with the 'Expect Great Things' mantra. In that spirit, let me add my own suggestion for all your readers to say this MBO: 'I request the most benevolent outcome to be able to hear my guardian angel(s) better and better each day.' It's been working for me. Good luck (or rather, most benevolent outcomes) during your travels!"

If you wish to print out signs to help you remember to request benevolent outcomes or the "Expect Great Things" mantra to say each day, go to my website and click on "signs."

### **DOGS, GIFTS AND HOSPITAL MBOs**

In July of 2005 in Sedona, I learned that I was supposed to write *The Gentle Way* book. In September of that year, my wife and I took an Alaskan cruise as part of a Kryon seminar. Lee Carroll was nice enough to let me do a quick fifteen-minute presentation to the group of sixty people about MBOs. Sue was part of this group, which I wrote about in the book.

Sue writes: "Hi Tom, a couple of MBO stories for you this week! I have been doing MBOs for four years now, since meeting you in 2005 on the Alaskan cruise, and it's now second nature for me to quickly say one at this point. I seriously think I say at least ten a day! Here's an excellent example: Last week my dogs and I were staying at my sister's house in

the country, where she has open land and no fenced yard. Her house sits back quite a way from her dirt road. While I was in my sister's garage cleaning out her van, I lost track of time and suddenly realized I was not hearing my dogs playing nearby. I quickly ran out of the garage and looked out front to the road.

"Instant panic! There, happily playing in the road, was my two-year-old dog Fritz, and trotting out to him (and about six feet away) was my six-year-old dog Mason. Most horrifying of all was the sight of my ten-year-old dog Lucas, who is losing his hearing, more than half-way down the driveway on his way to meet them! I started screaming Fritz' name and yelling, 'Come!' While running toward them and screaming their names and the command 'Come!' I also said, as fast as I possibly could, 'I request an MBO for the dogs to get out of the road and be safe, be safe, be safe!' Then I kept screaming and trying desperately to get my old boys attention.

"It must have been quite a sight, with me running down the driveway, frantically waving my arms to get Luc's attention, since he couldn't really hear me until I got closer. Thankfully, Fritz turned and ran toward me and out of the road after the first 'Come!' command. Mason turned toward me after my MBO, and then Lucas turned and looked at me and started right to me. Well, after some very heartfelt thanks to the angels and some tears of fear and joy, I got the boys into the garage where I should have kept them in the first place. I am certain my guardian angels, along with the extremely fast MBO I said in one breath, saved my boys!

"Now for my second benevolent outcome story: This month, my sister and one of my brothers both decided to turn in their older vans and get new vans. I had suggested that both of them go to the dealership near me that I really like. Well, it turned out that my brother decided to come to the dealership while my sister and I were there, and both of them bought vans that day. The salesperson was very appreciative and told me that she wanted to send me a gift in thanks for having my brother and sister work with her to buy their vans. I

thought that was so sweet of her! While driving home that evening, I requested an MBO that 'the gift be something that would really help me, like a free oil change or something even better than what I am thinking.' Several days later, I received a check in the mail from the dealer for \$100 as a finder's fee. What a great benevolent outcome!

"My third MBO story actually happened before the other two, when my sister was in the pre-operative area while waiting to go into the operating room. She had to arrive a little early for a test to be done before the surgery, and then the surgery before her took longer than they anticipated, so she ended up being in the pre-op area for several hours. My two sisters, our good friend Linda and I all do Reiki and also regularly say MBOs, so between the three of us, we had asked Archangel Michael to remove all negative energy from the surgical center and flood it with divine energy. We also asked for thousands of angels to be present as well as most benevolent outcomes for the surgeon's hands and so on. They normally allow only one person to be in pre-op with the patient, but since she was there so long, they let two of us be with her.

"While the two of us were giving her Reiki, one of us commented that the energy didn't feel good—not bad, but not good either, just heavy and hard to explain. My sister said that she had heard several of the staff commenting that they were all having a strange day—that equipment wasn't working properly, they were having trouble hitting veins and other things that normally did not happen to them. We also noticed that the staff in the area didn't look too happy. As I sat in her area next to her bed, I said 'I request that any and all beings aid and comfort all of the staff in this pre-op area. Thank-you.' Then I thought to expand the request to include all of the staff in the surgical center and then all of the patients and families and friends. I figured that should cover everyone. Literally within minutes, my sister said, 'Listen!' and guess what we heard? Laughter from the staff! She said that she had not heard that in the three hours she had been there. You could just

see the difference in everyone; it was so amazing, and it continued for the rest of the afternoon. Another wonderful, instant benevolent outcome!

"Another thing that I have started doing with my brother, two sisters and our friend is that when we are in a situation where we are together and want to request MBOs—such as at the car dealership and in the pre-op area—I suggest we brainstorm what ways we can request the most benevolent outcome. For my sisters surgery, I started by saying, 'I request an MBO to have all of the medical equipment working properly,' and our friend then said "and for all of the medicines to work properly,' and my sister added that she wake up easily and quickly in a benevolent way. We all three said 'thank you!' together. It was fun because we all thought of different things, and it just felt great to come up with the ideas together. It made us feel so much better, the way one suggestion led to another and another and so on. How's that for a benevolent outcome of feeling comfortable saying MBOs?"

That was great!

### **MOST BENEVOLENT QUILTING OUTCOMES**

Denise writes: "I thought I'd share a really fun series of MBO stories that occurred earlier this year. I am a quilter and found I had the opportunity to attend what is called a Long Arm quilt show in March. This was not too long before the show and the hotels supporting the show get booked up almost a year in advance. I was able to get a hotel room for the three nights, but not at the hotel where the show was being held. As I was traveling by myself, I knew I would feel more comfortable in the show hotel. I asked for an MBO and called the show hotel back a few weeks before I was to go, and lo and behold, a room had opened up and I was able to book it for all three nights!

"I took part in a number of classes and noticed that the teachers generally would hold a raffle to give away a prize or two at the end of the class. So at the beginning of my last class, I asked for an MBO to win a prize—and I did (and I don't win many things)! To top it all off, the show itself was having a raffle to win a huge basket

full of quilting items. As I dropped my entry into the box, I of course requested an MBO, went on my way and forgot all about it. I received a phone call two days after I came home informing me I had won the raffle basket! The box came and it contained almost \$1,000 worth of items, all of which are very useful. I still can't believe all of the wonderful occurrences during my trip. MBOs certainly make life more fun!"

Yes, everyone, you will have more fun in life when you begin requesting MBOs.

### **A PEACEFUL BENEVOLENT OUTCOME**

Another Denise—this time from Calgary, Canada—writes: "A wonderful friend gave me your book for my birthday in April. I did not get around to reading it until July. As I sat on our swing on the front lawn reading, three young boys from the neighborhood began skateboarding on the street in front of the house. I found it distracting, but told myself to be patient, because it is a good thing that they are happy to play near home. The pavement is smoothest in front of our house. After a few minutes, however, the swearing started and I became upset. I thought to myself that this would be the perfect opportunity to try this new-found technique. I requested a most benevolent outcome about being allowed to read in peace. The boys immediately picked up their skateboards and moved down the street. I read for about a half hour and then went back into the house. As I closed the front door, the skateboarders were walking back to the spot in front of the house. I said another thank you. Needless to say, MBOs are now a part of my daily life."

### **SOCIAL SECURITY MBO**

John in Virginia writes: "Tom, on June 17, 2008, I applied for Medicare because I going to turn sixty-five on October 9, and I figured applying three months early would be good. I sat down with the gentleman at the SSA office in my town, and since he seemed very knowledgeable and focused, I had no reason to expect there to be any problems. When I did not receive any information from the SSA office by mid-September, I began to

get concerned, however. I went online to their website as directed by the paperwork I had and found my claim had not been approved. I called the national toll-free number, and they gave me a local number to call. Frustrated, I called and spoke to four different individuals and left four to five messages for my counselor with no call back. Every time I spoke with someone, they indicated there was no problem with my application, but that it just had not been processed yet and that only the person who worked it up at the SSA could process it—the same person who never returned my calls. And yes, I was requesting an MBO for the issue to be resolved quickly.

"I am not so good at listening to the small voices yet, but I finally thought to call a benefits counselor for military personnel with whom I had worked in the recent past. I called, explained the problem and asked her, on the off chance she could help, if she had a contact in the office where I had submitted my claim, and she said she did not. However, she said she did have a contact in another office in the area and would call him immediately. She asked me to hold and called her contact, then conferenced me in so I could speak with him. He was most helpful and indicated a supervisor from the office I applied in was in his office. Two days later, she called to say my paperwork had been processed. Good news, and a large thank you for my guardian angel.

"The downside, however, was that it would be four weeks until I would receive anything in writing from the SSA. In the meantime, my civilian health care provision through the military was being canceled, so I could not get any prescriptions filled or see my regular doctor. I would need to go through a military treatment facility, which meant I would need to start over with everything. So I requested an MBO to receive the letter of approval sooner than expected and as soon as possible. The paperwork was sent from the local SSA on October 5, and I received the approval letter on October 16, which is much less than four weeks—another big thank you to my guardian angel. Had I not requested the initial MBO for a quick resolution

and then acted on my intuition, I could still be waiting for a result.”

Yes, remember to listen for those “whispers in your ear.” They will supposedly become easier to hear after the year 2012.

### LIBRARY BENEVOLENT OUTCOME

Ann writes: “I am trying to give away books to someone who can use them, and most of them are on the subject of grief. I had one about the suicide of a young man. I prayed for an MBO to find someone to whom to give it and then went to the library to see if they would want it. Just as I was explaining the book’s contents, a young woman asked if she could have the book; she had just come from a young man’s funeral (a suicide) and had overheard me. Wow, what a ‘god wink,’ and a big thanks for a very most benevolent outcome. Every day I ask and pray for MBOs for my life and others.”

That was a nice, thoughtful gesture—one that our readers might consider doing with books they have no room for anymore.

### DOCTOR VISIT MBO

Rick writes: “I had a nice pair of MBOs happen earlier this afternoon that I’d like to share. I had a scheduled appointment to see a specialist at a local hospital. The medical group’s office is attached to the parking garage, connected by a walkway on the third floor of the building and third level of the parking garage. I normally do not do MBOs for parking because I prefer to walk, so I don’t care how far I’m parked from the front door; it’s good exercise. But parking garages can be confusing, and this one is no different. Before I left home, I

said two MBOs. The first was ‘I request a most benevolent outcome for arriving safely at the hospital and for finding a parking space on the third level of the parking garage, thank you!’ The second MBO was to see the doctor immediately.

“The ramps to this parking garage are in the middle. It’s two lanes, so you utilize the same ramp for entering and exiting each level. When I got to level three, the only parking space I saw available was for the handicapped, and I never park there. So I turned and began to go up the ramp to the fourth level, but then I stopped and said, ‘No, the MBO is for the third level.’ I backed up off the ramp and made the right-hand turn that was just past the ramp. Sure enough, on the third spot in on the right was a parking space! I pulled right into the nice, easy spot and had no confusion in remembering where I parked. As for the MBO to see the doctor quickly, the time between signing in and being seen by the doctor couldn’t have been ten minutes! I signed in at 1:35 PM for a 1:45 PM appointment, and was out the door and back in my car by 2:05 PM. Nice, quick and painless. I said a double thank you to my guardian angel.”

That’s called trusting in the process!

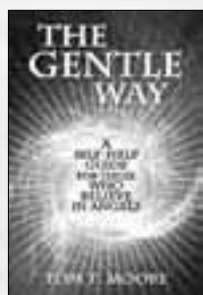
### TRIP TO NEW ZEALAND MBOs

Cathy in Australia writes: “I just love your work with the teachings of MBOs, and I have been using your ideas after reading an article many years ago. In the last twelve months, I got connected with your website through listening to Dick Sutphen’s interviews and have loved your encouraging stories. We recently took a trip to New Zealand, and it has been many years since we last traveled.

The pace of my job as a teacher is really fast, and I didn’t have much time to consider the organizational aspects of the trip. I just asked for MBOs all the way along. Everything went so smoothly; it was amazing.

“Well, nearly. We had one frightening experience when attempting to turn around at night on a country road, and my husband couldn’t get the reverse gear. We had only just picked up the camper and we hadn’t been shown how the gear stick lifts up to get reverse. So there we were, in the middle of this dark country road with all of these cars bearing down on us, and the only gear we had was forward! I was so grateful when my angels sent two truck drivers who came up right behind us and generously tried to reverse the camper. When they had no success with that, they simply hooked us up and pulled us safely back to the side of the road. I was so relieved to see that no accidents had been caused by the inconvenienced traffic. There are so many times I thank you and my angels for helping me out. I have to tell you; your words touch so many lives, and I, along with so many others, thank God for your generosity and guidance.”

Thanks, Cathy, for the kind words. Notice, everyone, that she was requesting MBOs during her entire trip. When a problem arose that could have resulted in an accident, two trucks “just happened” to be right behind them that were able to tow them to safety. Your guardian angels will intervene, but you have to request their assistance! That’s what requesting benevolent outcomes all the time will do for you too. And with that, I wish you a most benevolent 2010. ✨



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# THE DREAM ZONE

*Katia Romanoff, PhD, and Lauri Quinn Loewenberg*

*"All men whilst they are awake are in one common world: but each of them, when he is asleep, is in a world of his own."—Plutarch*

Dear Dream Zone,

Last June, my husband passed away. Last night, I dreamt that I gave birth to a son! My husband and girls were with me, but they were all much younger. I didn't feel any pain giving birth. I saw the baby come out with his limbs all folded up, and we all marveled at how absolutely perfect he was. He seemed to glow. The funny thing was that, after unwrapping himself, he got up and walked into the kitchen!

—Lynn, 55, Milford, MA

**Lauri:** Your dream is interesting and speaks volumes about your healing process. Despite being in grief, you have managed to "give birth" to something new and precious in your life. It could be a new project, idea or relationship, but my bet is that it is a new you! Sometimes in life we have to suffer greatly in order to find ourselves. In your dream, your husband is with you and your girls are younger, because you probably yearn for that time when you were not alone and were surrounded by family.

Now, you no longer have anyone to care for but you, and that is where the baby comes in. He represents your new life, the new you that now can receive all your time and attention in order to grow and develop into something wonderful! The baby is glowing because your dreaming mind is "illuminating" the fact that you have this whole new life to look forward to, and this new you is not only "unfolding" before your very eyes but is also hungry for your attention and emotional nourishment, which is why he walks right into the kitchen.

**Lynn replies:** It's true that I have been alone in the house for the past month since my eldest daughter went back to Australia. I have been thinking about going to a conference called "Celebrate Your Life" in Arizona. I finally received some life insurance

money in the mail, so I think I'll go. You are correct that I am giving birth to a new me, and I do plan to make time to be attentive to my own needs and to "nourish" my spirit as well.



Dear Dream Zone,

For the past four or five years, I have had a lot of death dreams that appear to be real to me. In my dreams, I am in my bedroom, in my bed. The other night, I saw a large, lit-up arrow on my ceiling pointing to the doorway, and I felt that something was telling me that it was my time to die and go. I have had dreams where black smoke comes into my room, and I have a sense that if it comes too close, I will die. I had a dream a few nights ago where I woke up scared and knew that if I closed my eyes, it would be my time to die. What do you think?

—Sue, 42, Chandler, AZ

**Dr. Katia:** Don't worry. These dreams are actually not about your physical death at all. Something in your life needs to die so that a new you can be reborn. The arrow pointing to the door means you need to get going and make an exit from some real-life situation. It is your time to "go," and to get a move on in some area.

The black smoke symbolizes those feelings of confusion and of being overwhelmed that sometimes get too close for comfort. Smoke lets us know a

battle is going on and that something is being hidden. The black thickness of it stems from the primal fear of toxicity: in a fire it is usually the toxic smoke that kills one, not the actual flames. The darker the smoke of a fire, the more impurities and toxins are contained in it. So what "toxic" or possibly "dirty" situations are getting too close to you in waking life?

You are also afraid to drop your guard and to close your eyes. There is something in your life right now—a situation, relationship or issue—that you must keep an eye on constantly, lest it harm you. If you figure out what these toxic items and fears are, the dreams will stop. It's kind of automatic, almost like magic. Rest assured that the dreams and their symbols are not real. You already know they're just dreams, but now that your waking consciousness knows that they are only warnings and not about real death, you are on your way to a solution. Good luck!



Dear Dream Zone,

I pretty much have had the same recurring dream about tornadoes for several years now. It usually starts with me seeing one and then trying to let everyone know that it's coming. But no one will listen to me, and the next thing I know, I'm in my grandparents' old basement, watching it circle the house.

—Cole, 38



*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)



**Lauri:** Tornadoes are a classic symbol for worry and anxiety over what you perceive to be imminent doom. The spinning of the tornado is also important, as it is connected to the idea that you feel something in your life is spinning out of control. What's been going on these past few years that has you certain you are headed for disaster? Notice how no one will listen to you in the

dream? This is very likely due to the fact that in waking life, you have been worried about something that others are not, which also means this is an issue no one can help you with but you.

The message of the dream is this: Remember Dorothy. On the other side of her tornado was a magical place called Oz, and if you can ride out this storm, there will be a magical place for

you as well, called peace of mind.

**Cole replies:** Your analysis is pretty much right on. We have had money issues that started up about four years ago, and it has gotten worse just this past year. It has been overwhelming ever since and has taken its toll on the whole family. It's been a rough going, but we're getting through it. \*

# Ask Rochelle

*Stars of Celestial Waters through Rochelle Sparrow*

Dear Rochelle,

This morning, my mother called me about a dream she had last night. She said it involved me and was so vivid and so compelling that she wanted to call me and tell me about it. In the dream there was a most beautiful valley—very green all around, with trees and running water.

"There were three houses located in the valley. Two houses were by a small lake and a third farther off. There were also three groups of horses at different locations in the valley. One of the groups of horses contained twelve horses, one had about eight or nine and another had six or so. She remembered the number of the horses for some reason.

She went on to say that she seemed to be watching me and that I was walking down the middle of the valley with a book, and all the horses were looking at me. Here, she said, the horses seemed to have intelligence. For some reason she was afraid, but I was very calm and not worried. Then a wild-looking and extremely white horse with a distinct mane was running beside me and then came toward me and began circling around me and looking at me very wildly or intently.

"She said she was fearful, but I was not afraid and kept walking. Sometime in the dream, I pulled the third house closer to the other two by the water. Then the dream ended. What does this dream mean?

—Thank you, Michael

Thank you for sharing your dream; it sounds quite powerful. Here is what the guides state about it: "You are correct to feel and interpret this dream as one of power." The image of the horse comes through clearly here. "That you are going into great expansion and you draw a third enterprise"—the word here could also be entity—"to you is correct. The feminine mare in the dream is a part of both mother and son, that which is now recognized as the wild beast who runs free," with a sense of intuition, "and without fear. This is, of course, within you.

"Your mother watches on, because she witnesses part of herself being relegated to observation. She will now gain entry into clearer understanding of her own growth in power, which scared her previously.

"Now, of course the book is about you—your self-knowledge that is contained in the words of wisdom, advice, concern and love given to you by mother, but also from the feminine that is divine and within the unconscious. The water flows as your being flows and

your unconscious recognizes and understands you are flowing in life.

"The house is, of course, the self and the soul, which continues"—the sense here feels like down river—"to explore the parts of the self and soul that need integration. However, the integration is the divine wild, the feminine that now comes to you in the form of power and your own intuition to lead you in the correct direction.

"Your nonchalance evidences that you know and trust this process as you continue to read and remember the book written for you—by you. The lead in the dream is of course about your intuitive wild self, which is the divine feminine. Follow the divine intuitive; that is the correct way. Also, the numbers represent power in terms of threes—the alchemical number for creation. Blessings."



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Dear Rochelle,

*I have a question about a relationship I need help with. Should I stay with Jason?*

—Thank you, Denise

Thank you again for your connection. Let's see what the guides say: "There is a karmic relationship between you and Jason that is now being resolved. We suggest marital counseling in strong fashion. You are at a crossroads of many insights but have difficulty in using your insights to change patterns of behavior into completion.

"A healing relationship between a therapist, Jason and you would help you to travel into past relationships"—the energy indicates abuse—"and help you to understand that you cannot change Jason. Instead, change your responses to those demands of Jason's that appear challenging.

"What is occurring is that his demands appear unreasonable, and so your response is to close off what he wants, as his type of communication

is so difficult for you that you become angry. These situations need clarification with therapeutic help. You cannot heal this by yourself. That is the correct way. Many blessings."



Dear Rochelle,

*I am working on books that discuss how we are all programmed by our societies and families, and how we need to learn to consciously reprogram ourselves. The books focus on alternative views of government and politics, religion and spirituality, and corporations and other social institutions—all done with a good deal of humor, metaphors and confrontational truth-telling. Should I move and write the books?*

—Thank you, Raymond

How interesting your projects sound. Thank you so much for connecting with us. This is what the guides state: "Raymond is correct to continue staying where he is for at least one year. He will

not come across financial headaches upon returning to the United States because of the pragmatic stance he will assume regarding his living situation. In other words, he is very capable of making wise living and financial choices."

At this point, the energy strongly indicates a sense of family, especially the energy of a brother. "In that, he will have opportunity for a business deal upon returning"—the energy is one of publishing—"and he will have an opportunity to meet an agent at some time at a writer's meeting the way that he wants.

"His endeavors are correct for humanity, as he knows and understands much. More is to become available to him from Spirit because of his choices. He is clearly adept at knowing and understanding his vision, and he goes about the financing of his vision in a pragmatic fashion. What we suggest is that the optimal energy for him to follow is knowing that his choice of vision is correct, viable and will indeed occur. That is the correct way. Blessings." \*



## BREAKING THE CYCLE

*Mary Ann Antenucci*

We all have a story. Our story illustrates how and why we live our lives the way we do. All of our stories have elements of comedy and tragedy. Some have what appear to be simple or uncomplicated stories, and others have epic adventures of life's highs and lows with very little peace in between. How we interpret our stories defines the fabric of how we live our lives.

Do we define ourselves by our glories from the past without participating in our present? Do we continue to vision and dream a future without doing the necessary footwork? Have we resigned ourselves to our present circumstances

without hope for anything different or better? Have we incurred such damage that all we can do is exist? Is this as good as it gets?

### HONEYSUCKLE ESSENCE FOR STAYING PRESENT

Honeysuckle essence is for living like we did in the good old days, when we felt we were in our glory. This is the "if only" essence—if only I had moved to that house; if only I had married that guy; if only I had taken that job. Hon-

eyuckle essence helps us by adapting to our present and future. We expend so much of our vitality by attempting to live in two states of mind—where we were and where we are—all of our



**MARY ANN ANTENUCCI**

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dreams vaporize due to lack of interest and energy.

Honeysuckle essence is the antidote for regrets and longing for the past. This essence nudges us into present time. We may not have seen it at the time, but we wouldn't be here if we didn't make the choices we made. We can clearly see how our choices have taken root in new abilities and new contracts for personal growth. Honeysuckle essence frees us from our emotional investment in keeping the past alive. We can now use our past as a living foundation for the future. We can break our old cycles by becoming present.

### **BLACK COHOSH ESSENCE FOR DISRUPTING PATTERNS**

Black cohosh essence teaches us how to break destructive cycles. By confronting our abuses, addictions and our destructive self-fulfilling patterns, we can make the necessary changes to interrupt old cycles.

This essence helps us to meet those dark places within—we move beyond our limitations and disrupt the magnetic pull to the lower energies. We are no longer trapped by our ancestral patterns or our station in life.

Black cohosh essence reminds us to take small, positive steps toward a new way of being. We don't even need to believe it at first. All we have to do is be willing to do it another way. This essence helps use the power trapped by the shadow elements to fuel our future prospects. We break the cycle of destruction and accelerate our soul's growth.

### **EVENING PRIMROSE ESSENCE FOR SELF-ESTEEM**

Evening primrose essence is for feeling unwanted. Some of us know we were unwanted and some of us feel unwanted. This essence helps us by restoring our emotional self-reliance. We get what we need, not what we think we can't have. We no longer attract abandonment and rejection. Evening primrose essence reminds us that we are here for a reason and to move beyond limiting belief systems.

Evening primrose essence helps us rebuild our core with esteem and acceptance. This essence re-creates our foundation as wanted souls. The evening primrose remedy challenges us to move beyond our fear of abandonment and embrace a new way of being. It breaks the cycle of fear of rejection and abandonment by full self-acceptance.

### **LADY'S SLIPPER ESSENCE FOR A NEW DIRECTION**

Lady's slipper essence is used when we feel cut off from our inner authority. At these times, we feel we are operating in some kind of limited capacity. We don't fully integrate all of our talents through all of our chakras. It is as if we are using only a small percentage of what we have available.

Lady's slipper essence helps us to walk our path. It integrates spiritual energy with sexual energy. We function fully, instead of having that sensation of being divided into two halves. This essence is a tonic for the nervous system. It eats away all the ambient electrical energy

and channels it back into your overall health and welfare. It gives all you are and all you do more substance. Lady's slipper essence breaks the cycle of inertia—it gives us new direction.

### **WALNUT ESSENCE FOR EASING TRANSITIONS**

Walnut essence is the ultimate transition formula. It helps us to break limiting thoughts, toxic family ties and bad habits; it helps us change careers and our geography. This essence is used for any major transition. It also has protective qualities to support us through these changes. Walnut helps us to move beyond our comfort zone.

Walnut essence helps us to listen to our destiny. Sometimes we see a new vision and version for ourselves, but we get trapped into staying the same. Walnut essence reminds us that growth and transitions are natural progressions. Walnut breaks the cycle of fear of change.



We can embrace change or we can fear change. All of life is changing from one phase to another, and change will occur whether we are ready or not. Our task is to remember we are part of this cycle. Nothing remains the same. The more we are aware of what cycle we are in, the more we can embrace all of our gifts and challenges. Let us take time to fully participate in spite of ourselves. We break our cycles by being alert, aware and present. We break our cycles by being alive. Live the life you love and the life you live will love you. ✱



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# THE MOVIE MYSTIC

## *The Blind Side*

*Stephen Simon*

Remember what it was like to go to a movie and cry and laugh and applaud, to feel great about just being alive when you walk out of the theater? I do. And you will too when you run as fast as you can to a neighborhood theater to see *The Blind Side*, one of the most touching, wondrous, uplifting and miraculous movies of the last several years. And what makes the experience even more delicious is that the film is based on a true story.

Michael Oher was a homeless teenager in Memphis, Tennessee. His father had disappeared when he was a small child, and his mother was such a hopeless drug addict that the state had removed Michael from her custody. He had run away from several foster homes and then simply disappeared off the state radar.

Even as a young teenager, Michael was huge and athletic. Through a distant relative, Michael is admitted to a small private high school because the football coach sees Michael's potential as a football player. The title of the film refers to the position that Michael learns to play, an offensive tackle whose job it is to protect the blind side of the quarterback. The coach persuades the school administration to admit Michael, even though his test

scores are well below admission standards. Struggling to understand his new environment, Michael is a gentle soul lost in a new world with no family and nowhere to call home.

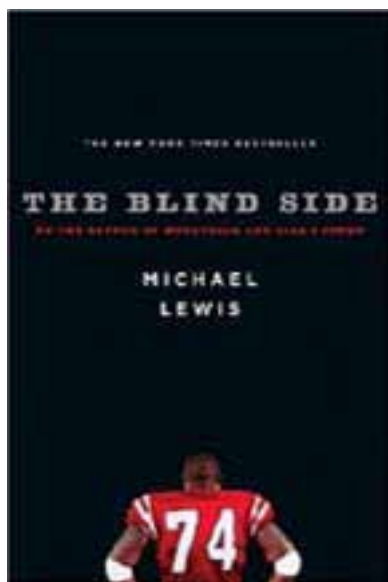
Enter Leigh Anne Tuohy, a fiercely independent and outspoken mother and wife who not only marches to her own drummer, but who hears the music of a completely different band.

A chance encounter with Michael one cold night convinces Leigh Ann to take the shy teenager under her wing and into her home and family. And so a shy, homeless and frightened African American teenager moves into the home of a white, wealthy Southern family, changing all of their lives forever.

The film is absolutely hilarious, touching, engrossing and brilliant as it follows Michael through his experiences in high school. The family's relentless love and belief in Michael helps him overcome his learning challenges. He also becomes

such an incredible athlete that several major universities recruit him.

**SPOILER ALERT:** *If you don't want to know more of the story before you see the film, please don't read the rest of this paragraph.* The story does indeed have a fairytale ending. Michael becomes a first team freshman all-American at "Ole Miss" (the University of Mississippi) and a first round draft choice of the Baltimore Ravens. Today, he is the starting blind side tackle for the NFL



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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.





Ravens. Over the closing credits, we see photos of the actual Michael and the Tuohys.

Sandra Bullock was born to play Leigh Ann, and she is sensational in the role, as is Tim McGraw as her husband and newcomer Quinton Aaron as Michael. The entire cast is brilliant—as is the script, the direction, the photography and everything else! *The Blind Side* is quite simply my favorite movie of 2009 and the kind of film “they” used to make. It makes me absolutely crazy when I see the lamestream critics laud dark, cynical movies and turn up their noses at positive, inspired looks at the loving, kind, gentle and compassionate

aspects of our humanity. If that’s now considered sappy, then I am a human maple tree and proud of it!

*The Blind Side* is a throwback to a time when movies illuminated the beauty of life rather than glorifying its ugliness. It should be an Oscar contender for the Best Picture award, and I will certainly use my vote in the Academy to nominate it as such. Please see it right away. Tell your friends and family too. I absolutely guarantee you that you will laugh, cry and feel goose bumps for two hours, and you just may love being human a little bit more when you walk out of the theater. What a gift. What a movie. ✨

# Self-Discovery ACTIVITIES FOR CHILDREN

Lesson Plans for Parents and Teachers *Lynne Cox*

## Healing Adventure

Walking along on a blustery day, you feel the wind on your back pushing you along. “Wow, that’s a strong wind!” you call out to Angel.

“Yes, it’s really blowing today. Keep your balance!” Angel replies.

“I’ve never thought much about wind. I can feel and hear its whistling sound, but I can’t see it unless there is something for it to blow around, like the branches on the tree or the tall grasses in the field.” You watch as the grass is almost blown flat by the powerful force of the wind.

One moment you feel the wind, and the next moment it changes direction and is gone. You feel

a quietness, then whoosh, out of nowhere, a strong gust of wind actually pushes you so hard that you begin weaving with the flow of the wind. All of a sudden, your foot gets caught on a tree root and, “Oh!” down you go. You land on something sharp and hard. That’s when you feel your knee begin to sting. Lifting up your pant leg, you see that you have scuffed it and it’s beginning to bleed.

“Oh dear,” Angel softly says and then adds confidently, “It will heal.”

You head indoors to clean up your knee; however, as you begin to close the door, it takes an extra amount of oomph to push it closed. “The wind wants to come inside,” you laughingly say to Angel. “Oh, it’s nice and warm in here, Angel.” You hang up your coat. You grab a clean cloth and head straight for the bathroom. Turning on the warm

water tap, it takes only a second to feel the warmth of the water flowing over your hands. “That wind was really cold out there,” you tell Angel. “This feels good.”

Bending over, you look at your pants and say, “They are still in one piece; no hole!” Gently lifting up your pant leg, you place the warm cloth on your scrape. “Oh, this feels much better!” Finding a bandage, you cover up the scrape and—viola!—you are done. “I wonder how long it will take to heal,” you say to Angel.

“That’s a good question.” Angel replies.

In the evening, you take a bath. After only a couple of minutes, you find your bandage floating on the top of the water. You look closely at your scrape and notice that it is already starting to heal. You call out to Angel, “I don’t seem to need



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a bandage anymore." That's when you remember Dr. Emoto's experiments. "I can bless this water with love and healing. My knee will heal even faster, I bet!" You breathe deeply and then send loving and healing thoughts to the water and to your knee.

That's when you hear Angel's voice: "It's wonderful to watch you practice what you have learned."

"Gee, I never thought about it before. It's like a science experiment that feels good to do."

As you go to bed, you say to Angel, "I usually feel good after a bath, but tonight I feel really relaxed."

When you wake up in the morning, you check out the healing progress of your knee and discover that your skin has already formed a scab. "Look Angel, my knee has already created its own bandage. How does the body know how to heal itself?" you ask Angel?

"Your cells and genes hold a perfect wholeness blueprint."

"What's that, Angel?"

"Before you were born, you knew your divinity and oneness energy



with our Creator. The more you stay in touch with this knowing within your heart, the easier it is for your cells and genes to hold onto their perfect wholeness blueprint."

"How do I stay in touch with it?"

"Breathe in and out and feel your oneness connection within the heart's inner feelings of peace, love and joy. You can also use the power of your imagination and play with the colors of the rainbow. Watch the colors—red, orange, yellow, green, blue, indigo, purple and white—swirling and flowing through you. Release all your worries and concerns while cleansing and balancing your body energy. Breathe in and out, relaxing more and more while opening to your perfect wholeness blueprint. Allow this loving energy to touch

you deeply as it flows to wherever it wishes to go. Imagine every cell in your body laughing, singing and playing as you feel your perfect wholeness dancing through you. Trust that each time you play in this way, you touch your divine loving energy in oneness and love."

"That sounds so easy to do, and it feels good too," you reply. "I remember hearing not too long ago that scientists have actually proven that the happier we are, the stronger our DNA strands are and the healthier we are. I also remember hearing that whenever we feel frustrated, angry or fearful, it really weakens our DNA strands and also weakens our immune system. I've always known that it feels good to be happy, but who would have guessed that it keeps me healthy too! Scientists are really learning a lot about DNA."

Just then a jingle pops into your head: "In oneness, I am love, I am light; I feel my perfect wholeness day and night!" You laugh and say, "I wonder where that song came from?"

## LEARNING OBJECTIVES:

- ✱ Children are encouraged to play with the idea of imagining themselves in perfect wholeness.
- ✱ Children will have fun creating a perfect wholeness word and jingle.
- ✱ Children will become aware of how long their body takes to heal from cuts or sicknesses.

## ACTIVITIES:

### ~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experience:

- ✱ What is it like for you to be outside on a windy day?
- ✱ What is it like for you to be in a strong wind that pushes you around?
- ✱ How long has it taken for your body to heal from a cut or cold?

- ✱ What do you think it would be like to be healthy and well all the time?

### ~PERFECT WHOLENESS WORD ACTIVITY~

The purpose of this activity is to encourage children to have fun creating a word that means perfect wholeness to them. Example: "Tickety-boo"

Ask the children to create their very own perfect wholeness word.

- ✱ Help each other create your own words.
- ✱ Share all the words you have created.
- ✱ Encourage the children to have fun thinking about their word throughout the day. The more they think of their word, the more they will have fun remembering their perfect wholeness.

### ~PERFECT WHOLENESS JINGLE ACTIVITY~

The purpose of this activity is to encourage children to have fun creating a perfect wholeness jingle that they repeat when they wake up in the morning and as a last thing at night. Example: "In oneness, I am love, I am light; I feel my perfect wholeness day and night!"

Ask the children to create their very own perfect wholeness jingle.

- ✱ Help each other create a jingle.
- ✱ Share all the jingles that have been created.

### ~PERFECT WHOLENESS BLUEPRINT ACTIVITY~

The purpose of this activity is to create your own perfect wholeness blueprint.

Supplies: plain paper or graph paper, pencil, crayons, felts and paints

Ask the children to:

- ★ Imagine and draw a picture of their perfect wholeness blueprint.
- ★ Share their pictures with one another.

### ~PERFECT WHOLENESS BLUEPRINT IMAGINATION ACTIVITY~

The purpose of this activity is to encourage children to create their own perfect wholeness blueprint imagination experience. It is a proven fact that the brain responds the same to both real and imagined events. It's therefore a very powerful and positive experience when children use their imagination to play and have fun.

Ask the children:

- ★ What colors did you like playing with as you imagined your perfect wholeness?
- ★ Share your imagination journey with one another.

### ~HEALING PROCESS JOURNAL~

The purpose of this activity is to encourage children to become aware of their own healing process. Whenever

they get hurt or sick, encourage them to practice some of the perfect wholeness activities. Ask them to write about any doctor or hospital visits. As they focus on watching their bodies heal, they will feel their perfect wholeness.

Supplies: lined paper, hole punch, ribbon, felts, glitter pens, pencil or pen

Ask the children to create a healing journal:

- ★ Using several sheets of lined paper, punch a hole at the top left corner.
- ★ Place a ribbon through the hole to create a book.
- ★ Create a title page for your healing journal.
- ★ Write down the date when you first got hurt or felt sick.
- ★ Each day write down what you are experiencing.
- ★ Practice some of the perfect wholeness word, jingle or imagination activities to help you to feel better and better each day.
- ★ Create your very own healing activity that you can write about in your healing journal.
- ★ When you feel your body has

healed, write down the date as a way for you to recognize that your body does heal from cuts and illnesses.

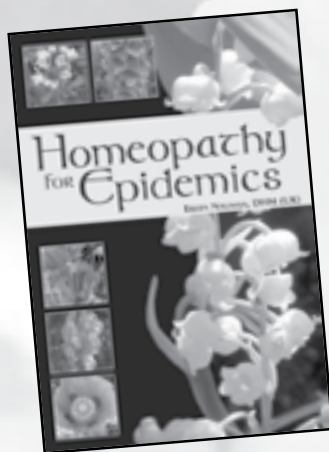
### LEARNING SUMMARY:

- ★ Children created a perfect wholeness word they have fun thinking about each day. They also created a jingle that they repeat each morning and evening.
- ★ Children have drawn a perfect wholeness blueprint and then imagined themselves feeling and experiencing an inner connection with our Creator. As they felt love, peace and joyful feelings, they claimed their perfect wholeness. They have also imagined the colors of the rainbow swirling through them to help them to heal.
- ★ The children have created a perfect wholeness journal in order to determine how long it takes for their body to heal from cuts and illnesses and to remind themselves to practice their wholeness every day. \*

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Eileen Nauman holds a doctorate of homeopathic medicine (DHM) from the British Institute of Homeopathy, England. She practiced in Ohio for fifteen years and taught at the Desert Institute of Classical Homeopathy in Phoenix, Arizona, for two years. She is devoted to informing and educating the public on the difference homeopathy can make in people's lives. To that end, she has been busy writing books on homeopathy and has founded her own flower and gem essence company. In addition, she travels around the world lecturing on homeopathy, flower and gem essences.





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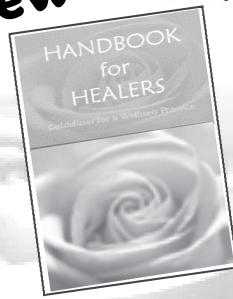
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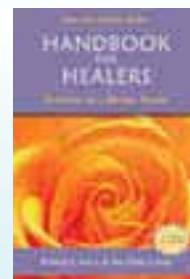
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\* Add ¼ inches on all sides for full bleed.

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<input type="checkbox"/> 1/2 Page Vert.	3½ x 10½	850	800	750
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<input type="checkbox"/> 1/4 Page Horiz.	7½ x 2½	550	500	475
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Ad size \_\_\_\_\_  
Rate \_\_\_\_\_  
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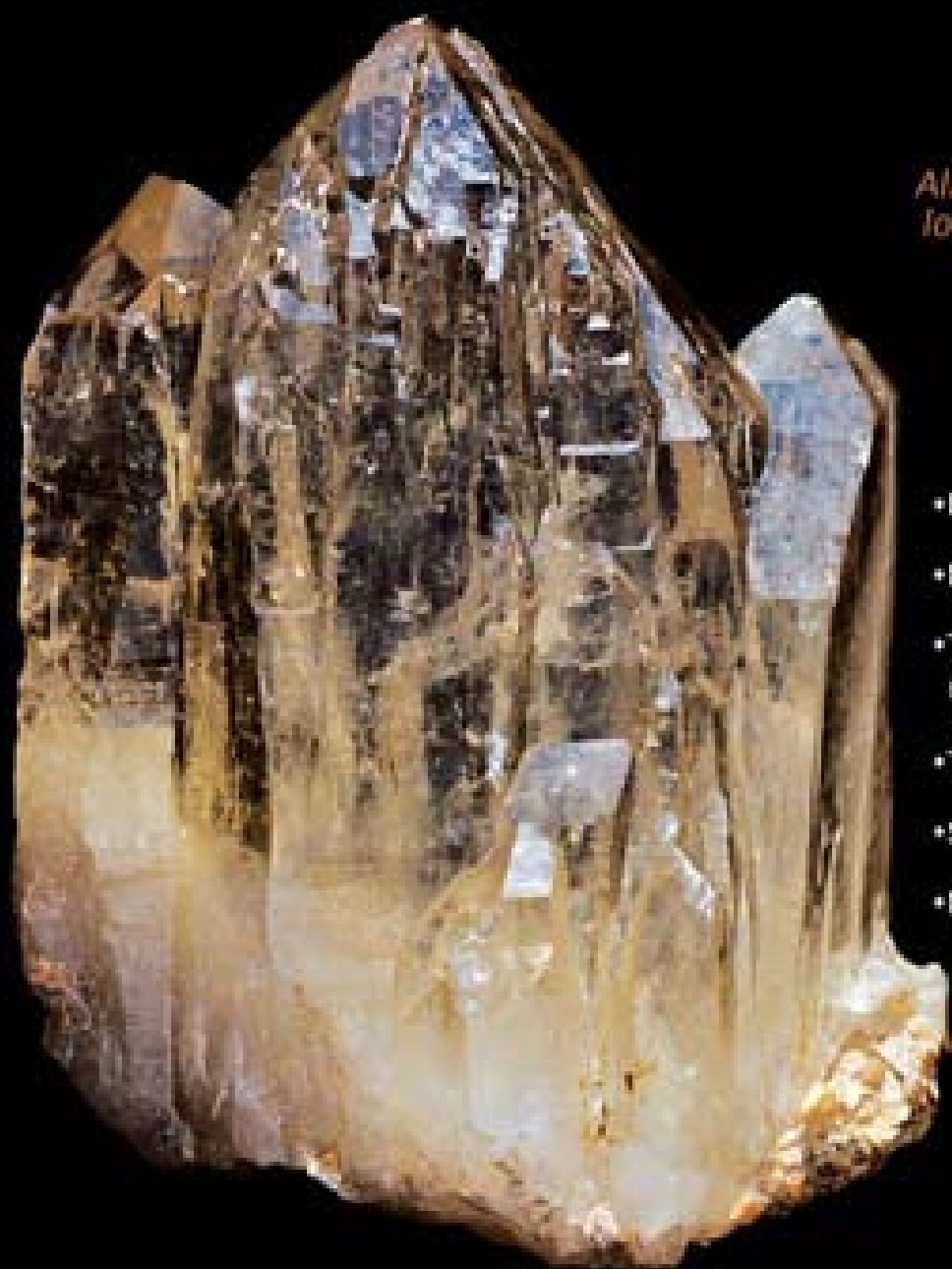
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# SEDONA

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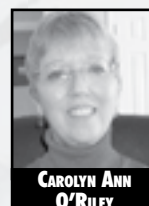
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## INSPIRED INFORMATION

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.

# Love One Another

## Lord Jesus and Ascended Masters and Angels through Lily Jones

**T**wo thousand years ago, my follower John the Beloved was asked to speak in front of the elders of the church to bring the true secret message and divine guidance from God and Jesus. John the Beloved stood in front of these leaders and simply said that the message is to “love one another,” and then he stepped down. The crowd was amazed and speechless, thinking “Wait, that cannot possibly be it all. How can this be?”

As Jesus, I walked among you as a mortal man, while prophets expected a great king on a throne. Once again, I am reaching out to each and every one of you. Close your eyes every night and, no matter who you are or where you come from, my Father—your Father God the Creator, no matter what you call him, along with the Divine Mother—will encase you in his/her infinite unconditional love and light. There is no greater power in the universe.

### UNCONDITIONAL LOVE AWAITS

Many of you, my brothers and sisters, are feeling somewhat empty. It is as if something or a part of you seems to be missing. This is because you put the option in your own life chart to be called up to help with the ascension process of 2012. This option means that you still have free will and the choice of whether to answer the call or not. The angels and your own spirit guides have been whispering the secrets of true happiness to you at night. The awakening of December 2012 is near at hand. Please keep in mind that this will be a process that will likely take decades to fully complete.

Already we have enlisted the aid of your own loved ones who have passed over. Those that you recognize and trust are reaching out through the ever-thinning veil to protect and gently guide you to enlightenment. They are helping to dispel all your fears of the unknown. Think of them as tour guides on the path to enlightenment and to the other side. Your loved ones know how lonely you may feel at times, and they wish to encourage you and shower you with the unconditional love of Father/Mother God and the universe. All old issues are forgiven and karmic debts shall soon be resolved. Your loved ones are more worried about you here on Earth than you need to be worried for them. They say that they are waiting for you in the light with your pets and are already in the loving arms of God, your Creator.

No matter who you may be, keeping a dream journal at your bedside to jot down notes when you wake can be the quickest way to tap into your own angels, guides and loved ones who have passed over. Simply ask your heavenly helpers to download ideas about how to solve any life challenge at hand while you are sleeping, and then ask them to help you remember them when you wake. Soon you will remember

### KEY POINTS

- Remember, during the coming months, that you have been called to come here to Earth now at this time. You yourself put the option in your own life chart to be called up to help with the ascension process, and the choice of whether or not to continue on this path is still yours.
- “Keep in mind that God does not always call the qualified; God qualifies the called.”
- Recognize and call upon your own internal light powers and follow your hearts, putting the truth and wisdom of the precept “love one another” into active practice in your day-to-day lives.

how to be telepathic enough to be tapped in 24/7. This is how to call back many, many skills that you have used extensively and perfected in countless past lives. In Atlantis, psychic gifts were abused and thus destroyed. As long as you use this wisdom for the good of all, you shall become more and more able to empower yourself and those around you in a positive manner.

### THE TEMPLE OF GOD ON EARTH

The Earth plane dimension that we visit repeatedly is meant to be an intensive school of learning about what negativity is all about. Only when we actually experience this in a human biosuit form can our souls begin to comprehend and savor what unconditional love on the other side in heaven actually is. So recognize your own internal power and call on your own internal light powers.

Your body has seven main energy centers called chakras. The yellow solar plexus chakra in your torso area is what is meant when translations of the Bible call your body “a temple of God.” Visualize a sparkling golden ball of God’s light in your torso that can be cranked up higher like a hurricane lamp to fill your entire body with light. This easy exercise each morning will pump up the volume on your aura, which is your own protective energy field that surrounds you as you go through your day—whether at work, school or play, but especially in public.

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In truth, energy healers are “jump starting” the energy centers in your body to remind it how to heal itself, both mentally and physically. This intense light will draw others to you to bathe in its warmth in a positive manner. You can mentally seal your aura with invisible armor or in a bubble to prevent leaks, or you can use crystals like amber or citrine to not only keep your light shining but to attract prosperity.

### **LIGHTWORKERS, YOU ARE CALLED!**

The majority of lightworkers or Earth angels like you have been holy persons in every culture in Earth history. You have been called from past and future lifetimes to come here to Earth now. You are not alone! Those around you are indeed part of your own chosen soul group with which you have experienced countless lifetimes together—not just back to Atlantis on Earth, but probably also on other planets far away and long ago. You carry wisdom of the universe in your hearts and in the seat of your soul. Meditate with your higher self, and you will know that this is undeniable.

To aid you in your current life path and work, please give permission to and ask your angels to revoke any and all previous vows of poverty or deprivation in all directions from all your lifetimes. Asking to remove negative cell memories will blow away many blocks in your way now. You shall be much amazed at how easy, yet powerful this exercise will be for you to manifest what is desired now.

Keep in mind that God does not always call the qualified; God qualifies the called. Answering the call to help with the ascension 2012 is not about having to quit your regular job or move to the other side of the planet Earth. It is quite simply blooming where God—your higher power or universe—has planted you. Like a basket of lovely flowers with a riot of colors, you each are likely already “planted” where you are meant to be. Our Father/Creator God does indeed love wondrous variety in all that you are!

### **STRIVE FOR BALANCE IN THE UNIVERSE**

You do not need extensive training or some elusive power possessed by only a select few to simply be like the Good Samaritan, performing random acts of kindness to those the angels put in your path. Obviously there are very many in need; however, your own personal intuition and divine guidance from your angels and spirit guides, including loved ones passed over, will show you how and when to act with aid. The angels will also show you when to allow others to have a chance to contribute or pitch in so that you are not the only one doing it all. Most believe that if you do something naughty, the universe will revisit this negativity to its source, but keep in mind that there is also the other kind of balance, which occurs when a person always does the giving to others and then has issues with not taking compliments or goodness naturally in return.

This is a gentle, friendly reminder to lightworkers especially to allow others to give back. If you do not allow this exchange to occur, the universe can and will put you in a position where you may have to ask others for help. The universe does not

like balance to be off in either direction. Yes, this usually explains a lot. So remember that many hands make light work. Delegating to teach others, especially children, to become empowered as well is essential; there is no need to try to do everything alone. When we give a man a fish, we feed him for one day. When we teach a man how to fish, we feed his family for a lifetime!

Call back your own ancient knowledge and, like the sleeping prophet Edgar Cayce, ask the angels to help you access exact past-life knowledge and skills to specifically solve any current life challenges facing you at this moment in time. You can even ask detailed questions like: “How do I get a better job? How do I find my true life mate, soul mate or twin flame? How do I manifest enough prosperity to pay all my bills in a timely manner? What about this legal issue? What is the life lesson or karmic debt involved in this situation and how do I solve this?” and so on. Record the information downloaded at night in your dream journal, even details that you may not at first understand the meaning of. Go back later, and you shall be amazed when notes do make sense to you. And do not forget to thank your heavenly helpers—saying “thank you” instead of using “please” in prayer requests is the whole secret to manifest blessings.

### **LEARN FROM ANCIENT EARTH HISTORY**

Your Earth history books, including holy books like the Bible, put oral stories of actual historical accounts of countless wars and suffering in print. Heed these as warnings of what not to repeat. I not only hear but feel the pain of every soul that cries out over the eons. My heart grieves at the loss of innocence, yet this is what must occur in order that we might finally learn why to put a stop to the causes of suffering. Please do not get embroiled in or waste time on the technical details of writings that have been twisted and inadvertently translated a bit differently than original meanings. People will more readily understand and follow that which is relatively easy to comprehend in a positive manner. Our message is pure love, as in the golden rule that states, “Do unto others as you would have done to you.”

Follow your hearts, my dear brothers and sisters, not just to know but to practice in a more practical manner what John the Beloved said 2,000 years ago: “Love one another.” Yes, there are those who may need to be “loved from afar.” Mental and physical protection exercises are vital, and some experts recommend things like walls of mirrors to reflect negativity back to the source. However, adding negativity to what is already not very nice can make the source worse than it was to begin with. The Angels and I recommend that you very simply mentally plant pillars or bubbles of light and love around those who need this. Light can be placed around persons including yourself, places—even whole countries—and things, like your vehicle. Once you have done this, then watch the miracles unfold as you overcome laws of nature!

According to *The Kybalion*, laws of nature can only be superseded by higher laws. Imagine the amazement from all



who realize that the highest law of all the universes is but the light and love of God our Creator! Sadly, many lives have been lost over the centuries keeping these seven sacred secrets of manifestation hidden from public knowledge to keep power delegated to a select few. Initially the reasoning was that we were at risk for destroying ourselves again, like Atlantis, if we had too much knowledge and power, but empowerment awaits all. Open minds and education are the keys to empowerment. Soon more and more of you will be able to cross the veil through the ascension process without need of physical death to tap into all the wisdom you have acquired over all of your lifetimes.



Be ready my, brothers and sisters; you shall each receive more individual messages in meditation—or at night while you sleep—in an unmistakable manner such that you will

have a true knowing. It is I, your Jesus and your angels, guides and loved ones blessing you, with prayers answered, as you have requested. Only call our names and ask and you will receive now. I am Jesus, known by many names in many cultures, and I work along with the ascended masters as well as with more angels than the stars in the heavens, commanded by our Father God, the Creator, to come to you in your time of need when you simply and humbly ask in prayer, in earnest and for the good of all. You are much loved and needed, all my brothers and sisters. Only say the word, and you shall be healed.

*This is Ms. Lily, in awe, saying thank you for the wonderful opportunity to be your messenger of light and love. Like the song says, you really can call in 10,000 angels anytime you need them. The angels say to all reading this that a blessing shall be bestowed upon you within 24 to 48 hours. Remember to have an attitude of gratitude and say thank you to the angels! \**

# Higher Frequency Living

## Saint Francis through Anina Davenport

**A**s you have all noticed by now, living in the higher frequencies is different than living, let's say, twenty years ago. You all have been raising frequency, and life has changed dramatically. On the outside, you might still look the same. Maybe you have even become a little boring to some of your old friends, but inside and in your daily life there are big differences. So what are these?

### THE CLEARING OF CONDITIONING

As you have been raising frequency, you have been clearing a lot of your old conditioning. You had too; it was staring you in the face. After every light infusion, old stuff would come up, and especially those energies that had been held in the body, perhaps for lifetimes, had to be released. The higher frequency increases the spin of your cells and the old gets thrown out. That is just how it works.

#### KEY POINTS

- As you live more and more in higher frequencies, you will begin to clear away your old conditioning and become aware of the illusion of what is normally considered reality.
- No matter what your experiences are in daily life and the people in it, you can learn to trust the universe, releasing everything else.
- Realize that the universe will provide for you if you ask it to; becoming more grounded in your consciousness will allow you the freedom to detach from the drama of everyday life and connect to your higher self.

Some people have tried to leave the spiritual path because it seemed too hard at times, but you can never really truly leave. You can perhaps delay for lifetimes, but the ultimate goal is always eventual enlightenment for everyone. Do it now, and there will be fewer problems in the future. Of course you can slow down. You need not go high speed all the time. Take a break and take a load off now and then.

The clearing of conditioning is extremely important. Some do it through primarily energetic means, and they don't need so much understanding about what happened in the past and why. Some of you really get into old patterns, and many of you are good at watching yourselves or practicing inquiry, as they call it.

### HAPPINESS WITHOUT REASON

As you clear conditioning, your Self (the greater Self, with a capital S) becomes more apparent. It has always been there, but the conditioning has covered it up. This Self, or consciousness, is who you are; the other stuff is mere illusion—although it is a very real-seeming illusion, so we don't even like to call it illusion. The body is also an illusion, but when the toe hurts, you know it, don't you?

As you raise frequency, you become more aware of the Self. Before, you might



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have read in a book about it and it sounded all very nice and flowery, and it did not mean much. Now, however, you are having more and more real experiences. They are not experiences, but you experience them that way. You experience your Self—still spacious and just there, with periods of deep happiness without good reason. When Anina comes back from her yearly retreat with Ammachi, she often feels happy. She has called it “happiness without good reason.”

While you can always make up reasons for such feelings of happiness, such as, “I live in a beautiful place, I love my family” and so on, those reasons are really only the mind adding its interpretation because it hates the unexplained. If you do have a period of happiness like that, just stay with it and try not to think too much, because the truth is that this feeling is an innate happiness that you all have. It is your natural being. It is also not something you were given by another, although the frequency of a truly enlightened being can resonate with your true peace and intensify it.

A truly enlightened being will also help you to remove even more of your conditioning. Very often, for example, the channel may feel very happy and peaceful for a month, and then often some very old conditioning gets brought back up. That is the way it works, whether you see an enlightened being or spend time on the couch feeling light infusion come into your vehicle. It is wonderful until the old energies that need to be released come up. You know the drill by now.

### LEARNING TO TRUST THE UNIVERSE

The way you operate in the world on a higher frequency is very different. As you increase frequency, you learn to trust the universe more. If you think about it, much of conditioning is really about not trusting. The truth is that you cannot trust anybody on Earth one hundred percent, because everyone—except for a few fully enlightened beings—has a negative ego. That is just the way it is.

Now, some people are pretty trustworthy. They usually stand by their word and won't let you down. Some are in between, and some thrive on deceiving others or struggle with addictions and mental and emotional problems and let you down that way. It is not a perfect world. So who do you trust? You trust the Self—consciousness, God if you will. Many project their parents or other authority figures on God, however: “My father beat me, so I am not going to trust anyone—not even God.” That is your conditioning then, and that is your work, so as frequency increases, the old feelings of being betrayed, wounded and hurt come up.

As you breathe through this and hold on to Self, however, you can release all that and learn to trust the uni-

verse—not people, but the universe: life, God, the Self or whatever your words. That you can trust. When it comes to people, you trust as much as seems reasonable: Your spouse, for example, you might trust a lot, but your teenage son maybe not so much. The bigger the negative ego, the less trustworthy a person tends to be. We don't say this in judgment. This is a school, and releasing negative ego is part of the curriculum, so no one gets criticized for having one. Just don't hold on to it too tightly, or your progress will be slow.

Trusting the universe more changes things, and it does not happen in a straight line. You might be very trusting, and then some things happen that challenge your trust; someone takes advantage of you, for example. Old feelings come up and you feel defeated and so on. If you can breathe through it and keep trusting Self, then there is something to learn here. It might not be apparent right away, but all you are asked to do is to keep breathing, not suppress your feelings, not take them too seriously and stay the course. Relax. Watch a movie. Tomorrow might be better and dreamtime might bring you some answers. Have a good cry if you need to.

### NO MORE DRAMA

In general, your emotions will be smoother on the higher frequency. We say in general because sometimes very deep hurt can be released, but the big drama is over. No more do you feel like a ship being thrown about in a stormy ocean without an anchor. Your anchor is trust in Self. You have become enough aware of consciousness that you know that it is always there—even if you don't feel it sometimes, because you got attached to some worldly drama. Breathe, relax and step back into your Self. Don't worry. Trust the universe.

When you trust more, life becomes more interesting. In fact, it becomes more like a movie that is interesting to watch, but not so interesting that you forget your Self. In truth, everything is a projection of your Self. Even if you might not be there yet, that's all right; we are just giving you some pointers for the next movie.

But you will find yourself saying, “Oh, there is this dilemma. I wonder how this will get solved. I wonder what the universe will come up with.” There will still be some anxiety, and a part of you might say: “I hope I don't get screwed on this one. Remember what happened in 1998, when this person took my money and never paid me back?” That's okay. Let these concerns be there, but don't get involved in them. You trust the universe, or most of you do. Just don't pay too much attention to the worrier part of you.



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Now that does not mean that you should take no action. If your higher self gives you an impulse to go and get a lawyer, then that is fine. Go ahead, pick up the phone and call someone, but do it based on an impulse from the Self and not the ego that often imagines the worst. This is a delicate balance, we know, and that is why the universe presents you with people and situations to practice on. Sometimes you will get it right, and sometimes you might still fall into old patterns, for example, of acting prematurely or waiting too long. Divine timing is a skill as well. Don't worry; dust yourself off and learn from your mistakes. No problem.

Sometimes you are going to be confronted with difficult people. Some years ago, the channel had a dream in which Ammachi told her that she will need a thick skin in a situation that was coming up. It was a warning of sorts and also an acknowledgment that this situation was kind of hairy, not just in her imagination. It was also an acknowledgment that she was not alone. Ammachi was helping, and a true teacher helps in the right way and amount. She or he helps enough so that the student does not get too overwhelmed and not so much that the student does not develop his own skills. In this example, the lesson was about thick skin or a certain detachment from the craziness that was about to follow. The channel's lesson was to trust the universe and not to get too confused by what other people were saying.

### **TAKING ORDERS FROM THE UNIVERSE**

It is all really between you and the universe—or you and God. Everything else is a sideshow—sometimes amusing, sometimes fun, sometimes not so fun and sometimes crazy or even painful. It is not real. Once you have understood that—truly understood that—you will take your orders from the universe, so to speak. When we say orders, we mean it in a light way; you will get to enjoy the play more and more, although at times you might still get confused or fused with the drama of the world or someone else, and that is okay.

So what does it mean to only take orders from the universe (from Self, consciousness or any other term you would like to use here)? Let us use an example: Your boss is very difficult. He is quite moody, and you never know what he is going to come up with. One day he seems satisfied with your work, but the next day he talks in such a way that you fear he will fire you. You have tried all kinds of strategies. You have even read some books about how to work with difficult people, and some of the information has been helpful. You have taken our advice and decoded and affirmed the highest good.

So where do you go from there? You ask the universe for help. You say, "Universe, please help me with this." Perhaps you put up a little sticker at your bathroom window to remind you and, while you are flossing, you think: "Universe, please help." And then you let go and take a break. Some beliefs might come up, such as, "I depend on Greg (let's call your boss Greg) for my livelihood. He has power over me. If he is in a bad mood, he can fire me, and then I cannot pay for my daughter's braces."

But we have helped you to cut negative ties with Greg and ask the universe for help. So some new thoughts might come such as: "The universe will provide for me. It will find me a new job if I need one. The universe is abundant. My Self is infinite. I rest in Self. I trust Self. I trust God. My higher Self is in charge. Greg cannot hurt me. I am infinite and indestructible. I am consciousness." So it is a process. You are not going to go from "I am a little worker bee that can be crushed by the big boss any moment" to "I am Self and indestructible" in a week. It takes time—not simply the realization of who you really are, but also the release of this crusty old conditioning; it takes time. So don't worry if the old disempowering thoughts come back just a day after you had some great epiphany about how you are the Self.

### **BECOMING GROUNDED IN SELF**

*Couldn't it be highest good for the person to stay in the job and learn how to speak up to Greg?*

It could be, or it could be best for him or her to feel the freedom of Self and create something new, such as another job. As your frequency rises, it is more and more your job to stay away from disempowering situations. Yes, there is a period where you have to go through them, look at the patterns and learn to stand up and all that, but the next step is a certain detachment. So you see, Greg is just a player in this big drama called life, and in the big order of things, he is really not so important. He might want to believe he is, and he might want others to believe so too, but you can detach and connect to a higher power: the Self or the universe. That is where you get your information from—not from Greg's ego.

The channel once got a taste of this when she was confronted with an abusive person. The person kept throwing insults at her, and at some point she could not hear him anymore. The sound went off. She felt good in her own vehicle, and she felt peace and stillness. She was not connected to this person, but to stillness. He finally stopped his insults, since he could tell he was not getting anywhere with them any more.

This does not mean you won't get tested on the higher frequency levels, but things have changed. You are more grounded in self. Things don't throw you quite as easily, and one of the tricks is not to identify so much with the drama and its players. In this case, that would be the drama of the questions, "Will I get fired, or will I keep my job? What is Greg going to do? He was in a bad mood today. What did he mean when he said those things?" Don't give this so much power. Focus your attention on the universe: "Universe, please help me to be able to pay my bills. Please find me a better boss. Please help me to find good friends. Please help me to do the right thing here. Please help me to live my highest good."

This is where your attention should be: the Self, the universe, consciousness or God, if you will. This is highly practical. Try it out in your life. Don't simply believe us; practice these ideas and then see what happens. Play with it and experiment. Good luck to all of you. ✨

# Delighting in the Details

Gabriel through Dick McNeil

**T**here is a greatness to perceive in the smallest of everyday details. How often you overlook the brightest of nature's creations so far below your vision, choosing by habit to gaze instead at a distance or above—relishing the tree lines, the lofty mountain peaks, the fantastic shapes of the clouds as they move across the skies. You do not ignore the smallest of nature's finest creations; you simply do not notice them. In so doing, you not only miss their infinite majesty, but you crush them beneath your unknowing feet.

## SEE THE BEAUTY BENEATH YOUR FEET

Instead of striding forward along the path that beckons you into the beauty of meadow and wilderness, carefully drop down upon your knees and then upon your forearms to lie—practically if not actually—face down upon the floor of the Earth. And after letting your eyes adjust, begin to notice what lies before your gaze—shapes, colors, movement—for there is a life unto itself so far below the human gaze that must endure their steps but does not often hear their praise. Drop down upon your knees and lie, full length, among the grasses and smallest of flowers. Lie there in silence and feel the appreciation wash over you for what Mother Earth has provided at that level. Are the tiniest of flowers less sweet than those that grow at arm's reach when you stand? Should the tiny insects that inhabit the sunlit grasses and pebbled paths in shade beneath the smallest of plants evoke any less appreciation and amazement than those larger creatures of size commensurate to your own, with which you are so familiar?

How many nights have you stood in the darkness and stared in awe at the lights—so old, from such distant stars and reflected from planets and other bodies at distances above your head that are immeasurable by your mind? Standing upon full tiptoe and reaching up to the greatest extent that your arms and fingers might reach, you cannot

even come close to beginning to touch the beauty that lies so far above. And yet, at the opposite end of your frame, beneath your feet, there exists an entirely different world from that with which you are familiar. There is no time in this world, there is no space and, in truth, there is no size in it, for the composition of the beautiful world on the surface of the land is made up of exactly that which towers over it. It is all the same, but for its apparent size.

## HEAR THE SONG OF THE EARTH

Lie upon the Earth, put your cheek to its warm breast, close your eyes, stretch out your arms with palms down and feel—with every fiber of your body, with every physical sense that you possess—the hum of the Earth, the slow beat of the heart of nature. Soon you will sense the extent of the life, growth, death and regeneration at that level. You will be amazed, not just by the beauty of that seemingly miniature natural world, but also by its variety, its industry and its unique application and adaptation to its elevation.

It is said that human beings progress through life, in the main, by looking straight ahead and rarely up or down, thus confining themselves to a strata of their world with which they soon become overly familiar and which they eventually fail to notice at all. With vision so turned inward, they fail to recognize and thereby to appreciate the totality of the world about them. They even fail to recognize the skies above by day—and especially by night—that are so far beyond their physical grasp in beauty, mystery and unanswered questions. But it is what is below their feet—attainable, reachable and greatly unnoticed—that most robs human beings of a more complete experience of their natural world in physical life.

Be not misled by the concept that the “big picture,” the view from a human's height, comprises the scope and most complete reach of his or her world. Instead, drop to your knees and fall completely prostrate upon the Earth—whether it be upon the dry sands of the desert, the multicolored meadow of the valley, the sea-slick rocks of the shore or the cool, shadowy recesses of the musty cave floor—for life is there in such variety that it not only offers gladness of heart, surprise and even instruction but also a true and more meaningful sense

### KEY POINTS

- As you appreciate the majesty and grandeur of the universe, do not forget to notice the wonder and beauty of the smallest elements of nature as well.
- Revel in the tiny, beautiful details of life, expressing gratitude for each aspect of natural wonder on the surface of the Earth.
- Apply these concepts to your daily life as well, taking time to notice and cherish the small, simple moments.

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of humanity's place in relation to Mother Nature. Human beings were built to walk upon the Earth, but your knees do bend for a reason. You were meant to gaze out upon great distances, vistas and panoramas from your standing position, but your eyes also have the capacity to refocus to take in the closest and smallest of details.

#### **CHERISH LIFE AT GROUND LEVEL**

Distance not yourself from the Source on this Earth. Take this metaphor and extend it into your daily life. Do not be carried along—at least not entirely—by that which you see at eye level, moving only with your frame erect and solely aware of those strata of life and that business that goes on about you. Instead, bend and fold yourself down upon the Earth and pay attention to the smaller details. Consider the small, passing comments made throughout your day. Do you even listen to those small conversations? “How are you?” “I am fine.” “I love you.” “I love you too.” “Nice day.” “Yes, it is.”

Think about the act of simply holding the hand of the one you love: what pleasure there is in holding that hand, be it a baby's small, pink, chubby fist, your spouse's hand—

upon which, perhaps, the rings that symbolize your marriage or union are displayed—or the withered and cooling hand of an old one, the hand that used to hold your hand when you were an infant. Consider the passing glances throughout the day from those about you, those subtle taps of recognition upon your vision. All of these small, infinite details that make up the fabric of your day often go unnoticed—just as the teeming life beneath your feet. But in time—especially in their final absence—they will grow dearer to you, treasured, in fact, than you ever realized while they were present.

Storms may blow overhead and at your eye level, causing you great stress, pain or fear. It is then that you should drop down to the Earth. Drop down to that almost invisible and often overlooked world of small details, of securities, of well-grounded love, of comfort and of intimate one-on-one relationships until the storm far above passes. Let Mother Earth be your anchor, your safe haven. Hold the hand of the one you love. Say “I love you” and mean it. Hear the reply and absorb it. Do not ignore the smallest of details, when true size makes no difference, for they can be of greater value to you than anything in your life. ✨

# Life's Simplicity and Your Unlimited Potential

Michel through David Reid Lowell

**T**here is unlimited potential within each of you, within every individual, and there are no exceptions. The only exception is that which you embrace and believe to be true. You oftentimes hear of those who beat the odds. Why? They realize at some level that they are part of God—they are connected to something greater than themselves. They realize that when God created all that is, that very God created you and breathed its life into your life, making it one. God's image is your image, and your image is

the reflection of God. And because of this you, yes you, are filled with unlimited potential.

Why then can't you seem to reach your potential? This is an easy question to answer, and yet it is difficult because it demands that you make sacrifices and choices that depend on hard work. This will give you the determination you need to achieve your desires. This cannot be done getting up late, sitting in front of the television, gossiping on the telephone or feeling “woe is me.” You must learn to be proactive in your own life.

Your human potential has yet to be realized because as long as you are alive, you always have choices. You are living the greatest story of all—the story of your life. Living this adventure gives you a lifetime to discover

#### **KEY POINTS**

- Those things that come naturally to us are the keys to our calling in life.
- “Chances may not present themselves how you dreamed they would; chances might not be perfect, but they might be the opening that paves the way to a better life.”
- Many times we react to people from a place of guarded suspicion. What would happen if we just let others love us?

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yourself. And as long as this is happening, you have the ability to realize your greatness and that greatness exists as true, actual and limitless possibilities. Having said this, you should realize that all possibilities exist; they are just not yet shaped into your reality.

This is a channeling of “ours to yours” in order to remind you in a gentle manner that all things are connected. There is no separation from the whole of your kind, and each person—even those you do not like—mirror back to you an aspect of yourself you need to learn to love. All this is so you can learn, advance and become more accepting of yourself and in so doing, accept others. Many times we have heard that our communications with you are too layered and complicated; they take too much effort and you want it easy, painless and effortless. Indeed. Who wouldn’t?

### **KNOW YOUR MOTIVATIONS**

You and your continuing efforts make you achieve greatness. It has nothing to do with your physical strength or intelligence, and it has everything to do with your commitment to your dream. The ones who are the most committed achieve their goal. In order to achieve, you need to structure your thoughts—you need to give them form and substance. In other words, you need to think about how you are going to go about it. You should have a purpose. What is it that you want as an outcome? Independence? Money for rent or the mortgage? The reasons and motivations are up to you. Think, meditate and pray about the reasons for wanting this achievement. The foundation of your thoughts will become clear. As it does, you can develop a plan to achieve that goal.

There are many unhappy people. Those people, some of whom are near to you, might not want you to succeed because if you do, it might make them look like failures. And you know the old saying that misery loves company. Having naysayers around only limits you and your true potential. No two people think alike. Why is it then that some achieve such greatness? It is because they are independent thinkers.

Your own unique gifts and talents are things that you are good at. The things that come naturally to you are directly connected to your calling in life. Sometimes your best friends, coworkers, parents, siblings and family members will not understand you and the choices you make. They do not have to. Why is that? It is because your gifts are unique to you. God leads us each to our own discoveries and there are no mistakes. At work you may have that one person, coworker or boss who just drives you crazy. Everyone goes through these tests. Everyone. If you are going to have an easy time of it, you have to develop ways of coping with that person. This is just as much about you as you think it is about them.

It is not about them and why they are the way they are. These are tests, if you will, about you and your boundaries. These tests keep occurring until you develop the skill and inner belief that you are in control of how you react to them. Learning patience with yourself is indeed a hard thing to do when you feel that other people are setting you up for failure.

What is important is that you take small steps in claiming yourself. It is not about what you have in life, but more about what you do with your life. This means listening to your own heart and not to what others tell you.

When you are young, you learn from listening to your parents. You mimic their behaviors, good or bad, because this is what you know. As you grow older, you learn to question what you have learned and hopefully you begin to develop your own opinions, values and beliefs. These things are passed down from generation to generation. Concepts and values have to adjust to fit the individual. Keep the good—those things that work well for you—and get rid of the rest. Discover who you are and what is best for you because this is your life. Trust us that no one—and we mean no one—will do your dying for you. It is your life, and it is up to you to discover your own happiness.

### **LEAVE YOUR COMFORT ZONE**

Don’t wait until you think things are perfect, because they may never be. Don’t wait. Take action now and cultivate the gifts that God gave you. Love from your heart. People come into your life, and the “event” of your life happens when it needs to. You may have been asking the universe to send someone to love you, but perhaps the universe knows better than you. Take the chance. This is just like when opportunities come your way—you may be afraid to take that chance, but what if you never did and that one time may have been when things turned in your favor? Chances may not present themselves how you dreamed they would; chances might not be perfect, but they might be the opening that paves the way to a better life.

I know we have been talking a lot about God, and you might not be comfortable with any concept of God right now. A growing number of people are not, especially when faced with difficult questions. And you might have good reason. However, we would say to you that life can be very lonely. Having something greater than yourself to believe in, to turn to in times of need, can soften the loneliness. No one—not your minister, priest, rabbi, parent or friend—can tell you what God is about and what is right or wrong. These things are for you to discover. God knows you.

God is part of you, and there is nothing that is hidden or punishable by God because everything is known. Find peace with how you view your relationship to God and the world around you. Usually, when people are exclusionary—meaning they do not include you in their unconditional love—they are about being conditional. Why give yourself up for anyone who does not love and support you for who you are? Indeed, why should anyone? Truly loving people means to love them for their differences. It means that you can embrace them for their uniqueness—those qualities that are uniquely different than yours. This may balance you out. It may, somehow, complete you.

Oftentimes people don’t change because change challenges them to go outside their comfort zone. Besides, it takes hard work to think differently than you are accus-

tomed to. It is also difficult to think differently than your family, friends or anyone else because similarity in thought and belief is what people become accustomed to. The frightening thing is what would happen if you dared to be different. More than likely, you have already seen what has happened to people who dared to be different, and that very fear keeps you locked in a place of addicted fear. Sometimes individuals will just float around in their life, reinforcing their addictions because, they might think, "It has worked for me my whole life, why change now?" What can anyone say to someone who is shaped by fear? Not a whole lot. Indeed. It is like a bird singing to a rock.

Things change every day—technologies advance, ideologies change and so too should you. But you should never be afraid to use your voice. Leaders are those who dare to embrace their own beliefs. Things change each day, and change is a very important part of life. Being able to adapt to change is, indeed, the key to staying young. Have you ever met people in their fifties and thought they were young, and have you ever known people in their twenties and thought they acted like old men and women? Of course you have. Indeed. Age is transitory; it is something that has more to do with how you live your life and how you think than the actual passage of time.

### **GOD KNOWS YOU**

What matters most to you? How you think and feel, or how you shape yourself to conform to how those around you want you to think and feel so you can be popular and fit in? Perhaps following your own truth will lead them to a better place where they can move outside their limited, addicted lifestyles and become better people because you are comfortable enough with yourself to follow what is right for you. God knows you. In your heart, you know you. And you know your heart's desires and dreams. Trust that life will unfold for the better and allow yourself to embrace those moments of transition when they come. Sometimes they will come unexpectedly into your life. We have always said to make good choices.

If you want to feel more complete and content, then you have to start to live on a deeper level. You need to understand that there is more to you than how others would judge you. You need to be the doer of good deeds and have good thoughts when confronted with difficult moments. Living in a righteous frame of mind means to think rightly and not harm anyone else—with intent—in your attempt to live your life. You are able to live rightly by living a life that is right for you, not everyone else.

This is the moment of choice, and you can define your choice by focusing your energy on what it is you want to become. This does not mean to be defined by limitations, but by the inclusionary acceptance of your true self. It is absolutely essential that you learn to lose your old self so you can be reborn into a new you that is defined by you. This means how you view yourself and how you come to terms with the emerging you that is no longer defined by the

expectations of those old relationships that have kept you bound to limitation. Perhaps you want to rehear this: No one defines you except you.

It is hard to do the right thing when you may be confused as to what the right thing is. We would say that the right thing is that which you intuitively know is right and sometimes doubt because you are afraid of not fitting in, not having someone agree with you and not being accepted. Stop living for how others want you to be and start listening to yourself; find what you need to become fully integrated and filled with the ability to accept being loved. Wouldn't that just be a nicer place to be? Indeed, it would! There will be many experiences that you will find fulfilling and satisfying. Most of these will come into your life in an unexpected manner, and if you have let go of the past, you may be able to move forward into the process of adventure and discovery.

Remember to reward yourself for those small steps—don't underestimate the power of self-reward. Life is about pleasure and being surrounded with those who make you feel special, whole and positive. Be realistic about your life and open to those unexpected moments of joy that will leave you smiling and just feeling good. You can always tell the truth about someone or some interaction in an easy manner—you should feel good after the interaction or experience. Learn to laugh at life. You will feel younger, live longer and be a lot healthier. There will always be setbacks—moments of frustration and irritation—but if you find the humor in these things, you will walk away feeling that you have made progress. Being pulled into the drama is one fundamental difference between successful people and unsuccessful people. Don't get involved in other people's drama.

### **LOVE AND SIMPLICITY**

These are some basic fundamentals to re-evaluating your life and yourself. The human condition—the individual as well as the collective human need—is to be loved unconditionally and to give love without fear of rejection. Indeed, that is it. Simply talk to someone when he or she opens up to you. Do not come from a guarded place of suspicion. This person may simply like you—just you for being you. Don't project your suspicions onto people before you experience the interaction.

Everyone wants to give love and receive love. Often people deny themselves the joy that can be theirs because of a past-programmed way of thinking or because they discount their own self-value. Again and again we say to you, you do not have to attract anything to you because everything you need is already within you. You just have to allow yourself to see, feel and express your own, unlimited potentials. Believe you are whole. Say, "I am the light. I am whole. I am love." Say, "I am the God of my own universe. I create through joy. I am the perfection of my own beingness."

Open your heart and smile. A smile says so much when you approach someone. We often forget that you forget these basic things. Get to know people. Ask them their name and allow them to converse with you. It is nice, and it makes



someone feel good to know that you remembered their name and smiled when you saw them. You don't have to go overboard, but be cordial and approachable. Be considerate of their personal space and listen to what they are saying to you. When the opportunity arises, share something about yourself with them. How they react will tell you a lot about their interest in you. If you come from a place of suspicion and hurt, more than likely that is how the interaction will play out. And haven't you had enough of that?

Finally, simplicity matters. It really does. Someone can be attracted to you for many reasons. Sometimes it is because of how you look or how you look to them. It may be because they think you have the appearance of stature and wealth, none of which really matter. Or it may be because they just sense and feel at one with you. You know the feeling of

recognition that defies explanation. Sure, in the beginning these things may play a part in your interpersonal interactions, but for how long?

Look into the person and see what is inside. We are saying to recognize that special connection you can share with the right person when you look beyond their eyes and see into their soul. Sometimes just seeing someone can make you smile. These simple moments are the moments that will bind you to another and with your higher self. Sometimes there needs to be a gentle reminder that everything will work out, but only in proportion to the energy and work you put into it. Create love and create joy. Create prosperity by allowing yourself to be yourself, and in so doing, reach your full potential. Go with the joy found in the moment you first discover yourself. ✱

# Into the Desert

## Archangel Michael through Carolyn Ann O'Riley

**G**reetings and salutations, my beautiful beings of light. Time is vastly speeding up as you are acutely aware. Your inner grace, healing and well-being are really going to deeply require each of you to go within daily in order to unwind and de-stress. As the changes take place and the adventure continues on planet Earth, your calm presence is needed at all levels—not only to assist yourselves, but also those who are following you on the path that you have chosen to walk.

You are the way-showers, the leaders, and this weight is heavy upon your shoulders. Your light is like a giant beacon; you are the lighthouses beckoning to everyone a peaceful, evolving passage home. Many have completed their missions and will be returning home. Others will take up that spot—that point of light—that was being held by those leaving in order to continue the journey ever upward. You are all blessed with so much angelic assistance and power that your lights can be seen throughout the omniverse. It is such a glorious sight to behold

from this vantage point. You are all to be commended for a job well done. Well done, my faithful servants of spiritual service, well done.

The Creator is infusing each of you, my beautiful beings of light, with all the divine grace that you can possibly hold. Close your eyes and feel this transmission of divine grace swirl around you; it is entering every part of your essence, on every level, within each aspect and within all dimensions of eternity and infinity. Remain in this state of grace for as long as it feels comfortable for you.

### A DESERT MEDITATION JOURNEY

Allow this messenger to take you on a mediation journey. Find a quiet spot where you will not be disturbed for a while. You may either sit or lie down, whichever is more comfortable for you. Cover your physical self with a light blanket if you chill easily. You want no distractions during your meditations, so always make sure the physical vessel is comfortable. If it helps you to visualize by identifying your ego with a symbol or as an object, please do so. Direct your ego self to perch on your left shoulder. Instruct your ego self that it is only to be an observer on this journey; it is not to participate.

In your imagination, ask through prayer for the Creator to send you down a protective ray of white light by praying something like this:

#### KEY POINTS

- “You are all blessed with so much angelic assistance and power that your lights can be seen throughout the omniverse.”
- Meditation is the place where you can experience divine protection and direct communication with your angelic advisors.
- “You feel so complete now and realize that you’ve only been playing this part on the Earth plane. You really are this fantastic being of light in your life between lives.”

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"My Creator, I am asking for a protective ray of white light to enfold me and lift me up so that I am experiencing the very highest of vibrations during this journey into my innermost depths of understanding and being. I am protecting myself from anything that is not for my highest good on this journey. I am thanking you, my Creator, for assisting me by sending this ray that is now coming down through the corner of the area where I am meditating. It is entering into this physical form, permeating all that is within the presence of this beingness. I Am."

The Creator has answered and has gifted you with an iridescent white ray, a deep golden ray and a special, spiritual transparent ray for this journey. The rays are entering into your body through the soles of your feet and moving up through your physical vessel, permeating all of your energy fields, your physical vessel and into all corners of the actual area in which you are meditating. Then it is exiting through your crown chakra. The rays are returning to the Creator and cycling back down through you again and back to the Creator in a continuous, circular loop. These protective, therapeutic rays are in continuous motion while you are in meditation.

You are now divinely protected at this moment and nothing can even communicate with you that is not for your highest good or is without your permission. Breathe in deeply, my divine lightbeings, and feel the lighter, relaxed feelings of protection and divine guidance in this meditation. Breathe in deeply and know that you are breathing to the pulse of the Creator. Listen to the Creator's spiritual heartbeat and feel the unconditional love that courses through you each time you think about this moment.

Breathe in deeply, allowing and seeing within your spiritual imagination your guardian angels and guides join you. The angels take your etheric hand and direct you into your spiritual heart chakra. At this time, invite in all the spiritual guests that you would enjoy accompanying you on this journey. You are seeing this within your imagination. Your guardian angels, spirit guides and special invited guests are now within your spiritual heart chakra. You locate and turn the doorknob of the golden door that reads "to my highest guidance within." You cross over the threshold, knowing you are on a spiritual growth adventure.

### **A CARAVAN ADVENTURE**

You find yourself in a white, marble corridor. More angels greet you here. You are directed to the third door on your left. You walk to the door and turn the handle. This door has no label, so you have absolutely no idea what is on the other side. You smile and tell yourself that you always love a little mystery on a journey; it keeps you on your toes. The angels cheer your thoughts. You open the door and quickly cross over the threshold, looking down to find yourself standing on sand. Hesitant but still smiling, you look up and see several white camels have been readied for you, your angels and invited guest. "Interesting," you tell yourself, "a caravan, how exciting." You've never done this before.

The angels hand you a robe-like garment, protective goggles and head scarf to put on over your clothes. The camels are asked to kneel so that all can board. You walk over to your camel and stroke its head. You ask the camel his name. The camel replies that his name is Jacob and comments on how honored he is to be of service to you on this journey. You tell Jacob thank you and that you will enjoy the time that you both will spend together.

You walk back to the saddled area between the humps on Jacob's back and climb on. Jacob rises and takes his place in between the other two camels. The caravan begins and you enjoy the slow, side-to-side motion of Jacob's steady plodding. It actually reminds you of a mother gently rocking her child. You find yourself drifting into a sleep state, but you are trying to fight it so that you will not miss any of the desert scenery. Sleep wins and you lay your head down on Jacob's hump in front of you. "Awe!" your angels say to one another; you have needed this very deep sleep to refresh and rejuvenate yourself. You have been so stressed lately that you have not been sleeping well.

You sleep for what seems like forever and you wake just as Jacob stops at an oasis to drink and rest. You can't believe how much better you feel after that long nap. The angels tell you that they didn't want to wake you since you needed the sleep so badly. You see that everyone is getting off and putting up tents for the afternoon. Jacob takes his cues from the angels and kneels down so that you can get off. You walk over and thank Jacob for such a wonderful ride. Jacob responds that you are most welcome. The angels direct you to a tent where everyone is gathering, shedding their sandy outer garments and washing up for a meal. You take your place in line and feel refreshed to have water to drink and a place to wash your hands and face.

The angels are cooking in the center of the tent in large metal pans. It smells divine; you are suddenly famished. You are directed to sit on the cushions as a plate of food is passed to you. You thank them and wait for all to receive their plates so that the food can be blessed. You eat as though you have not eaten in days, relishing every bite—it is so heavenly.

Your hunger satisfied, you wonder what is next. After all have finished eating and the utensils and meal dishes have been cleaned and put away, the angels hand you a large crystal. This special crystal is to be held in both of your hands as you meditate this afternoon. You continue to sit on your pillows as you grasp the crystal in both hands. You close your eyes and enter your very own inner, private space. As you concentrate, images within the crystal begin showing a story of your current life purpose, and a pre-incarnation script begins to play out in front of your eyes—just as if you were watching TV. "There it is right there," you tell yourself, "the reason I selected my parents." More and more begins to be revealed.

"This is amazing," you tell yourself. The answers are surfacing to the questions that you have been asking yourself for years. The angels smile and just allow you to continue until all the information completes itself. You feel so com-

plete now and realize that you've only been playing this part on the Earth plane. You really are this fantastic being of light in your life between lives.

The crystal shows the spirals backing down and becomes silent now. You sit quietly for a few minutes so that all can be integrated within your understanding. The angels tell you that now you have the data, it is time to return. You walk out of the tent and assist all with the packing. The camels are kneeling once again and you climb back up into Jacob's saddle. The camels rise and the return begins. Once again you find yourself drifting back to sleep. In no time at all you are back to the place where your caravan journey began. You climb down from Jacob's saddle; you walk around and thank Jacob for the ride. Jacob says to come back again as you continue to stroke his head. The angels lead you back through the doorway from where this caravan adventure started.

You instantly find yourself back in the white marble corridor. You catch a glimpse of your glowing essence in the mirror before your angels lead you back across the golden threshold door into your spiritual heart chakra. Then they assist your spiritual essence back into your physical form.



Wiggle your fingers and toes and, when ready, open your eyes. Go about your day, remembering that your inner wisdom and angelic support staff are always at your service to help you reach your highest, most appropriate potential. Beloveds, you are blessed beyond words and loved beyond measure—more than any Earth plane language can ever express. I am Archangel Michael, the Creator's messenger of love, joy, wisdom, light, peace and grace. ✱

# Releasing Old Chains and Learning to Fly

Dawn Fleming

**H**ave you been feeling a little claustrophobic lately? Breathing feels like a chore, yet you do not have health issues in this area? Are you feeling as if you are being pushed to the edge,

but you are not sure why? Could this be attributed to growing pains? This might be an awkward term for expanding one's light.

As we grow our capacity to embody more light, we are beckoned to make some changes. When we do not make the necessary changes to properly integrate this additional light and to move forward, we begin to feel stuck and claustrophobic. As we evolve, our light becomes too big for our box and the conditions that we have created. We feel chained to our dense, heavy selves.

Our spiritual path and practices are aligning us with the increased light vibrations that are perpetually entering our atmosphere and expanding our fields. Cramped, confused and irritated, we seek to understand and to know how to make the necessary changes and yet be at peace with the changes we make. Some people on the spiritual path just seem to know what they need to do next

in order to step out of the old box and into the fullness of the radiance that is given to them. Others just seem to feel lost, in search of direction or flounder in resistance as they seek a sense of balance and peace.

As we improve our lives and become more aligned with truth, we open to embody even more light. Our beingness expands. Light begins to embrace parts of us that have forgotten about our lightness. Changes begin to occur on all levels as this light embraces us. We may begin to notice how things seem different or uncomfortable as if our skin is not big enough to contain who we are becoming. In other ways, we may notice how we yearn to know

## KEY POINTS

- As your light expands and your capacity to embody more light grows, you may experience what could be termed as growing pains in your spiritual evolution.
- Realize that this discomfort is a highly positive sign gifted to you as a catalyst to spur you to release the chains of your past and to move yourself out of a place of misery.
- Focus on finding balance and direction, reaching a truly quiet place by holding the light of violet flame in your heart center and allowing it to bring clarity and peace throughout your whole being.

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ourselves in a deeper spiritual way and to bring that out and into our everyday lives. We might even experience the expansion of our capacity to be more loving or our ability to see beyond the illusions. We might see that our gifts for healing, intuition or channeling move to the next level. Parts of us want to take flight and celebrate this infusion of pure light energy. Other parts of us wrestle with what needs to be released in order for this light-integration process to deepen.

### THE GIFTS OF DISCOMFORT

In the process of embodying higher levels of light, we have the opportunity to make different choices. We might find that we are no longer drawn to friends that we have known for a long time or that we feel out of place wearing the clothes that we once loved. We might experience feeling like we are no longer home in our own home. We might also be more forgiving than usual or no longer look at life through the eyes of a problem but through the eyes of possibilities. Or we might no longer find comfort in the conditions that we set for how our life should be. These are all signs that our light essence is increasing and bidding us to release the dense energies that keep us from living at our maximum potential.

If we shared these feelings with some folks, they might think, "Wow, have you got a problem! He has really fallen off the deep end." But no, on this path of rising in consciousness and light expansion, these are all effects of raising your vibration. These are indicators that you are growing and expanding and have the opportunity to see life with a developed consciousness and to enjoy deeper understanding. It is a doorway to aligning and living with our truth.

These discomforts are the result of

our expanding light putting pressure on the mental, emotional and physical box where we reside. The light is helping us to release karma and forgive the past, and it is opening us up to new directions. We might not be called to change our lives completely, but we are called to change the way that we react and respond to all areas of our lives. We are called to act in ways that create harmony and balance in our lives as well as in those around us. The call to rise up and express ourselves in new ways beckons us to be different. We are being called to own our spiritual gifts and to share them with others or to use them to raise consciousness on the planet.

One thing to note is that any practice that we choose to do to help incorporate the light and take a direction will also raise our vibrations even more and assist in releasing the chains to our past. Yes, that really is a good thing. By not making a choice, we will continue to feel discomfort and disoriented. The discomfort is a gift and catalyst to make us do something to move out of a place of misery.

### FINDING QUIET IN THE VIOLET FLAME

One approach to finding balance and direction is to find time to sit in the quiet. When you take the time to sit and be quiet, focus on your heart center, visualizing a beautiful violet flame in the center of your heart. Just be with this flame, seeing it expand and bring peace. Expand and be at peace. Breathe in this peace, feeling it move throughout your body, mind and emotions. See the violet flame encompassing your whole being, soothing, warming and bringing light into all areas of your life.

This flame has always been here, holding the light in your heart center for you to discover your infinite

abilities to love, be powerful, heal and to embody abundance and wisdom. These are the gifts that are awakening in this new era of your life. Focus on the flame, feeling its warmth and seeing its beauty. Feel yourself quieting. Ask all the parts of you that feel irritated, lost or out of balance to move into the flame. Feel and see these aspects move into the flame as you pause and allow them to be transmuted by the violet fire.

Now feel the warmth of love and compassion expanding into your field. Focus on any area in your life that requires change and breathe this violet flame into that area. See the flame expanding, supporting energy and light into the area. Feel yourself stepping out of the old box of conditions and releasing the chains to the past and moving into a new life with infinite energetic resources to support your journey. Feel yourself welcoming where you stand and where you are going. Feel the flame blazing in your heart center, bringing clarity and peace throughout your whole being.

Work with this exercise daily and you will begin to experience positive shifts and changes. The shifts will integrate more smoothly. Releasing will be easier. You will help move out the old energy that is blocking up your system and keeping you in limbo, and you will integrate the light effortlessly.



You truly are a lightbeing—here to experience much, much more. You are stepping into a place of infinite possibilities, where you have a choice in what you want to bring forth. Allow your light to shine and feel yourself taking flight above those limitations that once had a hold over you. Direct your light to make the world a better place. ✱



## Beyond the Light Barrier by Elizabeth Klarer

This autobiography of a South African woman is the story of the interstellar love affair between the author and Akon, an astrophysicist from the planet Meton in Alpha Centauri. Elizabeth Klarer travelled to Meton with Akon, lived there for four months with his family and gave birth to his son. Featuring fascinating descriptions of the flora, fauna and advanced technology of Akon's people, this classic is being reissued in a long-awaited American edition.

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244 P. SOFTCOVER  
ISBN 978-1-891824-77-7

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# Creating as the Unified Field

Kidest M.

**T**he language of existence and the language of creating the desired frames of experience is energy. You know this. You feel this. You recognize and experience this in your day-to-day experience as a physically focused stream of consciousness. What you must understand is your inseparability from that which you call the unified field. Immense amounts of power rest in your ability to recognize yourself as the whole you-niverse, and you can direct this power into your creative efforts in order to experience your creations with more and more ease.

## FIELDS OF PERCEPTION

Every field of perception occupies its own dimension and vibrational density. The vibrational density of the perception you hold of self—who you take yourself to be—determines the ease with which you create those frames of reality you desire to experience. Every point of perception is a window through which you can experience your physical reality through different rule-sets.

Everything created falls within a field of perception, just as everything created comes through a particular

vibrational domain. This means that you have the ability to create and materialize any experience from points of perception that reside in various vibrational densities or frequency domains. The higher the frequency of the field of perception you occupy, the easier the manifestation process and the more fluid and immediate the process of manifestation.

You are not a physical body that is creating. You are not a fragmented mental entity who is creating. You are not a separate and isolated identity creating a personal reality. You are, at all times, a unified stream of consciousness, a continuous extension of the Primal One, the Source of All That Is. There is no you that is apart from Source. There is no Source stream that is discontinuous from the you that you take yourself to be.

## COLLAPSING THE PERCEPTION OF TIME AND SPACE

You understand that the perception of time, the perception of space and the perception of boundaries and separation all require you to reside in a particular vibrational density. It takes more energy to materialize desired frames of experience within these realms and from within these perceptual dimensions. It takes a great deal of energy for you to hold these dimensions in as a part of your perceptual field. And yet most consciousness technologies and dialogues available to you place the creation-to-manifestation process and present this creative process from within these denser

realms of perception. This is why your creative process and your experience of manifestation are so often wrought with resistance, strain, and struggle.

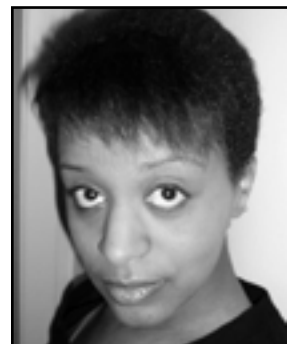
It is important for you to realize, however, that you have the ability to collapse all of these dimensions of perception. Time, space, boundaries and separation need not be your rule sets for experiencing your creations. When you collapse these perceptual rules, you release immense amounts of energy to flow into and mobilize your powerful intentions. Your intentions, freed from the conditions of time, space, boundaries and separation, manifest more easily, quickly and effortlessly as you create and perceive from outside or beyond these dimensions.

You can collapse time and the illusion of movement in time by allowing yourself to recognize that this immediate instant in which you are experiencing a physical reality is not a continuation of some “previous” moment. Your today is not a continuation of some perceived yesterday, for there is no past, nor is there a stream of future experiences. You have heard this before. Your power to create is in your immediate now. Time is a dimension of thought, of the perception you have practiced and habituated as being linear. You have come to understand the simultaneous nature of time itself and

## KEY POINTS

- Coming to the true understanding of just how your chosen field of perception affects your ability to create your experience allows you the freedom to change that field if you so desire.
- If you collapse your ideas of time and space, you can create from that aspect of the self that is beyond these dimensions.

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that all possibilities are available to you, even in this instant.

What you must further understand, however, is that what you are is beyond all time, and you have the ability to create from within the field of your timeless essence. As you recede your movement back into this timeless space, as you expand into your zero center, you will have more energy available to you to fuel your intentions than you have when you are creating from within your perception of time, separateness and boundaries. You can equally collapse the illusion of space, boundaries and separation. The perception of space—the perception of separate objects, beings, events and circumstances—is also a dimension of thought or perception that you can shift yourself out of.

### YOU ARE THE UNIFIED FIELD

Everything in your existence is one interconnected movement. Everything in your existence is one unified field, and you are this field. You are the ocean and the wave. You are the space and what appears within the space. You are a unified being. You are the entire unified field itself. You are not *in* the field; you *are* the field. All appearing boundaries and space and all linear distinctions of time are an illusion created by the perception that you are stepping into in your now moment. This is not “bad”; it is merely an alternative option to experiencing your creations.

You have an infinite number of perceptual lenses available to you. Whatever perception you use as your

lens to experience physical reality has its own vibrational density that determines how and at what rate you will experience your creations. Stepping into the perception that you are the unified field itself that is creating—that you are all of existence creating—frees up amounts of energy that are incomprehensible to your conscious mind.

Allow yourself to formulate and step into the feeling perception, the frequency domain, of the thought gateways that resonate with the ideas outlined in this text, and you will have collapsed time and space to create from that aspect of the self that is beyond such dimensions. The possibilities of how you experience your physical reality are truly endless. ✨

# Living Life without Borders

Valeriya Shvarts

**W**e make choices every day. We choose what we think is bigger and better for us, we buy the house we like, we socialize with people who appeal to us and pick the jewelry that goes with our clothes and a car that goes with our personality. Some of us try not to be too intellectual and to use our intuition, but whatever method we choose, we still have to

make a judgment call based on the rules we establish.

Is it possible to judge anything prior to setting boundaries? I gave myself an answer to this question in my dream. In this dream, I was one of the judges at an exhibition. Before we all could express our opinions, I made a statement: “You can’t impose judgment until you place limitations.” I knew it was deep, but as I breathed with this statement, more and more of its facets opened for me, revealing the brilliance of the message delivered to me on the night of November 11, 2009.

### THE BORDERS OF JUDGEMENT

Indeed, it applies to any areas of our lives. How do we know if we are pretty or not until somebody establishes the criteria for beauty? Once we’ve done that, we use these criteria to determine who wins the beauty contest. How do we know if we are healthy or not? We have a set of standards that our doc-

tors or healers develop for us—weight, height, family history, blood pressure and energy field—and if you are outside of this range, you must not be healthy; something must be wrong.

How spiritual are you? If you cherish Mother Earth, eat and grow organic vegetables and live in the Beyond Organic community, is this enough to be qualified? Or do you have to have a daily spiritual practice to fit into this category? Our children—what justifies a good child? Is it good grades, extracurricular activities, voluntary work and politeness? And then what about bad children—are they everything the good ones are

### KEY POINTS

- The choices we make are almost always colored by our value judgments about any given thing or situation.
- Judgment is impossible without limitations, and we are the ones who set those limitations for ourselves.
- Yet if we can expand to the point of no boundaries and limitations, we can see things the way they really are, beyond the borders of judgment.

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not? Who is really a responsible citizen? Is it simply the person who never committed a crime? Does that make them eligible?

Everyone looks at these questions from a different angle, and everyone has a different answer. By defining the points, lines, angles and planes of our perception, do we force ourselves to see what is revealed only within those parameters? Maybe if we were

to combine those different views and have a hologram of everyone's opinion, we could see the true picture, but that sounds awfully difficult to me, and I am a sucker for an easy way.

### **No BOUNDARIES**

If we remove the criteria, what will we see? How will we live without boundaries, without limitations, without preconceptions of what is

right and what is wrong? Will there be a place for judgment?

I know my answer, and next time I am ready to judge something or someone, I will ask myself about my own limitations imposed on me by me only. I will take the deepest breath possible and expand to the point of no boundaries and no judgment, and I will see things the way they really are. See you there! ✨

# Energy in the Void

**Stefanie Miller**

**A**s we assimilate the new energy at this time, we are going through many adjustments and reconfigurations. Those of us who are highly sensitive are feeling this in a very intense way. We have been residing in the void for quite some time now. This void is an in-between place that we maintain as we are finishing up much of the emotional, mental, spiritual and physical work that we have been doing. You know you are in the void if you feel that you are unable to start many new projects or even finish up some of the things you have already started and you experience many delays and hold-ups.

### **KEY POINTS**

- This is a time of adjustment, as we finish the spiritual work we have been doing and recognize and assimilate new energies.
- Recognize that as the veil thins, we will become more and more sensitive—both emotionally and physically—so treat your body gently and allow yourself time for quiet and solitude.
- Don't rush the transition, but recognize how far you've come, staying true to the path that opens you to a higher level of authenticity in your life.

This experience reminds me of the dream in which you are running in place but can't seem to get to your destination, but I don't view the void as a negative space. It is neutral energy, unless you place a lot of expectations and demands on yourself and your life, and then it can be very frustrating and stressful. You may experience what seems to be a lot of limitation and emptiness. If you can let go, however—go with the flow and let things unfurl in their own time and way—you will find it to be very beneficial for your peace of mind and well-being. When you do get stressed, please forgive yourself and know you are doing the best you can.

In many of our relationships, we feel a disconnection from others. Some connections that may have previously been part of a close bond now feel distant and remote. This doesn't necessarily mean that the relationship is over for good, but it seems that it is really difficult to connect with people. I have found it is hard to make plans that don't get canceled, postponed or delayed. Misunderstandings, not "getting" each other and just a plain desire not to be around other people for long periods of time have become increasingly common.

### **OUR HEIGHTENED SENSITIVITIES**

One of the many reasons it is hard to be around other people right now is because the veil is so thin. Because we are so empathic, we pick up and absorb the energy of others to the point that it feels downright draining to be in public or around others for long periods of time. It has been so intense that trips to the mall, store or any public place cause me to feel so anxious that I rush through my shopping or really plan out what I need to get beforehand so that I can get in and out quickly.

Many sensitives are experiencing severe allergic reactions. Let me preface that by saying most of us are becoming or already are highly sensitive. We are chiseling through our armor and coming face to face with our most vulnerable, delicate selves. As we release the density of our unconscious ways, forgive, love, let go, gain inner awareness and make healthier choices and so on, we are becoming lighter. Most of the new children are

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born without these barriers of limitation. They cannot even conceive of the way we previously lived our lives (or ran our countries).

The H1N1 virus is just one example of the sensitivities we are now facing. Skin rashes, breakouts, asthma, colds, food and environmental allergies are at an all-time high. We cannot ignore the need for good care and the use of quality products. We are being guided to be gentle with ourselves. There is a major incongruence between the vibrational level of many foods and products being sold at the store. We organically know what is of value to our body and soul. For the highly sensitive person, buying, using or even being around things that are not purposeful or useful causes feelings of unease.

### APPRECIATE THE QUIET

At this time we may be spending a lot of time alone. We may crave time to ourselves, or circumstances may be propelling us to be alone. It is not necessarily a reflection on our relationships with others. We need to learn to be in our own energies. We need to attune to our own vibration and know our own thoughts and feelings.

This is not just about staying away from negative people or who is of a higher or lower vibration. It is simply about being comfortable in our own skin and appreciating our own company. It's about allowing ourselves to be still and monitoring the amount of external stimulation we receive. It's also about avoiding enmeshed relationships and co-dependent behaviors that cause us

to lose ourselves in someone else—this includes our children, parents, spouse, friends and so on. In order to follow our intuition and guidance, we need to be tuned in. We cannot be tuned in if we are always busy and on the go.

Being in this void can feel lonely at times. It can invoke feelings of frustration, dissatisfaction, impatience and just plain, pure boredom, sometimes with spurts of upheaval. You can utilize this period by trusting that this won't last forever. Just be at peace with where you are at, and remain present in the moment. Appreciate and enjoy the quiet and slower pace. We are being rewired and realigned to adapt with ease into this new energy. Many opportunities are being aligned behind the scene; it's all in the timing.

## *Light Technology* PUBLISHING

# 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.

Here, Drunvalo Melchizedek presents in text and graphics the first half of the Flower of Life Workshop, illuminating the mysteries of how we came to be, why the world is the way it is and the subtle energies that allow our awareness to blossom into its true beauty.

Sacred Geometry is the form beneath our being and points to a divine order in our reality. We can follow that order from the invisible atom to the infinite stars, finding ourselves at each step. The information here is one path, but between the lines and drawings lie the feminine gems of intuitive understanding. You may see them sparkle around some of these provocative ideas:

- REMEMBERING OUR ANCIENT PAST
- EGYPT'S ROLE IN THE EVOLUTION OF CONSCIOUSNESS
- THE SECRET OF THE FLOWER UNFOLDS
- THE SIGNIFICANCE OF SHAPE AND STRUCTURE
- WHEN EVOLUTION CRASHED, AND THE CHRIST GRID AROSE
- THE GEOMETRIES OF THE HUMAN BODY

SOFTCOVER 228 P. \$25<sup>00</sup> ISBN 1-891824-17-1

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 true 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 experience.

From the pyramids and mysteries of Egypt to the new race of Indigo children, Drunvalo presents the sacred geometries of the Reality and the subtle energies that shape our world. Finally, for the first time in print, he shares the instructions for the Mer-Ka-Ba meditation, step-by-step techniques for the re-creation of the energy field of the evolved human, which is the key to ascension and the next dimensional world. If done from love, this ancient process of breathing prana opens up for us a world of tantalizing possibility in this dimension, from protective powers to the healing of oneself, of others and even of the planet.

- THE UNFOLDING OF THE THIRD INFORMATIONAL SYSTEM
- CONNECTING TO THE LEVELS OF SELF
- WHISPERS FROM OUR ANCIENT HERITAGE
- TWO COSMIC EXPERIMENTS
- UNVEILING THE MER-KA-BA MEDITATION
- WHAT WE MAY EXPECT IN THE FORTHCOMING DIMENSIONAL SHIFT

## VOLUME 2



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People, places and things that are meant for us will be coming into our lives shortly. We have seen and felt glimpses and glimmers of what's to come. The most crucial thing is to stay positive and not let the frustration get you down. Remind yourself of what you are grateful and appreciative for. Take this time to catch up on your rest and focus on doing what you can accomplish. Enjoy the peace and quiet while it lasts. Don't be hard on yourself for not accomplishing all the things you set out to do. I swear; it's like trying to move in slow motion. It takes double or triple the time to get things done that usually take half the time. Laugh it off and don't take yourself or life too seriously. Remember that it is what is.

### DON'T RUSH THE PROCESS

If we try to push this process to progress faster than it's meant to, it's like showing up a day early for a party: You're all dressed up, all ready for a good time. You knock on the door but are disap-

pointed when no one is home to answer it, because the hosts are out buying the finishing touches for the celebration. They're still in preparation mode, and while you think you missed the entire party, you just happened to show up too soon. When the timing is right, voilà! It will all come together.

The new energy is here and it feels different. We cannot do things the way we did in the past, because things don't work that way any longer. You probably notice that. We are in a profound time of integration. We may wish for things to speed up and slow down at the same time, but we cannot rush the process. May I repeat myself? It is what it is!

We just completed 2009. It's been a bit of a blur, wouldn't you say? Give yourself a big pat on the back for rolling with the changes that occurred during the past year. The new energies of this next year are about being sovereign within yourself: "To thine own self be true." Stay true to the path that opens you to a higher level of authenticity in

your life and a higher level of perception of how our world functions. We have to expose and heal those areas that have been out of alignment. As we complete this, we can put those creations into action that will benefit us.

### A PRAYER

"Dear Mother/Father, God/Goddess, I feel so alone and lonely at times. I fear that I have been forgotten and that things will never get better. I know that even when I feel this way, it is only my perception based on my deepest fears. I sense you beside me and your ever-abiding, guiding presence. Thank you for showing the way. I know in my heart that everything will work out. I know that I am being prepared for grand things to come. In fact, I know that all is as it should be. Please quiet my thoughts so that I will be able to hear you as you lead the way. I am so grateful for all that I have and all that I am. And so it is, amen." ✨



# The Animal Whisperer®

## Communicating with Our Animal Friends

*Kim Malonie*

Hello Kim,

My name is Jane. I live in California, and driving home just now, I hit a big, beautiful male buck deer. I am absolutely devastated and sad. I immediately got out of my car and looked for the deer, but he was gone. There were no signs of blood, but there is a dent in my hood. I keep seeing the fear in his eyes as he realized I was about to hit him. I also am reliving the panic I felt knowing I was going to hit him. The thought raced through my mind: "Please don't let me hit him too hard!" My father is a Sedona Journal reader,

and he suggested I email you, since the question of whether or not the deer survived is troubling me, and I keep wondering about whether he is suffering if he did survive. Anything you might be able to share with me would be so greatly appreciated.

—Jane

I'm so sorry to hear of your accident. I'll bring in the deer so he can have a chat with you himself: "Jane, that night I knew I would have an accident."



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It was partially by accident (excuse the pun) on my part, because my mind was wandering, and I was not focusing on where I was going. For that, I am so sorry to have upset you. I have been trying to get in touch with you by other means but have failed. First off, let me tell you to rest your mind at ease: I am not physically hurt, but rather only my pride has been wounded. I have a big bruise on my butt and no broken bones. My apologies for the dent in your car. My family stills laughs at my mistake and misfortune; they tell me to look both ways before I cross the road now and that perhaps someone should hold my hoof to make sure I get across safely. Ah, but they all love me dearly, especially the wee ones.

"Please also realize that you may not be willing to love yourself enough to feel your fears. You must let them go; whether or not you know this, you are projecting your fears onto others. Love is the key. The only true balance to power is the love and compassion of the deer—that's me. You must be willing to find things about yourself as well as others to love, and only then will your fears melt away. Remember your fears cannot survive in the same place as love for yourself and gentleness. I am trying to teach you many lessons about unconditional love for yourself as well as others; as you well know, unconditional love means no strings attached. The gentleness of all deer is the heart space of God that embodies the love for us all.

"Stop pushing so hard to get other people to change. Just love them as they are, and when you use gentleness in situations, they will become warm and caring. As a deer, I am your totem animal, and I will be there to love you unconditionally and guide you. Take care and watch for deer on the road, as

sometimes we are just like people and become preoccupied with our circumstances and lose our focus while crossing life's roads and highways. I send you unconditional love, pure white light, laughter, joy and blessings. Take care and be well."

—Bruise-Butt Deer

Dear Kim,

*It's 8:00 PM here in the far north country, and our neighbor just called to tell me that they just saw our five-year-old tabby cat putting the run on a fox. I thought they were crazy; perhaps they were seeing it the other way around. Foxes chase and eat cats. Cats don't chase foxes. I asked them if they were sure, and was he actually chasing the fox, but even their two children said it was our cat Simba chasing the fox away from the houses and up into the woods behind us (we live in the country). Only five minutes after I got off the phone, in walked my cat Simba looking very upset. His cat friend, one-year-old Pumba, came in ten minutes later looking rather puffed up and agitated. Were my cats the ones who were in real danger tonight? I do always tell them to be careful when they go out at night. Please tell me what is going on with my two cats and what happened out there.*

—Caroline in Canada

**H**i Caroline. Here's Simba himself to explain what happened that night: "Hi Mom. It's me, Simba. Yes, the neighbors were right; tonight they did see me chasing a fox. My friend Pumba and I were hunting for mice in the field behind our house, and out of the corner of my eye I saw a fox. She was smaller in size than most and under a year old, but she was stalking my friend Simba. Then I realized she was going to pounce on my friend and attack him. 'No way,' I said, 'I'm

not going to let that happen!' So I surprised the fox from behind, clamped down on her tail and bit her with all the force I could muster. She was so surprised! She took off like a deer running through the back field with me, 'The Fox Hunter,' now in hot and fast pursuit. I chased her away from our backyard and away from the backyards of all of my cat friends. I have been prowling and protecting this area ever since I was a kitten, and I will continue to do so until I can no longer run.

"Most people don't realize this, but when you took me in as a stray, I was already very wild and on the protective side of my friends and my new family and friends in the neighborhood. I will always be grateful that you took me in and have vowed to do my best to keep our little neighborhood safe. There are many things that happen in the animal kingdom that would really surprise people to find out, and this is just one of them. Until we 'talk' again, I must be going. I have a neighborhood to protect. And yes, Mom; I'll be very careful not to get hurt. I always am, and I know when to stay out of a situation.

"To all my readers and friends out there: You can do anything! If you are reaching for your dreams and doubt yourself, you may think you are not up to this as you face your challenges in your life. But take it from me: you are. You are smart, strong and brave. You work hard and hope harder. That, along with a little bit of confidence in yourself as I have in you, is all you need. Believe in yourself and you'll soar past any setbacks to achieve more than you ever have before. I have faith in you! Love, white light, laughter and blessings to you—your beloved friend Simba, the fox hunter. Go ahead, fox; make my day!" ✨



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