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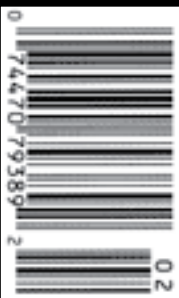
For what *Really Happened*
in the skies over Norway, see
Robert Shapiro's Channeling
Page 3



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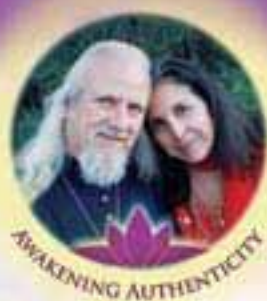
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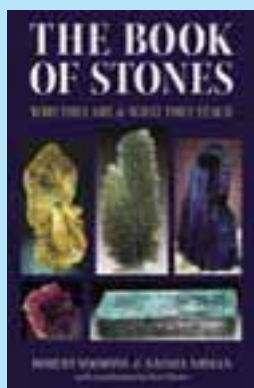
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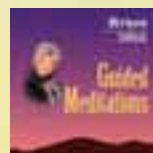
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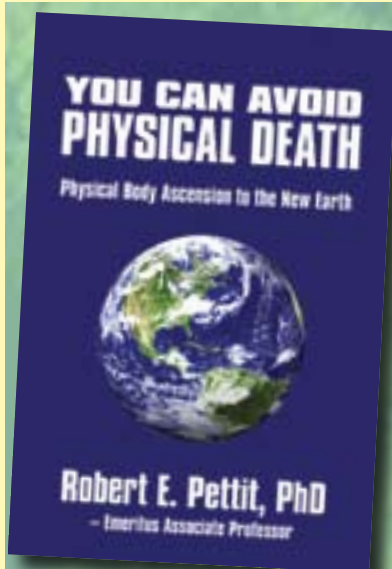
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Robert E. Pettit, PhD, was an electrical engineer, taught electronic guidance systems for the US Air Force, and High School Sciences. A University of Missouri Instructor (seven years), a Professor at Texas A&M University (twenty-six years) in Plant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

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FEBRUARY 2010

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Cover Art: *The Blue Spiral Light*

Photos by Rex Features

These four images were captured in Norway on December 9, 2009. People stood in awe as the spiral and blue light spun in the early morning sky. Many photographs and videos captured the light show and have plastered the Internet in the days following. Please see Page 2 for a *Daily Mail* report that was posted hours after the event. Also read Robert Shapiro's channel on Page 4 to better understand what happened in the Norway sky.

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Anyone for some Arctic roll? Mystery as spiral blue light display hovers above Norway

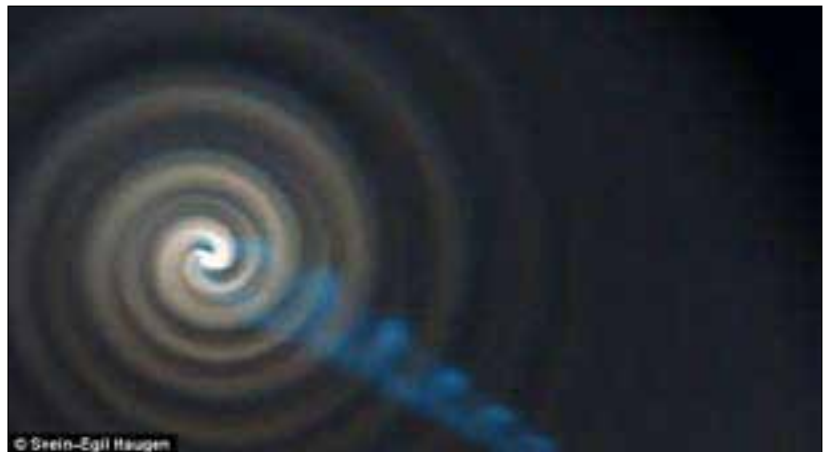
By Mail Foreign Service

Last updated at 3:15 PM on 10th December 2009

If you know the answer, pop it on a postcard and send it to the people of Norway, where this mysterious light display baffled residents yesterday.

Speculation was increasing today that the display was the result of an embarrassing failed test launch of a jinxed new Russian missile.

The Bulava missile was test-fired from the Dmitry Donskoi submarine in the White Sea early on Wednesday but failed at the third stage, say newspapers in Moscow today.



This emerged despite earlier reports denying a missile launch yesterday. Even early today there was no formal confirmation from the Russian Defence Ministry.

The light appears to be unconnected with the aurora borealis, or northern lights, the natural magnetic phenomena that can often be viewed in that part of the world.

The mystery began when a blue light seemed to soar up from behind a mountain in the north of the country. It stopped mid-air, then began to move in circles. Within seconds a giant spiral had covered the entire sky.

Then a green-blue beam of light shot out from its centre—lasting for ten to 12 minutes before disappearing completely.

Onlookers describing it as 'like a big fireball that went around, with a great light around it' and 'a shooting star that spun around and around'.

Yesterday a Norwegian defence spokesman said the display was most likely from a failed Russian test launch. The bizarre spiral looks almost computer-generated in the dark skies over Norway yesterday

Tromsø Geophysical Observatory researcher Truls Lynne Hansen agreed, saying the missile had likely veered out of control and exploded, and the spiral was light reflecting on the leaking fuel.

But last night Russia denied it had been conducting missile tests in the area.

A Moscow news outlet quoted the Russian Navy as denying any rocket launches from the White Sea area.

Norway should be informed of such launches under international agreements, it was stressed.

However this morning media reports claimed a missile had indeed been launched from the White Sea. Test firings are usually made from the White Sea, close to the Norwegian Arctic region.

Kommersant newspaper reported today that a test-firing before dawn on Wednesday coincided with the light show in the northern sky.

It also emerged today that Russia last week formally notified Norway of a window when a missile test might be carried out.

This included a seven hour period early on Wednesday at the time when the lights were seen.

The submarine Dmitry Donskoy went to sea on Monday, ahead of the test, and some reports suggest the vessel is now back in port.

A Russian military source said today that 'the third stage of the rocket did not work'.

The Russian Defence Ministry, with characteristic secrecy, has so far been unavailable for comment.

The Bulava, despite being crucial to Russia's plans to revamp its weaponry, is becoming an embarrassment after nine failed launches in 13 tests, prompting calls for it to be scrapped.

In theory, it has a range of 5,000 miles and could carry up to ten nuclear weapons bound for separate targets.

A previous failure in July forced the resignation of Yuri Solomonov, the director of the Moscow Institute of Thermal Technology which is responsible for developing the missile.

However, he is now working as chief designer on the jinxed project.

The Norwegian Meteorological Institute was flooded with telephone calls after the light storm yesterday morning.

Totto Eriksen, from Tromsø, told VG Nett: 'It spun and exploded in the sky,'

He spotted the lights as he walked his daughter Amalie to school.

He said: 'We saw it from the Inner Harbor in Tromsø. It was absolutely fantastic.

'It almost looked like a rocket that spun around and around and then went diagonally down the heavens.

'It looked like the moon was coming over the mountain, but then came something completely different.' Celebrity astronomer Knut Jørgen Røed Ødegaard said he had never seen anything like the lights.

He said: 'My first thought was that it was a fireball meteor, but it has lasted far too long. 'It may have been a missile in Russia, but I can not guarantee that it is the answer.'

Air traffic control in Tromsø claimed the light show lasted 'far too long to be an astronomical phenomenon'.

Reprinted exactly as it appears on: <http://www.dailymail.co.uk>



Above: Thousands watched as the light spiraled, grew in size then vanished in the Norway sky. The light show lasted for ten to twelve minutes.



Left: A Russian Bulava missile is fired from a submarine in this undated file photo.

Blue Spiral Light over Norway

ET Human from a spaceship in sky over Norway through Robert Shapiro

7PM, 9 December 2009

Greetings. We are associated with certain beings who have been in the skies above Norway, Finland and Sweden for the past week and a half.

WE TRANSFORMED THAT ENERGY EMANATION INTO SOMETHING THAT WAS BEAUTIFUL

I must say that the phenomenon currently being discussed and witnessed by many thousands in the Norway sky, is not directly associated with us, but we were able to influence it in a benevolent way, in an intention to keep everything peaceful. We're going to put it like this: There are those who know we are in the sky, and while we cannot usually be detected—though occasionally we are confused for being satellites that one sees, sometimes functioning satellites, sometimes just debris that catches the light—there are also those who feel that we might represent a threat when their detection systems come close to analysis suggesting a foreign country's threat. This has less to do with the Nordic countries I mentioned and more to do with an influential, global power country near there—but I will not say the name and I would prefer you do not. This is not about conflict, but it is about conflict resolution.

The energized emanation that was directed toward us—and I will not elaborate as to what it was—was redirected, and its sky signature was accentuated. Some of it had to do, then, with that fear, but other aspects of it had to do with finding out more about who and what we are. I can assure you that, while we are closer to your northern polar region, we are not from within the Earth, nor are we associated in any way with the Earth population or any portion of the Earth population.

We come from a star system—you would say “solar system”—from within this galaxy, and we are meant to be some of the first beings you are likely, as a global community, to come in contact with. This is why we have vehicles that are prepared to repel the fear-based energy emanations

that might be directed toward us in such a way as it has the least detrimental effect on your surface populations. That's what was accentuated in the photographs and also other moving images that have been on your Internet today.

HUMAN BEINGS ARE ALL OVER THE UNIVERSE

I want to reassure the peoples in that area that if you could see us now on our vehicle, you would say, “Wow! You look like Earth people!”—and we do. We are of the human race, but we are not based on your planet, nor have we ever had a base there. Using our motive system, we are easily able to move from our solar system to yours in a very brief amount of time. Our ships, as I say, are practically never viewable but on occasion might appear as I mentioned before. When

they move like that—in a way that they can easily be mistaken for other objects placed in the sky, which are, as you say, human-made—it has to do with a means we use to slow down and enter your atmosphere. We will follow that pattern so as to have the least effect. We do not wish to cause alarm. But now, since our time of meeting approaches (I cannot say when; it depends a lot on the means you choose to befriend each other person to person, community to community, country to country), the greater amount of befriending that goes on that is genuine, we will be able to meet you sooner, not later.

We have been trained to be able to tolerate a certain amount of radiated discomfort energy from individuals but not tremendous fear-based energy. We realize you've had sixty or seventy years to build up a fear base. I want to reassure you that you will never meet, for at least another 700 or 800 of your years, any beings who either come to visit your planet or your space travelers go to visit who do not look essentially humanoid. The first beings you will meet will most likely be human beings like us. They might be from different places. You will find it reassuring to know that human beings, the human race, is all over the universe.

There are other beings, of course, just like on your own planet. Many of these you call animals, which is ironic, since although they look a little different on their planets than they do on Earth, they wouldn't consider themselves to be a secondary class of beings, you might say. But this oversimplification has developed on your planet over many years during the time when you have not had, at large, contact with extraterrestrials. You have had individual contact, and some communities have kept up contact longer than



ROBERT SHAPIRO

KEY POINTS

- Humans from ET planet redirected the fear-based energy emanation into something benevolent.
- Humans on the spaceship look just like humans on Earth.
- The first ETs you will meet will be humans from other planets that look like yourselves.

others. There has been a well-known contact in the Nordic countries with a man named Meyer, a totally genuine experience for which there has been much misinformation and misunderstanding. That situation will be understood much better in the coming years.

For now, I just wanted to say that we needed to transform that energy emanation from the Earth into something that was more beautiful and less—how can we say?—of conflict. That was our intention and, we believe, outcome. We cannot exactly apologize to those who sent that energy emanation, since the intention was actually conflicted [chuckles] between, “Who and what is that?” and “Just in case, here’s the big bang.” We understand that you are still shy about these contacts, and we understand that the reason the energy emanation was aggressive was that there was a misunderstanding about who we are. So we just want to reassure those who sent that that we recognize the misunderstanding.

THE ENERGY EMANATIONS WERE REDIRECTED

How long have you been out there?

As I said, about a week and a half.

Ah, I missed that. Do you come and go, or is this the first time you were here?

As peoples, we have not been near your planet too much. We have been contacted by humanoids who were originally going to be the first ones you would come into contact with, but it was felt that it might be more comfortable for you—and they felt this too—to meet beings who looked identical to human beings on the Earth. So when you do meet us, you will find us to be representative of the appearances of human beings on the Earth. We will not all look like the same type of human being, if I make myself clear.

You will be different shapes and colors and sizes?

We will generally have the same shape, but there would be what you call “racial” differences. We just call that variety.

Originally, we were supposed to meet the Zeta hybrids as our first contact. So they’re the ones who contacted you?

They felt that due to trends that were troubling on the Earth, having to do with racial and religious strife that seems to be perpetuated partly by Earth-based individuals and partly by the impact of the memory of such things—meaning energy and codings and, to a degree, history—that you would be comforted more to meet beings who looked like you.

When you sent that energy back, it then became that spiraling, blue light that’s on the Internet?

I didn’t say we sent it back.

You said you redirected it.

Yes, but I didn’t say we sent it *back*. We redirected the energy emanations and caused it to be a thing of beauty.

It became the spiraling, blue light, right?

It wasn’t actually that. But generally speaking, I’ll accept your description.

When did this happen? When in our time did this happen?

Within the past twenty-four hours.

You’ve made it a thing of beauty, and it spiraled, and it’s on the Internet.

Accentuated.

Accentuated. Did it last a long time? Or was it just something they caught that just lasted a little while?

What could be seen from the ground lasted a few minutes. That’s why it’s important to speak to you this way, so you can understand that in other circumstances of Earth-based projections, such a projection might not have taken so long. But because we were able to convert it to a thing of beauty with no harm, it took longer.

Had you not done that, it would have destroyed your vehicle?

As I said, I’m not going to comment further about that.

I see. You can’t say specifically where you’re from?

A solar system in your galaxy. There are many humans living all over in this galaxy and beyond. We are ones who are more inclined to be open to civilizations that are not entirely in balance. So we will be well protected when we meet you, but not in any way that is aggressive or harmful.

OUR CULTURE IS HARDY AND RESILIENT

How long has your civilization had technology like spaceships?

Millions of years. This is typical in the rest of the universe. I do not wish to sound patronizing, but you do not have these things so that you will be protected.

Yes, I understand. There are other civilizations on planets out there that are not in balance?

To a very minor degree, compared to yours. There are civilizations that may be slightly out of balance compared to other civilizations in the universe, but you would not notice that. It is to a very minor degree. But we do not mind that. We believe it is a human trait to be flexible.

Absolutely. Describe “out of balance.” Do you mean negative?

It means to have something that is not in synchronicity and remains so in an individual or even up to a whole culture or community. It might be a slight discomfort, but it might be something else. It might be an anomaly within the cultural identity—for example, conflicting ideas about the culture that are both promoted and the people are thus confused about who they are.

With discomfort, but a very tiny percentage of discomfort, right?

Not necessarily, but it could be that. In a case, it could be a minor amount of discomfort. In another case, it

could simply be a mild confusion. We do not see that as discomfort, though others might define it that way.

Is that because . . . you said “flexible,” but you’re also hardier, evidently—stronger, more resilient?

I think I like your first word better. We are somewhat hardy, in terms of your definition of that term.

What kind of civilization do you have?

I will tell you what I can. We are very interested in other species of beings. We have vast means to study and interact with other species of beings. We are not, in our own right, diplomats. Apparently, this was considered to be less important for first contact with you, with your civilization. The beings who were originally going to make the first contact are diplomats. But we are not that. Still, we are perhaps . . . likable. That was considered to be more important, especially since we can “get along” in situations where many extraterrestrials would not be able to get along. Our culture, to use another one of your words, is resilient. Minor episodes of something that resembles discomfort but isn’t actually that are easily shrugged off: individually and in communities. So we are perhaps better equipped to interact—granted, through a mediator—with human beings of your now time.

Who would be the mediator?

If our contact takes place, there will be a mediator. Possibly, it will be light energy. Possibly, it will be one of the diplomats there are more of. They would probably remain at a distance, but they will be able to function in a mediating aspect, protecting us and protecting you but allowing a free-flowing communication—initially with governmental bodies, but very soon after that with communities and even individuals. We do not wish to simply intrude upon your civilization and announce our presence. This is something we want to teach you not to do as well. It is better to “call ahead,” wouldn’t you say? Let people know you’re coming over and then go. This is what you usually do when you are polite, and maybe you even bring over a gift. We will do something similar. We will bring some kind of gift that your civilization wants and needs, but I won’t say what that is.

I want a universal translator. [Chuckles.]

It will be something that everyone on Earth can agree on—no exceptions. Something that is welcome. It won’t just be something that *some* people will like.

That’s what some ETs did in the past, they gave gifts of technology to some governments. How much do you know about us? You said you’re very interested in other species, so have you studied us?

No, we are accepting the information supplied by others. We do not study peoples. We are interested in peoples, but we do not, in and of our own culture, study others. We accept the information provided by others, just as we have in this case accepted the information provided by those diplomatic beings you were going to make first contact with. They seem

to have a lot of knowledge about you that is scientific and otherwise. It seems to be accurate.

Well, they’re the Zeta hybrids—I mean, they’re half human and half Zeta, right?

Something like that.

How did your civilization get to be resilient and hardy? What type of life do you live on your planet? Was it your experiences that got you that way, or do you have different DNA or what?

The human race in general is that way. We do not come with a hard shell, as some creatures, but we have a certain built-in resilience and flexibility. Many of the qualities you admire in other humans on your own planet are native to the human being, we believe. So when I say we are hardy, I mean that given the proper equipment and the proper circumstances, we could go to climates that are very cold or very hot. Human beings are comfortable adapting. You do that now. Many beings from other planets would not come to a planet where they would have to wear something to keep them warm or devise technology to keep them comfortable in stressful heat, as you have done with your technology that will cool things off sufficiently. But also, there are civilizations that simply wear less and use the shade and waters. [Pause.] There is some static. You can hear this?

Yes.

There is activity. But we do not represent a threat. Still, we are being probed. [Chuckles.] It’s all right.

LEARN HOW TO GET ALONG WITH ONE ANOTHER

I understand that humans on our planet have been engineered to be more vulnerable so that we don’t live very long because it is so discomforting. What is your length of life?

We live up to 2,700 years, but not everyone does. Generally, the average might be 1,700. With your normal state of being, without the genetic modifications to make you a little more vulnerable so that you do not have to put up with a life of discomfort that lasts hundreds and hundreds of years, you would be like us.

Right. Where are you in that cycle?

What is my age? Oh, I am young. I am about 700.

How are you the one chosen to speak to us?

I’m not busy. The others are busy.

What is your role on the ship?

I can’t say. However, the one who’s closest to a diplomat is not me. This being is not a diplomat but is, as a hobby, interested in that. That’s not me, though.

Do you create spiritually? What kind of culture do you have?

What we need is available with the simple energy of life. Now [chuckles] we’re being probed so much, the static is get-

ting louder. The Earth-based individuals would prefer that we would bring this to a close, and I will honor that.

Are these the same people who shot at you or another group?

No comment. I'm going to finish up with this: Learn how to get along with each other. You don't have to agree with

everything people say, but find a way to get along, using your best qualities, and we will meet sooner rather than later.

I look forward to it.

Good night.

Good night. Good life. Thank you very much. ☀

The Great Scientific Bias

Kryon through Lee Carroll

7 November 2009, Gaithersburg, Maryland

Greetings, dear ones. I am Kryon of Magnetic Service. Quickly it occurs, does it not—the transition between Human Beings and one who is channeling a message from beyond? Perhaps it is a little too quick for those who would be in judgment about what is taking place here, but what my partner did not tell you is that there is no actual transition, since I'm always “under the surface” with him. It is his choice to have the energy of me in this way—to be able to flip back and forth in the messages of love between him speaking and me speaking. So we say to you, Human Beings, that any of you can get to the place where there is little or no transition between you speaking and your higher self speaking.

What I wish to speak about this day is difficult to define. I let my partner come up with a title for this channeling, for humans enjoy that. They want to realize a “compartmentalization of expectation.” They wish to have some kind of identity process for everything they do, so I'll let him do it. What I'm going to speak of is perception of dimensionality as I never have spoken of before. I wish to give you some of the mechanics of it and a little bit about how it works, and I would also give you a little bit about what my partner calls the creation of the “wild card”—

those things that you don't expect or don't believe in. So I have to start with an example.

A TALE OF HENRY AND MARY

Let me introduce you to Henry and Mary. They are cartoon characters, stick figures on a piece of paper. They are two-dimensional. Of course, they are intelligent, since this is a parable. [Kryon smiles.] Their lives are not complicated, and they are simple stick figures. They have everything figured out. They even have love. The two-dimensionality of their lives is all they have ever known, and they are pleased with it. They know the parameters of the piece of paper they're on, and they're happy with them. That's all they have ever had. They know what they can do and what they cannot do. Henry and Mary are satisfied and content with their reality.

Along comes a free thinker, one who has been drawn a little different. This odd character begins to speak to both of them about the potential of a third dimension: the idea of “up and down.” He speaks of three dimensions instead of the two dimensions they currently enjoy. It's the beginning of the concept of a kind of reality that they have never seen—one they neither feel they participate in nor can really understand.

Let's look at what Henry and Mary do with this information. First, they don't comprehend it. It's a little too high-minded for them. Second of all, it is outside of their reality, so they're not really that interested in it. They don't have to use it, so to them it's conjecture; so they don't believe it really is important or exists. It becomes a fantasy of science, something that will never pertain to Henry

KEY POINTS

- As you progress into this shift, know that you have nothing to fear; you are becoming more and more in control of it as you become more quantum.
- The bias toward consistency in your current science only works in three-dimensional space. Once you move into an interdimensional realm, you will understand that multidimensional energies must contain more information than your current physics.
- You are starting to move past the bias of science to understand that the consistency of life as you have seen it is truly an old paradigm and that the love of God is the most consistent and persistent thing in this universe.

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and Mary, who, after all, are two-dimensional drawings on a piece of paper.

PREPARING FOR THE QUANTUM SHIFT

There are many who sit and read this two-dimensional piece of paper who are similar. Anything out of your three-dimensional reality doesn't interest you—not by choice, but because you are part of the paradigm that always was, a paradigm in three dimensions that you have lived your whole life. It's a reality that is difficult to think beyond, and many could really care less about studying it. After all, what's wrong with the reality they are in? It works.

The new shift that is upon you is one of quantumness. It is going to require the Human Being to understand more about what is around them—that which is invisible to them but that is very real. They must come to an understanding, and therefore a belief, that not all things are viewable and understandable within three-dimensional thinking and that there is so much more that is actually part of their world but requires a logic beyond what they are used to in order to comprehend it.

The best way I can begin this study in the time allotted is to take you on a journey and give you some information. There will be some things in this message that will be interesting to those who love science. To others who are not science minded, it might not relate, but they can still participate in the analogy that I'm giving and understand the lesson.

A VOYAGE BEYOND THE GALAXY

I wish to take you to a real place, but for today, it must be only in your creative mind. The place is real, but you can't go there at the moment—not yet. The interesting thing is that each of you has actually been where I'm taking you when you were not on Earth. It was before you were ever Human, and we spent time here. It's an unbelievably beautiful place. The view is, shall we say, unearthly. I want to take you just outside and above your own galaxy, looking at the spiral from above. Come with me for a moment. Pretend for a moment that the pressures of space and the temperatures don't apply to your Human body. None of those things matter, for you're in a protected bubble that is your spiritual self. All together, we go and we will watch this magnificent sight.

As a Human Being, you're struck with the silence of space, not understanding or even appreciating the fact that every single star sings a song. I hear them all. Silence to you is a symphony to me, for the vibratory rates of the light emitted from the stars all combine into a chorus, a manipulation of vibrational sonority that is beautiful. The universe sings to me, for I am quantum. The parts of you that are quantum are beginning to breach past the three-dimensional parts. That meld, that confluence, is going to create paradigms of thought that are different from any others on the planet, for there has been no time on the planet like this one in which you're asked to think out of

the box of your comfortable reality and go beyond the wall of your natural bias. Look at your galaxy with me for a moment. The beautiful spiral of it is all moving slowly together as one, rotating slowly like a plate of lights. Take it all in.

I give you science today. I give you knowledge today that will only come about and be known within your future. And because of the transcriptions that are taken today, there will come a time when you will point to this particular message and say, "Kryon was right." And when you do, when the science confirms what I tell you today, I want you to look at the entire message. Because then your belief factor will also know that I speak truth when I speak about your relationship to spirit, to the creator in you. I'm right when I talk about what is in front of you and your future, and the only reason I give you the science now is because your linearity and your bias will connect them in the future. "As goes one, so goes the other," you'll say, "therefore I will pay attention to all that is said."

LOOKING AT THE GALAXY

It's beautiful, isn't it, as we are suspended here above your home galaxy? In what you call the silence of this moment, looking at the galaxy moving so slowly, spiraling all together as one, it's unbelievable, unearthly—spectacular beyond words. Now I take you inside and tell you a little bit of what's happening that is a mystery to your science. There are odd things out here that don't fit earthly paradigms or rules. They don't fit your physics.

Henry and Mary, the two stick figures on the page, had scientists also. They had their two-dimensional laws for physics, and that's all they needed. Everything worked just fine as long as they stayed on the page. You have four laws of physics, because you're technically in four dimensions, and those laws work just fine. Those laws have proven themselves over and over, and as long as you stay in four dimensions (which you call three dimensions), they will always work.

Here's an esoteric question for you. Take a look at the stick figures Henry and Mary. How many laws of physics are there really for the two-dimensional characters? Is there a whole set that encompasses multidimensional reality, or is there just enough to satisfy two dimensions? The answer should be obvious. Physics is complete no matter how you perceive it. Therefore, Henry and Mary are only aware of, believe in and are using two dimensions, but all the laws are still there, ready to be discovered. Three dimensions may not be something the stick figures understand, but it sits there ready, anyway.

THE NEED FOR EXPANDED THINKING

So extend that thinking, and let me ask you this, three-dimensional creature: If I told you that there were six laws of physics, covering a dimensionality that you don't see, how many are there for you? The answer is the same as for Henry and Mary. There are more than you know about, even if you

are only aware of and actively using the four you have. Do you see? The four laws you have work fine. There is nothing wrong with them, but there are more, and that's why we take you here above your galaxy to show it all to you and to present something that astronomers also can see. Look: Something is weird with the way the galaxy is moving. Did you notice?

We've given you the two additional laws of physics before, and this is not the time to explain them again. But when you get into an interdimensional realm, you're looking at multidimensional energies that must contain more information than your current physics. You have four laws now—call them Newtonian, Euclidian, Einsteinian if you wish. These are the ones that brought you to where you are today. But now gaze with me at your spiral galaxy for a moment and watch it move. It does not move like your solar system.

The laws you have of objects in motion carry with them a three-dimensional bias of consistency. Your science looks for empirical laws, and it finds what it believes is true for everything. But what they don't realize is that there is a bias applied. It only works in one direction: in three-dimensional space. If you apply the rules only on that one playing field of time, you can apply linear mathematics and figure out what you need from that. It's all in a straight line—all forward, never changing, always the same. You might say your science is biased in simple consistency!

LOOKING FROM NEW PERSPECTIVES

"Kryon, what's wrong with that? It sounds fine to me!" Here comes the free thinker, who is saying, "Interdimensional things do not apply to three-dimensional logic or bias. The laws of interdimensional weak and strong forces are beyond three-dimensional understanding and may even seem to be chaotic and inconsistent." Let me give you a further explanation. Your solar system works like you expect it does.

Within the kinds of physics you have applied to the way things move in space, you have objects that are closer to your Sun that move faster, like Mercury, for example. Then there are objects further away from the Sun that move slower, such as the outer planets. The laws of orbital mechanics are in play. The distance from the Sun develops into the three-dimensional laws of orbital mechanics based upon the rules you have discovered for gravity, mass, distance and speed. And the rules are correct—for three dimensions. Again, it lets you send spacecraft to the planets, to be so precise, to meet them in orbit, to take pictures and to analyze them.

Look for a moment with me right now: This is not the way your galaxy is moving. It's in an elegant motion that defies the law of the inverse square (a law that defines how energy dissipates with distance from the source). It defies the basic laws of gravity and force. It defies the simple, biased, singular attribute of the way things move in space. Look at your galaxy with me. Watch it spin. It's almost as if it were

on a platter. Everything moves together—everything! It's all rotating at the same speed relative to the center, like a giant wheel that is all connected. This giant platter behaves like all the stars are pebbles and are somehow glued to the fabric of space, all moving together.

MYSTERY AT THE CENTER OF THE GALAXY

How can that be? What are you seeing? Let me give you a hint and a clue: We've spoken about the weak and strong interdimensional forces that are the yet undiscovered laws five and six of physics. The way your galaxy moves is all about what's at the center of the galaxy, and it displays these forces. You think it's a black hole, but it isn't. There's far more to it than you would imagine.

Have you noticed in physics that there is always polarity? From the smallest atomic structure to the largest, there is always polarity. You also see this in magnetics. It's also hiding in gravity. It's a staple of energy everywhere—everywhere. There are always two kinds of energy, and they work against and with each other to create dimensional reality. Matter itself is one polarity of reality, and antimatter is the other. Always look for the push and pull, for it will show the way to the answers to the most perplexing issues of physics.

At the center of every galaxy there are the "twins." The twins are in the middle of the Milky Way as well. You've got two energies—one pushes and one pulls—but you see it in your perception as one giant black hole. You assume the gravity of the black hole is somehow gripping that spiral and making it spin together in an unusual fashion that violates all the laws of Newton. It's not so. What's happening in the center of your galaxy is beautiful. It is an elegant, interdimensional force that is not gravity—a force that spreads through the entire region of your entire galaxy, a force that glues it together in a way that you do not yet have laws to explain. In addition, there is something hiding that science is only now beginning to wrestle with.

INTELLIGENCE IN PHYSICS

All this explanation is given in order to get to a place of logic for you that will broach a very big issue. Simply stated, it is this: When you step into interdimensional physics—and this includes the energies of what you call spirituality—you will find something you didn't expect: consciousness, physics with an attitude. The interdimensionality of your galactic center has consciousness. It has to. Anything interdimensional is aligned with creation.

I'm speaking of things you don't understand. These are high-minded, sometimes unbelievable, attributes that haven't really been broached in this way before. When you break the linear logic wall down from what you expect in linear physics, you're going to run up against things that don't make sense to your bias. They won't make sense—not just because they're in a quantum state, but because they contain something else that "consistent, three-dimensional science" does not wish to accept: intelligence in physics.

Your science is very proud of the big bang theory. They have it all figured out, and they have a timeline for it. This is really funny to us! How can you have a timeline for a quantum event? There is no time in a quantum state, and yet they have it all figured out. They've even figured out that there's a residue they can measure that proves they're right. How clever of them!

THE UNIVERSAL CONNECTION

Let me ask you something: If you smell that wonderful residue aroma of bread cooking in the kitchen, what does that tell you? Does it say, "Bread was cooked here four billion years ago" or does it say, "It's being cooked now"? It's the bias of straight-line thinking in a singular time dimension that smells the bread and calculates how long ago it was cooked. There is no understanding that the quantum event of the big bang is still happening. This explains the energy of universal expansion. It even begins to explain the energy of what you can't see. The "residue" they measure is the proof of the reality of an event still in progress as you see it in three dimensions, but an event that is the reality of creation within a quantum state.

Look at what a three-dimensional mismatch the current theory is: How could everything have come from nothing, and then, at a speed greater than the speed of light, instantly expanded, violating every law of current physics, to create the current mass of the universe in a nano-moment? Yet the bias of singular linear thinking lets all that happen in the timeline of an instant. And they have it all figured out? They should all be celebrating with Henry and Mary!

Let me tell you something I have never, ever described to you before. The center of your galaxy spit out the matter that is you. Science has it backward. The twins in the center of your galaxy lead to the twins in the center of all the other galaxies—millions of them, billions of them. They're all connected in a way you cannot fathom outside of space or outside of time, like strings between friends who have consciousness. This is not the kind of intelligence and consciousness that you see in your brain, no. Instead it's a benevolence, an intelligent glue that postures the universe in love. I told you that you wouldn't understand all of this. This is high-minded, high thinking, and many are simply not ready for it.

THE GAIA EFFECT

Let's go to something else. Life on the planet and the way it was created has become controversial because there are those in science who must make it all appear to be linear. Darwin gave you the possibilities of an evolved life system. He showed how it might perhaps work, in a random selection of biology over and over through billions of years—creating what you have now. But then, enter the "Gaia effect."

Scientists are looking at Earth history and they're starting to see something very bothersome to other scientists: There may be a consciousness that has created life. Naturally, true science does not want to think this way,

for the three-dimensional, straight-line thinking of your current science does not allow for rules outside the box of total consistency. The real irony here is that singular consistency bias does not allow for creator bias. Could the universe be biased toward life? In this irony, the Human is biased due to limited dimensional thinking, and the universe is biased in love.

The controversy goes like this: Earth history shows that life continued to be created and destroyed on the planet through four billion years. It started and it stopped, and it created itself and destroyed itself over and over. Where life was once looked upon as an "against all odds" attribute of the planet, found nowhere else in the universe, it now is seen as having been created again and again!

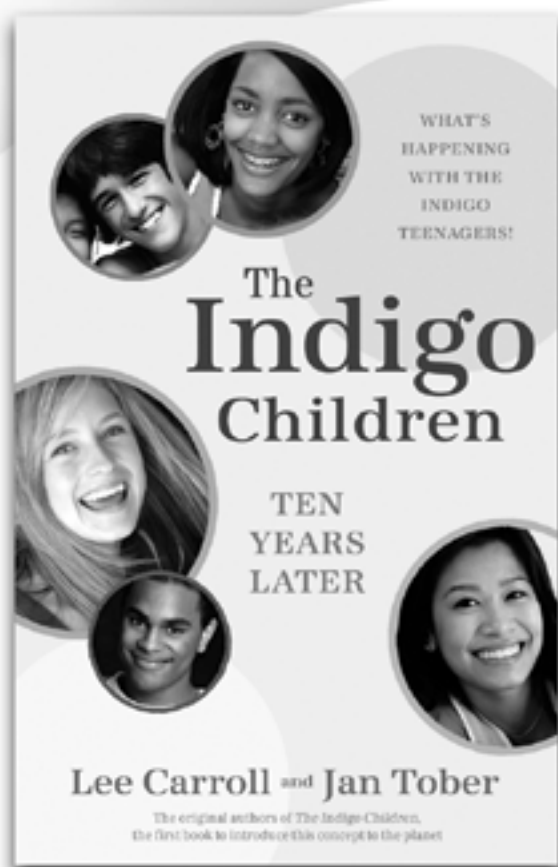
Some say, "Well, that's a random event happening." Really? What are the odds after life had destroyed itself of that incredible randomness striking again? How's that for evolution? Something that didn't work—returning! What do you think about that? Scientists are beginning to consider the possibility of the Gaia effect, of a consciousness coming from somewhere, somehow, that is biased to create life. It's outside of the purview of what you would call chance. Over and over it happened, until the planet got it right. Photosynthesis was the answer, for it created a balance in plants and trees to consume the byproduct of life. So finally, the balance began.

It took a long time for that, but life was always created again until the "system" got it right. Even when the system snuffed life out, it returned! Even when the Earth was barren of life because it hadn't worked out, it was created again—up to five times. Science is starting to see this and is wondering how it is that Earth seems biased to create life. Some say there's a consciousness; some say that that is not true, that it couldn't be, just couldn't be true. But it is, dear ones, and it's an interdimensional consciousness that glues things together, because when you get into an interdimensional state, you're starting to touch the face of God, the creative energy of the universe—one that is indeed biased in love.

RETHINKING TIME

There are those who study the way the Earth came about geologically, and again, in their straight-line thinking, they are biased. They are biased because they look at erosion patterns and the way things used to be and then they apply specific universal laws to everything on the planet from then on. Well, there are some surprises: Have you heard the latest? How long did it take to cut the Grand Canyon? How many millions of years would the water have to trickle by in order to cut the canyon as it stands today? One million years—two million? Traditional theories of how long it took are still posted on the placards on the historic sites, but now geologists are starting to change their minds because they have discovered other attributes that don't make sense. Now they're assigning a timeline of approximately 300 years!

What happened to their logic? What they're now seeing is a wild card, that is to say that there was no trickle of water.



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)!

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Instead, there was a sea that emptied into the area—a ferocious torrent of water that cut the rock over a much shorter period of time. This is outside the paradigm of biased thinking, and it is accurate. Do you see where I'm going with this? It is the consistent biases that keep you in a straight-line rut, just like those two-dimensional figures on the piece of paper. You've got to start thinking out of the box and look for what else there might have been. I've given you the Grand Canyon story so that you can absorb the next one.

THE UNSPOKEN GEOLOGY OF LEMURIAN EXISTENCE

I've told you some odd things about the planet, and geologists always roll their eyes; "Kryon gives you information that is often geologically impossible," they say. Yet I told you about Lemuria. I've told you that the original Lemurian civilization was centered on dry land at the base of the highest mountains on Earth, measured from the bottom to the top, which is now Hawaii. It is one big mountain with several peaks, and the peaks are what now stick out of the water today, that land you call the Hawaiian Islands in the middle of the Pacific Ocean.

We told you that in the days of Lemuria, the land around the base was dry. Geologists laugh. It's in the middle of the Pacific Ocean! How could that be? I'm going to tell you how it could be. First, you must understand that geologically, 50,000 years ago is not a significant enough time for something like plate tectonics to have an impact on this attribute. Actually, 50,000 years is very little time in geology, and yet the water level at that time was more than

400 feet lower than it is now. This is because you were in the process of a water cycle, which we have discussed before. So that is one of the attributes that came into play. However, the other attribute is the biggest reason, and one we have never spoken of before.

The mountains of Hawaii slowly move over what is called a geological hot spot, that is to say they slowly move over a tremendous volcanic core of activity that has existed there for millions of years. And 50,000 years ago, this hot spot was in the process of forming a giant bulge that actually gradually lifted the floor of the ocean around the Hawaiian mountains to more than 6,000 feet. That is to say the mantle of the Earth bulged enough due to the volcanic pressure to lift those mountains higher than they are now and to create a relatively small area of dry land that contained the mountain of Hawaii.

When the lava was released, the bubble slowly deflated. This took several thousand years without a cataclysmic eruption as it slowly released itself on the peaks of the mountain and poured into the sea, building yet more land around Hawaii. This created a situation where the base of the Hawaiian mountain was above sea level for a while. The slow release caused the bubble to subside, and Lemuria was slowly flooded. This is the story we told you originally, and it is the reason the Lemurians became sea faring and moved to many other places.

It is convenient, is it not, that all the evidence of Lemuria has been destroyed? It makes you wonder. It makes you

wonder whether these things really are so. A linear thinker would tell you that this can't be so, since no one has ever seen evidence of it in history. You haven't seen that kind of bulge before, and therefore we have the same effect as with the Grand Canyon, where the truth lies hidden due to biased consistency. What you never saw must therefore not be possible, you think. But the evidence is indeed there of the bulge, for the striations of the ocean floor still show an odd symmetry around the mountain, giving hints that it was once stressed upward through volcanic influences and then subsided. There are also bones of animals at those depths, buried deep, that would tell a biologist that what is on the ocean floor in the middle of the Pacific Ocean was once exposed to sunlight about 50,000 years ago.

THE PROOF IS IN THE ODDS

Let me tell you about creation. Astronomers are starting to talk about what they call "intelligent design." Now we're getting somewhere, since they're starting to understand that the quantum nature of the universe might indeed have consciousness. Against all odds, you live in a parameter, an attribute in space, that statistically continues to be against all odds. You are in a universe created for life! If you could throw the dice of physics and create a universe, it would never come up this way—never.

Statisticians have said that it's out of the possibility of chance, and yet here you sit on an Earth teeming with life, in a universe teeming with life. There is life on the planets around you, but you just haven't found it yet. It is microbial, and it represents the beginning attributes of single-celled life. It's all there. You'll see. Take a trip to Europa and look around a little in the ocean. You'll see. Life is absolutely the way of the universe—everywhere. You'll see. And it's against all odds that it happened, and science is now seeing that. It is so out of the statistical model of the creation of any universe that they have labeled it intelligent design: there has to have been a plan.

In the middle of your galaxy, the twins exist, pushing and pulling interdimensional energies that quite literally have an intelligent complement to them. All of the stars move together in unison with it. Forces that are way beyond gravity are involved; this is an interdimensionality that glues the galaxy together, and it is something I want to speak of because it has to do with your future.

YOUR FUTURE IN QUANTUM THINKING

The futurists of your society have a tendency to look at what was and then project what will be. Do you see the straight-line thinking? In a bias of consistency, they say, "Because of this, therefore this will be." They're looking at a consistent model of old energy in their projections, never giving it a chance to change and denying the very ability of Humanity to move past what was. What is it that has been consistent on the planet regarding consciousness? Let's name the attributes: war, poverty, suffering, drama—a repeat of the same, a repeat of the same, a repeat of the

same. These are fractals of time that come and go and come and go, creating a consciousness that repeats and repeats and repeats.

Now you can see the bias and why it's there, for anything that stays in the same cycle is expected to stay in it forever. This is also echoed in your physics. The more quantum you become, the less consistent you will be in thinking this way. That is to say, eventually you will expect things to happen that have never happened before. You are in a shift that is allowing for it, and all around you things are changing. Listen; you cannot apply last year's rules to peace on Earth. Is it possible? Yes, it is more than possible, it's the most probable outcome that we can give you.

What do last year's rules tell you about healing in your body? Do they say it's incurable? It isn't. What do last year's rules tell you about the fear that is being generated about the shift you are in? Do they tell you that you're going to be covered by water? Well, if you apply the rate at which things are melting and then you project all this into the future—if you apply the discourse of poor science—then of course you will be! But that's awfully consistent of you, isn't it? Do you see what I'm saying? You're not giving any allowance for the wild card. You're not giving an allowance for the fact that this planet is moving into an entirely different magnetic attribute. The Sun is cooperating; the universe is cooperating. It's almost as if the twins can see who you are.

The twins are an outworking of a physics, of a magnificent pushing and pulling of an interdimensional attribute that we cannot even explain to you. The twins are not God; they are a result of a God-biased universe and an interdimensional physics that you are only just beginning to discover and question. Your science is only beginning to see it. The Gaia effect, intelligent design, the way the Earth was put together, the way there were no accidents that you're here against all odds—all of these aspects ought to add up to something in your logic.

You are in the middle of a tremendous shift—one that you've asked for, that it's time for, that I came for. It's not one that's going to destroy you. You don't have to fear it. It's one you're in control of as you're becoming more quantum. You are starting to understand that the consistency of life as you have seen it is truly an old paradigm. The consistency of fear, of hate and of disappointment is beginning to change. If you want to be consistent with things, know that the love of God is the most consistent and persistent thing on this Earth and in the universe. It is so consistent and persistent that it would not stop until life was created and until love was discovered.

THE CONSCIOUSNESS OF KRYON

We wanted to paint a picture today. It was mostly scientific and partly a logic puzzle meant to show you that your current, three-dimensional logic is not expanded; it's not the kind of logic you're going to need to move into the future. We told you to expect the wild card. Expect things that have not happened before. Change history by thinking

about future things that may be evolutionary and represent wild cards themselves.

Can you recognize some of those wild cards in your very immediate past? How many times do we have to give you these things to look at? None of the quatrains of Nostradamus are accurate today. Books have been written about the tremendous upcoming war with Islam. Well, someday you can read them and laugh, because it's not happening that way. That entire scenario is based upon a consistent, unchanging consciousness on Earth through which everything repeats in an expected, old pattern, and it isn't a true scenario.

Are you the expected pattern on Earth, or are you the wild card? You see, there are things coming that you didn't expect. I know these things, for I see the potentials that are not openly available to you. It's the consciousness "baking in the oven" that is working right now in ways that you do not expect. This is not future fortunetelling. It is instead simply stating the facts of the potentials of the minds on the planet—where they're going and what they're thinking.

I want you to leave this place with hope. We saved this message for this particular group. It's an advanced message, and it does not fall on the ears of those who were just here for the first time or in the energy for the first time. It falls on the ears of old souls. Don't you remember this? Remember

this with me, for you expected it. That is why you are here, and that is why you will return.

YOU'RE SITTING AT THE EDGE

Finally, I will tell you that I was with you at the wind of birth, for each one of you. Before you slipped into this planet, before the angels stood around the bed and sang to your mother at the joy of your birth, I was there. Right before you came again, I inquired like I always do, "Is this really something you want to do? Look at the potentials and the hardships, the disease and sorrow of being Human. Do you really want to go back?" You looked at me as you always do and said, "Send me in. I can hardly wait to get back and finish what I started." Now you have some of the first signs you've ever had since you became a Human that this planet can move into graduation, vibrate higher and become part of a confluence of energy that you've only dreamed about, and you're sitting on the edge of it.

I am Kryon, lover of humanity. This is the truth I give you today. I give this message in order to instill within your hearts and in your minds the hope that these things are so and that they are true. Perhaps some of you today will leave here different than you came because of this. And so this particular message will be given again in a different form for a different crowd, but every bit as loving and poignant. I am Kryon. And so it is. ✱

Little Gods and the Eleven-Sided Coin

The group through Steve Rother

Greetings from home. Dear ones, this day is special in many ways of which you are unaware. You are now at a point where you can pretend to be something other than what you are. This allows

KEY POINTS

- Human beings are multidimensional, although they have been separated into different dimensions in which they cannot always see their reaction or connection to others.
- This separation has allowed you an opportunity to have multiple experiences on planet Earth at the same time with the same soul.
- The pattern is currently changing in humanity, however, as new vibrations make human beings ever more aware, and now is the time to strive for unity and new vision.

you to see contrast in ways you have not before. We wish to tell you a story that may help you put into perspective some of the things you are experiencing as this evolution of humanity continues. We understand that you are at the leading edge of the vibrational change. Many of you feel much of the heat that results from this shift, for you are the ones who are the precursors to the light. Yes, you are the ones who dare to go ahead and hold the door open for the others. So let us speak of the overview of spirit in this perspective.

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THE ACTUALIZATION OF ENERGY

There came a point in the creation of All That Is at which energy was actualized. It was actualized for the first time in a timeline. The moment that matter became energized, you had something in your realm happen that you call the “big bang.” Although you know very little about what really happened, it was basically a series of chain reactions that started very small. With the big bang began the illusion of a timeline that you were able to work with.

Let us share with you the illustration of an explosion, because that is how you all perceived it. Although you have witnessed the result of the explosion, you have no evidence of the actual explosion. In the explosion, everything scattered from that center point forward, moving outward. However, as the energy moved, it forcefully collided with matter so that energy was forced into every crevice and part of the matter. In effect, the matter became energized.

Because of the extreme force with which this occurred, both became somewhat contorted. The energized matter twisted and started to transform as if it had been stretched to a new dimension. Because the energy was stretched in this way, much that exists at home and on Earth are different; things that work here do not necessarily work there. Home has a pure expression. Planet Earth is the perfect imperfection of god, so it was necessary to have your reflection be imperfect in every way.

THE ILLUSION OF BEING FINITE

Well, it put a twist on everything when the little gods began to feel separate or different. It was almost as if god had exploded. When the energy was forced into matter, both changed forms, and consequently, the illusion of time was created. The resulting explosion reached so far out into the universe that little pieces of god began to form, creating an illusion of being finite. The pieces of god began to play on a timeline that has stretched and changed things to such an extent that now it looks like the little gods are wearing eyeglasses in order to play their game. Everything they see has to be translated through these glasses. Even if they see the perfection of home, they cannot relate to it nor can they fully understand it, because they are in another dimension.

One of the biggest challenges to the little gods was becoming used to this state of being. The gods had to wear the glasses to make them forget who they were. They had to forget the connection they felt with others around them; they forgot that the others were little gods as well. So their biggest challenge was that every thought they had manifested; every single time they would hold a thought in their mind, it would happen. This became quite problematic, because it allowed no leeway of thought, since every thought had a responsibility connected to it. That is why they placed a time lag on their creations: So the little gods could play the game of pretending to be human.

Because the little gods were in the illusion of a timeline, they were able to see their footprints as they traveled through time. That had never happened before, because

the little gods had always lived in circular time. Suddenly they were in linear time, which allowed them to see themselves in a new way. The little gods began their journeys and they began watching their creations. They started to doubt themselves, because they could not see that they were creating every thought. They began thinking that it was not possible to see without the glasses, believing that they were not even creators. Instead, they thought that circumstances actually ruled their lives. Because they held that thought, they created the reality that made it true. We did not even think of that. Ah, you humans are so creative.

THE ELEVEN-SIDED COIN

Now we would like to explain something that will become clear to most of you in the very near future. You are multidimensional. Each little god is essentially like an eleven-sided coin—a hendecagon. You call them “loonies” in Canada and have different names for them elsewhere. There are four or five coins on Earth that have eleven sides. Although there are different sides on each coin, it is still the same coin. If you move in one direction, one facet comes up. If you move in another direction, another aspect shows up.

We use this to show you another way to view the eleven dimensions of self, for each one of you has eleven different facets. The eyeglasses that the gods are wearing keep them from seeing the other facets of themselves or even the evidence of their own facets. This keeps them separated into different dimensions in which they cannot always see their reaction or connection to others, but it has provided the little gods an opportunity to have eleven experiences on planet Earth at the same time with the same soul, with the same coin.

Let us explain a few other things that might help you understand. Although we are speaking about the beginning of humanity, you are now on the opposite end of that spectrum. You are pushing the boundaries of what would have been the end of humanity and in the process changing everything. At the very last moments of the game, the little gods have begun to take off their glasses and to re-member their power. It has been difficult for the little gods to understand their own magic after spending so much energy hiding it from themselves.

THE OUT BREATH OF GOD HAS BEGUN

You learned how to walk in the timeline. However, the original force that exploded—and in doing so pushed all of that energy into areas of the universe where it had never existed before—is no longer pushing. The force that created everything you see in front of you is no longer pushing in the same way it was. Even though it is moving in the same direction, it is now retreating. The universe is no longer expanding; it has crossed the boundary point at which it is actually beginning to shrink. The “out breath” of god has begun.*

So what does this mean for the little gods who no longer feel that push to be separate? Well, that is rather interesting. In the illusion of living in the timeline, you learn to see everything as either up or down, right or wrong, good or bad and black or white. You see contrasts rather than similari-

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ties. Every time you learned something, it was because you had pushed one of those boundaries. You learned to push in this direction and in that direction, which is really how humanity expanded and became what it is today. Now that this energy is no longer forcing and pushing from the big bang, things are starting to change, and you are having difficulty with much of the change.

THE OUTER EDGES OF TRUTH

You see many examples of extreme polarity on your planet right now. When we say extreme, we mean that one person is going to push the boundaries all the way in one direction and call that outside edge their truth. Another person is going to push all the way to the other side, and call the outer edge their truth. We do not care which outer edges you think are right or wrong, for none of that makes any difference. These are only the outer edges; they are all you have called your truth up to this point in your history. You are now about to spend more time in this area than you ever have before, because the energetic force pushing you out into the universe is no longer there. As a result, you are now free-floating with that eleven-sided coin. You are capable of moving around and doing things in ways that you have never done them before. This is the magical time on planet Earth, when the little gods have begun to awaken from the dream. They started to understand that they can create anything, even with the glasses on. They

are beginning to understand that everything they see in front of them is a result of their own thoughts and that it is what they have held in the creative aspects of their minds and their hearts that is then pushed out into the universe to create a reality that exactly matches their expectations.

Now what you are experiencing is that you are still pushing the edges of those boundaries. This means that when one person calls something "right," someone else is going to call the same thing "wrong." Now is the time to start looking for ways you are alike instead of ways in which you are different or separate. This is the time for humanity to come back together, recognizing that you are all little gods. It does not matter where you are, where you were born and raised or even what kind of belief systems or experiences you have had. Your critical mass is reaching the point of no return, and you will not go back to doing things the way you have always done them. We can guarantee you that.

LEARNING THE OVERVIEW OF TRIALITY

Now it will be critical to stop pushing the outer edges. The more you push these outer edges to find the extremes on the outside, the less you will find truth in those extremes. Now we ask you to first look in the middle for your definitions and then look to the outside. Watch the way that each one works rather than judging. Consider the possibility that you are faced with the same challenges and that perhaps you simply approached

them from different angles. Something can be learned from each angle. Now is the time for unity on this planet in a very big way. For all of humanity, the year 2009 was the beginning of the end of separation on planet Earth. The veil is beginning to be lifted so that you can see each other clearly. You will see each other's hearts first, and so the magic continues. The eleven-sided coin will gain new dimensions; it will not be a flat coin any longer, but it still has eleven aspects. You will have eleven aspects of yourself, too. Because of this movement and the next evolutionary process, there is much more that we wish to explain to you about what is currently happening.

Even though we have spoken many times about the opportunities for all of humanity to become multidimensional, the progress has been so very slow. So far we have only been able to plant esoteric thoughts in your mind. You have not been able to prove any of this to yourselves, nor have you seen its practical uses. We wish to share with you one thing happening now that has been labeled "bleed-through." You are starting to feel things through other dimensions of yourselves. The other sides of the coin may be experiencing a big adventure or a growth period in which they are having great difficulties. In response, you may find yourself suddenly quite sad, in pain or having difficulty for no apparent reason.

The bleed-through is becoming stronger because your veil is disappearing. That which has kept you separate from yourself in many ways is now starting to diminish. As a result, a lot of ways that you have typically dealt with energy before will be reducing and going away. Being the teachers and the healers that you are, you will find new techniques to deal with this energy. You will work with them so that you can share them with others in the room and around the world who can then take these energies and help grow to the next level.

THE PERFECT IMPERFECTION

This is a time to watch what happens on television and put yourself in that person's shoes. Consider how you would react if you were in that situation yourself. This is a time to start thinking on a personal level what that would look like if it was happening to you, because it is happening to you. You are not disconnected from each other, and between 2010 and 2012, humanity will learn that. We are so overjoyed to be even a small part of helping you re-member your true nature and what you really came to do.

You will begin seeing things the way they really are, for you understand that in order to play this game, planet Earth had to be imperfect. For instance, music is not a human invention; it came directly from home. When you brought it to planet Earth, you had to shift it slightly to make it fit into an imperfect world. That is why your chromatic scale is not in equal increments. In order to sound perfect to you, it has to be imperfect. If you are counting using numbers, you use a base ten system that does not actually exist throughout the universe. The rest of the universe and home is on a base twelve system. It had to be altered slightly for you to use it and be practical with it. You think of base ten as very simple and not at all complex, whereas base twelve is quite com-

plex. But we tell you that it is exactly the opposite of that.

Through the eyes of humans, you must see things a little differently. Even your expression of mathematics is filled with these same inconsistencies. We will not call them universal laws. We do not believe in any type of law, because everything can be altered, and that is exactly what you have done. You have taken universal constants and you have twisted them; you have altered them slightly to play this game. Now you are starting to see things the way they really are. Now you are going to start to see things on a new level. You have not been able before to see such clarity, but now it will be seen through all eyes on planet Earth. The challenges you will have are the habits you have built around seeing things in a certain way. So the first thing we ask you to do is to keep your eyes open. Look around, seeking the possibilities. When you do not understand something, know that it contains a potential for you to uncover another part of yourself so you can see more than one of these eleven sides.

ENJOY THIS MOMENT

The aspects of yourself are coming back together so that you will be able to see the whole being, but it will take time. It is not happening overnight. For you it will seem like it is taking forever. "When is something finally going to happen?" Yet one hundred years from now, when you look back at this time, it will seem as if it happened in a heartbeat. Just enjoy this magical moment and know that you have a new vision if you become aware and search for it. Look for the opportunities to see yourself everywhere. Simply look and you will find home very quickly. You will create all eleven aspects of home right where you are today.

Dear ones, you sit in these rooms and watch us. You come together to be filled with spirit, and to re-member part of the true nature of who you are. What you do not understand is that the respect and honor for each of you who play the game of pretending to be a human is so great on this side of the veil. You are the revered ones. You are the ones who have dared to take off your wings and play a game of pretending to be a human. We honor you more than you could possibly ever know. When you arrive home, there will be one hell of a party! Treat each other with the greatest of respect every chance you get. Nurture one another every time you can and play well together. Espavo. ✨

***Note:** The group first mentioned the universe expanding as the breath of god in August of 2002, and I feel that it is even more pertinent today than it was when I channeled it. Then on October 15 of 2003, they channeled that the out breath had begun. That same month, Ronna Herman also released a message from archangel Michael saying that the in breath had just begun, which was basically the same message using the opposite application. When I asked the group about the difference they said: "With humans, it depends on which side you are standing at the moment you view it." A transcript of the two out breath messages from the group can be found at <http://www.lightworker.com/beacons/081502BreathofGOD.shtml> and <http://lightworker.com/beacons/101503OutBreath.htm>.

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A Year Ripe with Potential

Djwahl Kuhl through Kathlyn Kingdon

Beloved students, I greet you at a very exciting time on your planet. So many areas are now opening to public scrutiny, demonstrating the viability of our collective work on balance in 2009. I hope each of you is celebrating balance in your life on a daily basis and is continuing to look for areas that need more balance. In this way, the effects of your work can be dedicated to the planetary process and actually contribute to the overall balance quotient on and for Earth.

As 2010 opens its doors, it becomes obvious that the purification process that has been underway throughout all of 2009 is now beginning to bear fruit. By paying close attention to the events of 2010, you will be able to discern the areas that are in the purification process, as they will most certainly be revealed to all who are open to seeing. If you look carefully at the materials that are being published by leading alternative health organizations, you will notice that many are already engaged in educating people regarding physical purification. This is truly necessary at this time for those who want optimum health and well-being.

A PERVASIVE THREAT

While the practices of “big agra”-corporate agriculture—have never been sanctioned by those who understand creating a healthy body, nor by those engaged in managing well the planetary resources, it is likely you will see more and more written about the downside of mega-farming this year. You are likely to encounter the notion that the unsuspecting public has been unknowingly subjected to large-scale exposure to unsafe foods that may now be

resulting in such physical problems as infertility and tumors, premature aging, liver and kidney disease and other degenerative conditions.

While this is not something that is just beginning, it is something that is just beginning to be exposed. If you consider the appointments made by the current administration—as well as prior administrations—perhaps you will understand a bit more fully. For instance, the current appointee for the new “food safety czar” position is none other than a former executive of Monsanto, a company you will recognize as one of the world’s most powerful big agra giants, and one that has garnered increasing disrepute around the world. Also, because of the pressure exerted by political lobbying, secret policies have allowed genetically modified organisms or GMOs to find their way onto the tables in America without the benefit of full disclosure to those who partake of the food. While consumer protection agencies in Europe are much more wary of big agra, in North America, giant agribusiness has amazing power.

Of course, genetically modified foods have never been proven safe for consumption, and unfortunately, the test results that reveal problems with such food are never brought to light. Some have reported that tomatoes have been found to have a much longer shelf-life when modified with mice genes. Should you happen to eat a tomato so altered, are you eating a vegetable or are you eating some kind of vegetable-animal mix that has no distinctive food category? Without knowing it, you have all been subjected to such “Frankensteinien” food experiments. If such food experiments are kept secret, which they have been to date, then even those who attempt to make conscious choices regarding their food intake are rendered impotent in the process.

BIG AGRIBUSINESS AND BIG GOVERNMENT

The current appointee to head the USDA is Tom Vilsack, a long-time supporter of genetically modified foods. Michael Taylor, who has a long history of lobbying for big-agra companies that are invested in genetically modified foods, has been appointed to advise the FDA as the “food safety czar.” Taylor is a past executive of Monsanto and was one of the FDA officials who signed off on an FDA policy document alleging that GMOs do not need



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KEY POINTS

- This is a year of purification that is taking place on the individual and the planetary level. Part of this process is the exposure of the harmful practices of corporate agriculture.
- By promoting genetically modified foods, big agribusiness, with the cooperation of the world governments, is causing potential widespread health problems. The general population needs to be aware of this and know what can be done to protect health.
- The time is approaching for the people to take power back from big government and industry and effect positive change for the world. You can contribute to this energy of change on the individual level by cleansing through visualization.

safety testing. Nearly ten years ago, Monsanto wanted to plant some 49,000 acres of genetically modified cotton in Indonesia. However, only hours before the agreement with the Indonesian government was signed, Indonesia's Ministers of Economy and Environment blocked the signing based on the fact that there had been no environmental study and assessment completed, as is mandated by Indonesian law. This block, however, was only temporary, as roughly five months later the Indonesian Minister of Agriculture signed the agreement without the required environmental study ever having been done. It turns out that what made the difference was roughly a \$50,000 bribe offered by an employee from Monsanto. It was later discovered in U.S. court—a finding which resulted in a \$1.5 million fine—that Monsanto had paid around \$700,000 in bribes to Indonesian officials.¹ Of course, you may have heard many stories regarding the relative levels of corruption among Indonesian officials. However, one can presume that, had the genetically modified crop truly been safe, it would have been much easier, and far less expensive, to simply prepare the required study and assessment.

When big agri corporations in the U.S. wanted to market genetically modified seeds without any scientific data that they were safe, there should have been some obvious concerns among those who oversee the release of such products. In truth, no one knew what the effects of eating corn laced with pesticide might have on people, or what consuming soybeans stripped with a gene that allowed them to survive doses of Roundup might do to people. The U.S. government, however, apparently did not see any potential problems, and it announced that, in effect, as long as these new foods were “substantially equivalent” to the real foods they were patterned after, the altered foods should be deemed safe. This “substantially equivalent” theory was recently tested in the U.S. with an analogous situation involving the importation of children's toys made in China. These were “substantially equivalent” to toys made in the U.S., with one minor exception: the toy paint used in China contained lead, whereas the toy paint from U.S.-made items did not. Even though the toys were substantially equivalent, the children who played with the toys coated with lead paint got sick, while those playing with non-lead-painted toys did not.

In 1998, Geneva's Center for Environmental Law argued against the World Trade Organization accepting “substantial equivalence” as a standard applicable to genetically modified foods. They held that no substantiation of consumer safety had been provided, and by accepting such a relaxed standard, it would undermine truly meaningful standards in countries opting to try the genetically modified seeds. Further, their document noted that substantial equivalence ignored scientific research that revealed “substantially equivalent” genetically modified foods had significant negative health ramifications.²

It is unfortunate that commercial interests appear to have won out over empirical scientific findings. Indeed,

the American Academy of Environmental Medicine has pointed out that GMO foods have been shown in animals to be linked to conditions such as infertility, weakened immune systems, accelerated aging, genetic problems with cholesterol, insulin control, cell signaling and protein formation, as well as changes in the liver, kidneys, spleen and gastrointestinal systems.³

While it might seem that ongoing research on genetically modified foods would be in the best interests of everyone, including the U.S. government, the producers of such foods generally do not do any scientific testing. Those desiring to use GMO seeds end up having to sign an “end-user agreement,” much as in the case of purchasing computer software. These agreements generally ban testing and comparisons to other products. The only testing allowed is that approved by the manufacturer of the seeds.⁴

PLANTING THE SEEDS OF CHANGE

As of this writing, it appears as if GMO foods will be on the rise in 2010, and may in fact become so prevalent as to comprise nearly 85 percent of the food on the produce counters of large grocery chain stores. Thus, 2010 may be the year that numbers of people convert to “organic” foods. In the summertime, many of you have the opportunity to purchase foods at a farmers' market. In some cases locally grown foods have been subjected to pesticides at some point in the growing process, but they are generally free of genetically modified genes. The foods least likely to fall in the genetically modified category are those that are certified-organic.

For those of you who can, you may want to raise your own produce. You will want to stay away from seeds produced by large North American agribusiness corporations, however. Non-GMO seed companies have moved much of their seed production to Europe and parts of Asia, where contamination is less likely. American agribusiness giants have less clout in these countries and untainted seeds are widely available. Look for the contact information on seeds produced in North America so you can contact the companies. When you do, let them know you do not want GMO seeds, and ask for a guarantee from them that their seeds are not genetically altered in any way.

For dairy products and other packaged foods, look for a “non-GMO” label on the products you buy. Manufacturers of genetically modified foods are lobbying strongly to ban this type of labeling, and it is not possible to say just how this lobbying process will go at this time. However, non-GMO labels are still legal, and provide a good sign that these foods are safer than others from the rising GMO trend.

It is also a good idea to advise your members of Congress and the Senate that you are deeply concerned about this issue. In fact, this project could be part of your spiritual service for the planet in 2010. When you write your leaders, you will probably get a form-letter reply that will spout verbiage that may not even have anything to do with the issue you are addressing. Just know that such is the practice of those in

high office these days, but do not accept this habituated tendency as any kind of response to your letters. Instead, write them back and let them know you are wise to both their sidestepping the matter as well as their tendency to spout rhetoric that offers no solutions. Tell them you expect more than that, and that you want to know where they stand on this issue, since you will be considering whether you want them as your elected officials. Then, encourage your friends to do the same.

A FRESH START

You are likely to see several movements this year in the U.S. wherein people will be determined to regain control of their government. In truth, many people are fed up with the amazing consciousness gap between elected officials and the voters who put them in office. With the ongoing unveiling of greed and corruption, 2010 is slated to be the year when the public actually awakens and does something about the problems. Avoid trying to select any one administration or political party as blamable for the current circumstances. To do so is far too simplistic. Rather, become a part of the solution-force that is arising, and move boldly to create a healthier, saner, freer and more equitable planet.

As a further measure, this is a good time to undergo a personal cleanse for your own body. In truth, GMO foods are not the only problems that most of you are contending with in your bodies. There are chemical additives, byproducts and chemically created foods—well, actually, they should be labeled as “non-foods”—to contend with. There are toxins in the air, the water and the soil, and this only includes the physical plane. Clearly there are also toxins of fear afloat in what could be called the more etheric levels of experiencing all over the planet. All these take quite a toll on your cells and tissues. Thus, I would suggest that each of you, if you do not already have one, get a resource for a good detoxifying diet and embark upon it during the month of February. There are numerous cleansing diets and exercises available, and most are quite effective in giving your cells and tissues a fresh start.

You could say that the entire world is in some process of detoxification. Thus, as you detoxify your own body, you contribute to the vaster process that is underway. If you want your financial bodies detoxified, then offer your support by detoxifying your own body. The same is true for all other social levels now undergoing a purification process. They benefit from your actions—when your actions are appropriate to the vaster level, at least—and by dedicating the results of your own detoxifying actions to the greater good, you offer a much-needed gift to the planetary process.

I know this article is a bit unusual for a spiritual periodical. Indeed, I have sought to draw you into a more scientific arena than is customary. However, since 2010 is so “ripe” with potential for setting in motion courses that will define the planetary process from here forward, I urge each of you

to engage in the process with as much commitment, dedication and enthusiasm as you can bring to the table.

THE POWER OF THE PEOPLE

Another matter slated for the collective work of 2010 is the discovery of the power of *we*. While a single person may not be a match for political or governmental machines, when masses of people join together, they can create a tide of cleansing and self-determination that will awaken those who have gone to sleep with the very power with which they were vested. In the U.S., there are already substantial grassroots movements afloat that are urging normal citizens to reclaim the power of their votes and literally vote out all standing members of both houses of congress. While this may seem a bit radical at first, it is nonetheless one way to get the attention of those who create the laws by which you are governed.

As you are now seeing, large corporate interests in capitalist societies can ultimately turn against the very people they purport to serve. Of course, it must be remembered that service does not command the bottom line for big capitalist companies. Like the gap in consciousness existing between the leaders and the led, a great gap in consciousness also exists between the giant corporations and the consumers they often seek to dominate. These are not situations wherein everyone benefits, but are instead situations where those at the top of the proverbial food chain use their power and influence to undermine the integrity of those with less clout.

Because planet Earth is a place where individuals and groups come to work out their various types of karma, and because great levels of karma are ripening at the present time to make way for future potentialities, you are likely to witness all manner of non-clarity arising for collective transformation. Therefore, avoid engaging in small-minded activities such as negative judgment and blame fixing, and instead move into the role of steward and agent for positive change on the planet. By so doing, your very acts of expanding consciousness offer a great benefit to Earth. You also benefit from requiring yourself to rise in spiritual stature and maturity.

CLEANSING THROUGH VISUALIZATION

For those of you who will take the necessary steps to cleanse your bodies this month, know that the syllables *om*, *ah* and *hum* (pronounced like the word “whom”) can be helpful to you in this process. These are Sanskrit syllables that carry tremendous energy. *Om* is used, along with visualizing the color white, to purify the body. *Ah* is used, along with visualizing a vibrant red color, to purify speech. *Hum* is used, along with visualizing a sky-blue color, to purify the mind. When you say these syllables and create these color visualizations, it is good to connect them with various parts of the body.

See a brilliant white energy entering your crown chakra as you say (chant) the syllable *om*. Take five deep breaths and say *om* on a slow exhalation of each while inwardly

watching the white light enter and fill your entire body. Next, take five deep breaths and say *ah* during each slow exhalation. Inwardly watch as a vibrant red color enters your throat chakra, expanding upward over your mouth, cheeks, jaw and up into your nasopharynx, and then downward to your heart level. Over the course of the five breaths, make sure the red-colored energy spreads throughout your body, but keep the strongest, brightest red light secured over your throat chakra. Then, take another five deep breaths and say *hum* during a slow exhalation of each. Inwardly watch as a sky-blue color enters your heart chakra and creates a beautiful, glowing sphere that then permeates your entire body. Once again, keep the strongest point for the blue light energy centered over your heart chakra. In Eastern tradition, a purified mind actually arises from your heart, not your head. Thus, in the visualization, you allow the energy of purified mind to circulate throughout your entire body, which symbolizes your entire being.

If you work with each of these three colors and syllables, you will find that doing so greatly aids in your total purification process. You will soon come to realize that the purification of your physical body provides a symbolic focus for purification of your entire being, including past and future reflections of that eternal being. What a marvelous gift to yourself, and for all those with whom you come in contact. Indeed, it turns out that such purification is a great gift to the whole planet.

The year 2010 is a year for each of you to open fully to profound possibilities. If you are not open to such, you will not see them as they arise and therefore will not be able to take advantage of the opportunities the universe sends to you. Indeed, this is the year to require of yourself great wakefulness and to further enhance the process of planetary awakening. As you know, spiritual teachers have been talking about planetary awakening for years now, and 2010 has the energetic configuration and pregnant potential to birth the process so long prophesied. ✨

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Becoming a Cosmic Telepath

Archangel Michael through Ronna Herman

12 September 2009

Beloved masters, we have given this information in the past. However, we must refresh your memory so that you will understand how the preparations of the past have led to the stage in the evolu-

tionary process you are currently experiencing. In the late nineteenth century, as the influence of the Age of Pisces and the sixth ray were giving way to the Age of Aquarius and the seventh ray of freedom, purification and the violet flame of transformation, under the direction of the beloved Archangels Zadkiel and Lady Amethyst our Father/Mother God received a tremendous infusion of adamantine particles of light from the Supreme Creator. The time had come to begin to radiate the love and life force of creation out into the universe in a greater measure.

The Earth and humanity were gradually exposed to higher and higher frequencies of Creator light.

KEY POINTS

- The Harmonic Convergence of 1987 and the subsequent doorway of 11:11 brought about changes that gave awakening starseeds more access to cosmic information than ever before.
- Each year an 11:11 passageway opens for a time, allowing increased contact from the ascended masters and the beings of light. This contact is meant to assist you in communicating with your spiritual guides and teachers.
- Now is the time for humans to access, use and share the divine light with which they have been endowed, and to assume responsibility as God-conscious beings of light.

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However, as the refined light penetrated the Earth and the hearts of humanity, chaos reigned on the planet. Just as the world and its inhabitants are presently experiencing, there were world wars, a devastating world pandemic, unheard-of atrocities, extremely destructive weather patterns and a world financial depression that caused great suffering among the masses. There was a rebellion among the younger generations, and traditions that had been adhered to for thousands of years were modified or totally discarded. Life-changing events, inventions and revolutionary thinking changed the world dramatically as the light of new creation permeated the Earth and the auric fields of humanity.

In the mid-1980s, it was determined that humanity and the Earth had been exposed to as much of the refined frequencies of God light as they could incorporate without creating greater chaos and suffering. During that time, many blessed starseeds began the awakening process and were experiencing a divine discontent, for they were in the midst of what we term a “soul merge” and their higher selves were actively nudging, encouraging and inspiring them onto the path of ascension. This was the time of the Harmonic Convergence.

THE LEGACY OF THE HARMONIC CONVERGENCE

Much has been written about the Harmonic Convergence, which took place in August 1987. Much occurred during that cosmic moment. However, one of the most important occurrences was that the crystalline grid system was reactivated so that ascending humanity could begin to infuse this grid with the refined light of creation called adamantine particles. There is a seed-atom of God-consciousness stored within every person’s diamond core God cell, and a life-changing awakening takes place when a person reaches a certain level of balance and harmony within their four lower-bodily systems: physical, mental, emotional and etheric. From the time of the Harmonic Convergence forward, the higher frequencies of Creator light were directed to and through the awakening starseed instead of in a blanket effect all over the world. That is why we have called you “sentinels of light,” “pillars of light,” and “transformers and transducers of light.”

During that time, a few brave, advanced souls—those whom we call the vanguard—began to connect with their guides and spiritual teachers, the ascended masters and occasionally the angelic realm. Each soul had to go through an intense clearing and training process. Many who stayed the course became clear channels of the advanced wisdom teachings that were so important for those who were striving for spiritual adulthood and self-mastery. The masses continued to awaken in astounding numbers as the infusion of love and light from the Supreme Creator, transmitted through our Father/Mother God and the great Archangel Metatron, was “stepped down” or transduced, to an acceptable level by the human lightbearers so it could be safely dispersed to the Earth and humanity.

During these times of great change, the attributes, qualities and virtues of the seventh ray, which contain the violet

flame of transformation, are being beamed down from the celestial amethyst hall by archangels Zadkiel and Lady Amethyst in greater and greater measure. The Angels of the Violet Fire are actively radiating the flame of transformation to the Earth and directly into the force field of anyone who invokes the violet flame for the greater good.

THE DOORWAY OF 11:11

The years 1991 and 1992 were years of phenomenal transformation for the Earth and for humanity. The violet flame penetrated the auric field of the Earth, transmuting a great portion of the negative frequency patterns so that Gaia could integrate enough Creator light to begin to vibrate at a mid-fourth-dimensional frequency level. This allowed her to gradually move into the proper orbit in preparation for her eventual ascension into the fifth dimension. There have been many interpretations as to the meaning of an event that occurred between July 11, 1991 and January 11, 1992, an event known as the doorway of 11:11. The numbers 11:11 could be interpreted as representing passageways of some kind, and this would be a correct assumption. In the first half of the twentieth century, the membrane of light that composed the quarantine—the “ring-pass-not”—was completely dissolved, and much of the effluvia, the negative energy of the astral planes, had been transmuted and requalified. Once more, humanity was given access to cosmic information and could interact and commune with the beings of the higher realms.

As more and more blessed souls healed and transmuted their negative vibrational patterns, their energetic signature began to resonate with the harmonic frequencies of the higher sub-levels of the fourth dimension, and thereafter their lives began to change dramatically. Millions moved off the wheel of karma and into a state of grace and began to earnestly seek and follow the path of en-lighten-ment. This was also a time when many of those who had agreed to be messengers for the spiritual hierarchy were called forth to fulfill their divine earthly mission. It was during that time—January 11, 1992, in fact—that I first contacted my beloved messenger, known in this lifetime as Ronna Herman. We have been constant companions since that time, and she has steadfastly devoted her life to her spiritual mission. She, as many other dedicated souls around the world, have been an inspiration and a shining example to humanity.

Every year since that first 11:11 doorway was opened, a special 11:11 passageway is again opened briefly so that the ascended masters and beings of light can make contact with those who have attained the required level of harmonic frequency patterns so that they may begin to communicate with their guides, teachers and angelic friends and possibly become messengers of light. We know this has happened recently to many of you who read our messages, and we wish to ease your mind and assist you in understanding what is happening and what is being asked of you. It is a wondrous gift, beloveds, and there is nothing to fear, for you are reclaiming a part of your natural state of being.

ACCESSING AND SHARING YOUR DIVINE LIGHT

Communing with the beings of light is a great evolutionary step for you as human beings, for it quickly facilitates a new conscious awareness and a powerful transformation within you. Most likely, you will first connect with your personal guides and then learn to interact and communicate with them, or sometimes your master teacher will quickly establish a relationship with you—especially if you made an agreement to work with that particular being before incarnating in this lifetime.

Never before have you had such an opportunity to serve humanity and the Creator. You are at a crossroads in your evolutionary process, for the world as you have known it is slowly fading away. As divine sparks of the Creator, you were given a great gift, a treasure chest of Creator essence to use in any way you desire. You began this lifetime with a portion of adamantine particles of light stored within your sacred heart, and a reserve tucked away within your root chakra: the sacred fire seed atom, sometimes called “kundalini” and portrayed as a coiled serpent. You have always had access to the sacred fire stored within your heart. However, you have to remember how to use your “keys to the kingdom” in order to ignite and effectively use this power source of divine light. The kundalini, or serpent fire, is a different matter, for you have to clear 51 percent of the distorted energy you have created in the past in order to tap into this reservoir of Metatronic, full-spectrum light.

Various great beings of light have carried the burden of Earth and humanity for millions of years. However, it is now time for humanity to step to the fore and assume their bound duty. You must begin to access, use and share the divine light with which you have been endowed. There must always be an energy exchange—it is a universal law. The time has come for humanity to evolve into spiritual adulthood and to assume responsible positions as God-conscious beings of light. We have encouraged our messenger to assist you to remove the barriers and open the pathways of communication with ease and grace.

Ronna Herman Overlighted By Archangel Michael: Guidelines for Channeling

Mental telepathy or channeling is communication without words, or thought transference mind-to-mind, by means other than the known senses. You can only access vibrational levels with which you and your energetic signature are compatible. That is why it is so important to have gone through a clearing or cleansing process in order to achieve a more balanced and harmonious state of being within your mental and emotional bodies.

At rare intervals and during the transition period from one great age to another, cosmic law allows the ascended masters, the beings of the angelic realm and the spiritual hierarchy to pass through the veil and make contact with select awakened members of the human race. You must express a willingness and a desire to interact with these wondrous, advanced beings, for they will not infringe upon your free will. When you focus your attention on a particular master, angel or being of light, that being is immediately aware of you and will respond. The more intense, sincere and constant your desire, the more of their radiance they will bestow upon you.

Your guardian angels, spiritual guides and teachers make every effort to assist you to receive the higher frequencies of wisdom that are critical for these times. They endeavor to gain your attention by intensifying the light within your solar power center and eventually within your sacred heart. You have waited centuries for an invitation to consciously communicate with the Ascended Masters and the angelic realms, and they have patiently awaited this time as well.

BECOMING A PROFICIENT, CLEAR CHANNEL

Everyone has at least one lifetime guardian angel, and sometimes more than one. You will have different guides as you progress through the multilevel dimensions. You must be able to raise your consciousness to a compatible level with your guides and teachers. They will also lower their frequencies somewhat to attain a harmonious level.

- You must learn to concentrate and focus your attention.
- You must learn to still your mind and get your own thoughts out of the way so that you are receptive to the thoughts and guidance of your guides and teachers.
- There must be an agreement between your higher self and the entities you channel.
- The beings of light will never infringe upon your free will.
- Your guides will help you attain an appropriate frequency level by giving you an “energy boost,” which will make you feel energized and may, as you access higher levels of energy, give you a feeling of expansion, especially in the head.
- Channeling creates a greater sense of awareness and is an accelerated path for spiritual growth.
- Your guides will not give you the solutions to your lessons. However, they will give you options and perhaps a more expansive view of a situation.
- Your higher guides will not predict the future, for you have free will, and there are too many variables. However, they may point out the strongest probable future in a given situation and help you to make the wisest decision for the greatest good.

We will strengthen your resolve, we will inspire you and set your hearts ablaze with the sacred fire of creation as you traverse the path of illumination. Know that love, light and untold blessings are eternally radiated to each of you from the hearts of our Father/Mother God. I Am Archangel Michael. ✨

Jeshua Speaks About 2010

Jeshua ben Joseph (Jesus) through Judith Coates

Beloved ones, I would speak with you about the new year of your timing. The year 2010, as you will call it, is an arbitrary reckoning because, as you have seen, there are other calendars and other reckonings, but you are calling it 2010. It is going to be a most wonderful year, with many awakenings but also much judgment. Old issues are going to come up to be judged and be quickly resolved, because you now have the tools; you now have the understandings you did not have in other lifetimes because you were kept within the parameters of what had been taught to you—what your priests and rabbis and what your parents and generations of parents had told you. Now those parameters have opened up. Yes, you are going to have old issues that are going to come up, but then, as we spoke previously about the measure of mastery, you are going to see that you can quickly surrender and let them go. And let me say, first of all, that as you do judgment of any issue, there is no judgment of you. It is an experience; that is all it is. You can stay in that judgment as long or as little as you want to, for it is just what you are experiencing.

MASTERING JUDGMENT OF SELF AND OTHERS

You will move on then to love—to love self and to laugh at self and to say, “Oh, there’s that issue again. I know it well. Okay, I’m going to wrestle with it for a few minutes—maybe even an hour, maybe even a whole day or longer. I’m going to wrestle with it until I’m really complete with it. And if it comes up again, I’ll wrestle with it again, because how dare it come up again?” Yet throughout all of that, what you are really saying is, “I am the master. I am going to wrestle with it until I’m done with it.” That is the master speaking. It is not the issue speaking, but it is the master speaking, and it is okay to wrestle with old issues. There is no time limit. Just do what you want to do with the old feelings, and if they do not feel good, then you move on.

KEY POINTS

- As this year progresses, you will find yourselves moving past the old parameters of masters and the separated ego into a space of love and holy judgement.
- As time speeds up, all of the means for manifesting those true dreams that come from the higher self will partner with you to bring forth those dreams that are based on love and on the heart.
- Your development is being observed by other intelligences apart from Earth, and it is probable that open contact with extraterrestrials will be made some time in the near future if the timing is right.

The next year in your timing is going to give you opportunity not only to be in judgment of yourself, but to be in judgment of others. Many of your so-called leaders are not leading. They are leading from behind, allowing others to go out and do the hard work while they sit behind the desk and wonder, “Which choice suits my career better than another choice?” They also are wrestling with their issues from this lifetime and other lifetimes, so you can cut them a bit of slack—perhaps not too much, but some.

You will also have the opportunity to watch some wrestle with their own inner conscience, their own divine knowing of peace and respect and how they weigh the inner voice against worldly acclamation and temporal power. You are going to see some of the leaders waking up and perhaps speaking of unpopular things, taking up issues and being brave enough to speak against the current tide of what has been. You are going to see some of your leaders saying things that do not put their career forward, yet saying what needs to be said.

A NEW VOICE

You have a leader in this geo-political area who came into office a year ago by speaking what the common people wanted said, and now you are waiting for him to get it together and start using what energy he can to put forward some of the programs that you want to see happen. He is a very wise person. He has been a leader in other lifetimes as well, and he comes to this position with great knowledge. He is biding his time. He is not being indecisive as some would portray him. He is biding his time to allow some of the pieces to fall into place, to allow some of the ones that he works with to have time to resolve in their own minds and hearts what is important and to work through some of their issues as well.

By appearances, it may look as if he is not really doing that much, but the greatest of masters are the ones who do not tell you how to do something. They show you by being, and that is what he is doing. He is showing great patience. He is listening to everyone, which allows them some clarity as they get a chance to put forward their position and how they feel about various things; he is being as the wise parent or as the master who allows others to speak until finally they may come to some clarity about what their true position is and why they feel that position to be right or



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not right. It simply takes a while to be able to look at issues from different angles.

In this next year, you are going to see some conflicts coming up because of that allowance. You are going to hear a lot of the same old rhetoric, and yet there is going to be a new voice that you will start to hear. It began some time ago, and it is going to increase in volume so that not only those of you who want to hear a new voice of respect but others are going to be able to hear it as well.

ACCELERATION IN THE PROCESS

You have built into this reality the most wonderful gift of time, but you chafe against it sometimes; it is a process that seemingly stretches on and on. There is a saying in your world that people like the fast food; they like everything immediately, if not yesterday. When you are expecting these instant results, the expectation is based on a true Reality—capital R—as you remember instant manifestation. You remember other times—other realities and other times in this reality—when you would think of what you wanted and, with the snap of a finger or a reaching out, it would be right there.

However, the rules of the game right now in this reality are that it is going to be a process, and that process takes a little bit longer. Yet in this next year, you are going to see an acceleration of time. Many of you have been feeling that as soon as you get up in the morning, the day is finished and you have not done all of the things you had on your list to do. This next year is going to be even more accelerated—just what you wanted to hear. However, there is a new twist to it, because you are learning and remembering how to breathe and step out of reality, allowing whatever has to be done in that day to manifest itself.

In your next year, what you have seen in the financial arena is going to continue to accelerate and to look not that great by all appearances. However, it is a necessary shakeup that has been long in coming. Your banks are not going to fail. You are not going to have a cataclysmic, sudden closing of the banks, where your money is no longer good. But the banks are going to continue to change. The ones that have not been operating with the best of intentions—and that includes many—are going to partner with other ones, and there is going to be more oversight of them.

A year ago there was a feeling of potential panic in the collective thinking that the government would have to shore up the financial institutions; otherwise, everything would collapse. So some golden coins—or rather some figures on paper—were transferred to appease the collective fear. This year there is a turnaround happening in financial institutions. So you are going to see a bit of what your news media loves to play up: drama.

BATTLES OF LIGHT AND DARK

Now, your news media is most fun to watch. They are as a dog with a bone. They will take an issue and they will gnaw on that bone, gnawing on it over and over and over for days and days until the next bone comes along, and then

they chew the new bone. Your news media want the sponsors to pay their salaries, and so they put on the programs that are going to appeal to mass consciousness. They give you the direst prophecies, because the human collective loves the adrenaline rush. It makes you feel alive. Your mass consciousness still wants that adrenaline rush and wants to know that there can be problems out there, and it wants to know about them right away so that it can secure itself against any problems. That is separated ego speaking.

However, you are also going to see the emergence of a growing subconscious and then conscious feeling of optimism. And whenever you have optimism in this reality that believes in duality, what do you have coming along as companion? Pessimism, of course—the negative. The brighter the optimism, the darker the dark, so it seems. So you are going to see in this next year a lot of the light and the dark clashing. That is where you are going to have opportunity to judge with holy judgment—in other words, to step back from what is happening and to say, “Everything, even this, serves the atonement, and the quicker we get on with it, the better.” It is the human habit to first have judgment and then discernment, and you will be moving more and more quickly into the place of discernment and hope.

You are going to see some big battles this next year. I do not mean the usual kind of warfare—although that is going to continue—but the battles of light and dark and the battles of your leaders within themselves. “Do I dare put my career on the line by voting for something that would be good for my fellow man, or should I play along with the game that has been played for so long?” The younger generations in many geo-political groupings or countries, as you call them, will be rising up in new thinking, no longer satisfied with the old ways because of the influence of your technology, the Internet, that allows them access to progressive information.

YOU ARE WATCHED WITH INTEREST

This next year is going to be watched not only by you, but by other intelligences as well. As we have spoken to you in other times, you are all starseeds. You have come from other constellations in previous incarnations that may be of form such as this, but more often not of human form, not recognizable form. But I will call them incarnations, because they have been experiences that could be delineated as a lifetime—however long, however short.

You are all starseeds, each and every one of you. Each and every one of your brothers and sisters have come from different planetary systems. Now, those of you who are of like mind have common backgrounds, or what I will call a lineage, having come from the same starseed constellations, and you find each other and you recognize each other when you come together. There is a feeling of familiarity, a feeling that you can be friends with this one—you can be open, you can trust, you can laugh. Other ones do not feel quite so familiar.

Other intelligences are going to be, are and have been watching this melting pot, this mixture of cultures from other planetary systems that have sent ambassadors into this

reality to see how they can play in the sandbox together, whether they will play nice or whether they are going to be throwing the sand around.

PROBABLE CONTACT FROM EXTRATERRESTRIALS

In this next year, you are going to be more aware of these other intelligences. You have had the most wonderful preparatory experiences and evidences of life beyond human collective consciousness. You have heard of the Roswell experience of the landing of the extraterrestrials, the ones from beyond Terra, and you have heard the information rumored about how they were and what they brought with them.

You have had and continue to have the most wonderful crop circles that are not made by humans. Some human beings have tried to replicate them overnight or in one day but have not been successful. There have also been sightings of unusual lights in the heavens, and while they have been explained as many different things, you have had whole groups in various parts of this country and other countries as well who have seen the lights in the skies that could not be explained by ordinary means. So you have had preparation.

In this next year, it is most probable—not only possible, but probable—that there will be contact made that will be irrefutable, even though the scientific community and the government are going to want more proof. Now, I

say “probable” contact because, as I have said to you many times, you are great masters of improvisation. You are great masters in timing. So it will happen, but it may happen in this year or it may be out a little farther than this next year. But as it is seen now, contact with other intelligences will be made.

Many people, if they think about it at all, are having to come to the realization that there has to be life and intelligence beyond just this planet. At first it feels frightening to the human ego, and many will think, “There might be something else besides me. What’s this ‘besides me’ going to look like? Is it going to be friendly? Well, if it arrived here before I’ve gone and arrived on their planet, then it’s probably going to be more powerful. And if it’s more powerful, maybe I’d better gear up to defend myself,” because that has been the habit of the past. However, you have had very gradual preparation—preparing for it, because it is going to happen. It is only a matter of the timing.



This new year is going to be exciting because of the changes that you are going to bring forth. Enjoy the changes and know that truly you do not walk the path alone. Always, I am with you. I hold you in my love. So be it. *

The Decision of Peace

Onereon through Jeff Michaels

As above, so below. We greet you now and tell you that we recognize the difficult nature of remaining spiritual in such trying physical times. We also see how many are not simply coping but instead thriving in a spiritual way despite an apparent lack of physical means. We tell you again, you are among the strongest of humans to ever exist. As a group, you possess

KEY POINTS

- “You, as an individual, do not exist in a vacuum. The actions that you take affect many others, sometimes beyond your knowing.”
- “Both order and entropy exist simultaneously and are necessary for the universe to continue. Together they balance the creative energy of the universe.”
- “Understanding this will help you comprehend that you cannot subdue entropic energy, only coexist with it. It is your actions and the setting of personal goals of order that bring these energies into alignment with one another.”

more spiritual potential now than at any previous time in recorded history.

Around the globe, the past decade has been one of testing and purifying. This testing will continue a short while longer. Do not let this information cause you to fear or despair. Those pursuing true spiritual practice are past the more intense times. Yet there are still many who will feel an increase in the intensity as energy shifts. They are unprepared for what is occurring and will find themselves off balance and uncertain. Their ancient dogma and pursuit of archaic thought will offer no solutions for the coming years of enlightenment.

BENEFICIAL SKILLS

What skills will bring you through the increasing wave of change begun in the late 1990s? Is setting your inten-

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tion enough? Is manifesting abundance enough? Is a positive attitude enough? Is it necessary to continually call on your spirit companions for help? Positive thinking is not enough, but it is a good beginning. Those who expect things to turn out well are less likely to fall prey to ones who profit by the creation of fear. Without a doubt, there are things in existence to cause fear but not nearly so many as you might believe.

You, as an individual, do not exist in a vacuum. The actions that you take affect many others, sometimes beyond your knowing. Setting a clear intention helps with the focusing of your energies, but there are many energies in existence that may press your intentions in different directions. Attempts to manifest abundance must be scrutinized to see if by gaining personal abundance, others lose precious resources. In your personal pursuit of an orderly existence, be careful not to throw others off balance and into chaos.

ENTROPY AND ORDER

We can describe two forces within the universe: entropy and order. To many, one of these energies may appear preferable to another. The search for order often defines the human experience. The creation of an orderly life or community allows for a feeling of peace to exist. This state of peace allows for a continued spiritual growth. The search for order can be seen as a search for peace. However, too much order can create a rigid society. Too many rules can remove the freedom that allows for spiritual pursuits. It is not always a threat of violence that removes a feeling of peace.

Some alive on the planet believe strictly in entropy. They feel that all things are an accident or are random occurrences. At times, they are correct in perceiving entropy as a dominant energy. The universe possesses much that is entropic. When entropy enters into a community, there is often the feeling of a need to be aware and on watch for danger. Too much entropy can breed violence, yet entropy is not merely random violence. Entropy also allows the opportunity for freedom of expression and new thought.

Some alive on the planet believe in complete divine order—that all things are purposed or fated and thus must be accepted. There is much in the universe that is orderly and much that is entropic. But is one fundamentally better than the other? Should one be dominant over the other? The fact that both exist simultaneously indicates that they are necessary for the universe to continue. Together they balance the creative energy of the universe.

Creation is an ongoing process. We see the action of creation every day. It occurs when you make a decision to move toward a goal and set the steps in motion to make the concept a reality. This consciousness is a part of the human experiment on the planet Earth. The drive to create an orderly life needs to be balanced with the ability to deconstruct old thoughts and patterns that no longer prove valid.

There are humans who exist in a state of deep imbalance and do not act in an ordered way. There are also those who act in a manner that seeks control of others' ways of thought

and belief. Many among the family human have difficulty comprehending these extremists. This difficulty in comprehension is a signal that the human experiment is becoming more successful as time proceeds. A pursuit of freedom of thought is growing, and you will soon observe an increased intolerance for war and ideological violence.

INCREASED APPRECIATION FOR LIFE

Is it possible to eliminate the death of an individual human body? The short answer is no. It is, however, possible to prolong the life of the physical being and increase the quality of that life by a conscious effort. Is it possible to eliminate the desire for war and death to others? The fast answer is yes. This is one of the goals of the experiment of Earth. Can the energy of entropy be brought into a cooperative state with the energy of purpose and order? Can life cooperate with other life successfully? Can balance be achieved?

In many cases, the survival of various species happens through the mechanism of predator and prey. The family human has arisen from this mechanism. The family human has also done much to rise above this mechanism. In doing so, it has lost certain survival skills but replaced them with other abilities. A higher consciousness and more acute awareness of their role in the larger order of things is one of the many blessings that the members of the family human have bestowed upon themselves.

It is the continued rise of consciousness within the family human that brings you to these words today. You can be an agent of order or entropy. It is a decision. Before you can make a conscious choice, you must realize that both exist and both exist within you. Understanding this will help you comprehend that you cannot subdue the entropic energy, only coexist with it. It is your actions and the setting of personal goals of order that bring these energies into alignment with one another. Random events in life can be dealt with easier when you are rooted in the creation of order, but never will there be enough order to foresee all random events.

PREPARING FOR FUTURE DECISIONS

Making better decisions is what you and all humanity strive for, but this desire is often still rooted in the action of gaining individual goals first. The decision-making process must and will rise to a higher vibration as the family human continues to raise their vibration. When you set your intention, ask first for what you personally need, but then also ask what the true needs of the community around you are. When you seek abundance for yourself, make certain that you are not using or acquiring resources that are necessary to others. Ask first, "What is the true value of the goal I seek?" The practice of looking for the most positive outcome possible—not simply for yourself but for all others around you—will help encourage a cooperative spirit. You will find a certain synergy growing and feel a greater fulfillment and connection between your physical life and your spiritual goals.

Seek to do more for yourself and rely less on the concept of miracles. The idea of spirit accomplishing something for you is not incorrect, but the absolute reliance on spiritual beings doing everything for you is far off balance. This is a fundamental misunderstanding of the order of things. First you must realize that *you* are a spiritual being. As such, you have the power to create not just for yourself but also for others around you. Do you take this power seriously? Are you using it responsibly?

Miracles can and do occur in individual lives. When there is an absolute need for them, miracles happen with surprising frequency. Lack of preparation or the failure of taking responsibility is not necessarily a need for a miracle, however. You contain a power of order and a consciousness that is higher than any other form of life upon the planet. You are creators of miracles. Action is necessary for this, however. Spirit helps you by showing you how to help

yourself. Ask yourself, "Do I really need a miracle?" If the answer is truly, "Yes, I need a miracle," and it is not simply an abdication of responsibility, then expect the miracle! But be practical and do not wait for it. Seek positive solutions and make the effort to assist your spirit guides to a swift completion of the task at hand.



Remember, you have been here before; you will be back again. In the interim, you will find yourself in the role of spirit guide. Seek a positive practicality now while incarnate. Make decisions based upon true spiritual thoughts and principles. Recall always in your lives that there is no energy that can ultimately overcome that of love, no better way to live than in joy and no better decision to make than to live a life of peace. ✻

Photon, Prana and the Pineal: Your Portal to Healing in The Fourth Dimension

Master Kirael through Kahu Fred Sterling

Photon or love energy is at the root of the current shift in consciousness. Your body produces its own photon energy, but you can bring more of this golden energy into your body by prana-breathing it in through your crown and down through your pineal. This simple activity will awaken your God cell—also known as your signature cell—which is in your pineal gland. Prana breathing will flow the golden particles from the pineal through the whole of your physical body, affecting the emotional, mental and spiritual bodies in the process.

KEY POINTS

- Photon energy helps awaken your God or signature cell and also helps you expand your awareness. You can bring photon energy into you through prana breathing.
- Working with your higher energies can help you to travel through the etheric fabric to find what you're looking for. To work with your higher energies, you must get in touch with your emotional body.
- Prana breathing every day to bring photon energy into the pineal gland facilitates healing and will make your transition easier during the shift.

Photon energy will also help you access your blueprint by awakening your higher awareness, that part of you that knows your journey. Most of you believe you have one blueprint, but in fact you have two blueprints: one is part of your local brain and the other is part of your omnibrain—your higher self's brain. These blueprints reside in the pineal gland and are connected and woven into this journey, extending out of the physical body into the etheric body of the higher self.

When you go into the weave between your local and omnibrains, you will not only expand your awareness but you will also find that the two brains are so intrinsically tied together that you can hear both simultaneously. In the third dimension, you use your local brain to get things done. If you tell your local brain exactly what you want to do, it can go into its own blueprint and get it much quicker than if you go to your higher self's brain for help. That doesn't mean that you shouldn't go



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to your higher self for help. It means you have to learn how to talk to your higher self in order to access the omnibrain with ease.

COMMUNICATING WITH HIGHER ENERGIES

If, when speaking to your higher self, you say, "I want to get from here to there, and I want you to guide me," your higher self will do whatever it wants, and it might be years before you see any results because your higher self has no concept of time. If you want the unseen energies to guide you, you must learn to communicate with them effectively, and that means you must work with your feelings. The unseen energies do not understand language or words as you know them. They can feel you, however, and if they can feel you, they will know what you want. When these energies respond to your feelings, you will feel the responding communication from them. So when you ask your higher self to guide you from here to there in the shortest manner possible, it means nothing unless you focus on getting the feeling of where you want to go and how and when you want to get there. If you give those feelings to your higher self, after you've woven them through the two brains, you will accomplish your goal. The key here is weaving the local and omnibrains together. Practice this by contacting the Elven world, where the language is closest to yours here on the Earth plane.

Since the higher energies work with your feelings, your focus must be on your emotional body. If you learn to think

emotionally, you will become aware that your emotions guide everything within your realm. Your emotional body is between your mental and physical bodies, so when you feel something, the other two bodies go along for the ride. Next, your thought process must be pure. If you want to get from Manhattan to a specific place in Queens and you've never been to Queens, you must have pure thoughts about the journey, concentrating only on the specific place you want to reach and feeling every aspect of it. Then you must go into the etheric pattern until you find and get through that little gray space that lets you know you've left the third-dimensional reality. You will find yourself in Queens, looking at the specific place you wanted to reach. You will then have to back away from it until the neighborhood where it actually is comes into focus. You will recognize the surrounding neighborhood. You may not have seen how you got there, but you will have enough information, such as an address, to Google it or to ask someone how to get there. You can go from where you are to any place in the world that way during these pre-shift times.

Some of you are thinking that you can't get through that little gray space. Well, keep thinking you can't get through it and you won't get through it. If you want to get through it, just say, "I'm going there. I will get through this gray space and I will see what I want to see." The first time you practice traveling into the etheric fabric to go from Manhattan to Queens and you end up in the Mojave Desert instead,

don't blame your higher self. Blame your own concentrative powers. You can control your higher self, but you must concentrate. You can learn this now, while you're still in the third dimension. You can journey to Switzerland or Russia—wherever you want to go, even if you've never been there before.

Your blueprints have always been available to you, and when they're interwoven, you can use this exercise to travel through the etheric fabric to find what you're looking for. When you present your request properly to your higher self, you'll be surprised by just how much you do know about where you want to go. Much of what you know is unsaid, hidden in your feelings, but accessible.

I've done this exercise and I can't get from here to there. What's really keeping us from getting from here to there?

The only thing keeping you from getting out of this dimension and into another realm is your lack of concentration. You must use your concentration to experience the reality that no separation exists. In the third-dimensional journey, you have the yin and the yang, back and forth, up and down, in and out. It is as if you've split the local brain apart—one half is the yin side and the other is the yang side. The yin/yang journey is your way of measuring things on this plane of consciousness. In order for you to experience good, you must experience bad, and so on. When you take the duality, the yin and yang, out of the equation and you weave the right and left brains, you will find no here and there, no separation. You will find that everything exists in one space. At this moment you're in Germany, listening to a wavelength. That wavelength is the only thing separating us. It takes no time for me to get there, because I'm already there. It takes no time for you to get here, because you're already here.

PHOTON ENERGY AND THE SHIFT

What are other uses for photon energy?

In simple terms, photon will be the source of all your energy needs in the fourth light. Photon is a form of electromagnetic energy with qualities that make it an infinite source of energy.¹ It can be used to power your electrical devices, warm and cool your homes, and lots more. You will be taught the uses of photon energy by your galactic brothers and sisters, some of whom are already working with your government officials.

How large is the photon belt, and how will we accommodate all this photon energy? Please distinguish between prana and photon.

First, the photon energy belt that the Earth will move through during the shift is so huge that I cannot provide you with a precise description of its immensity. Second, prana is a vital, life-giving breath, involving deep inhalation, which allows the photon energy to enter into the body through the crown chakra. Finally, your pineal gland is the receptacle of the photon energy in the body.

After the shift, what effect will the photon have on our energy field?

After the shift, the amount of photon in your body will have a direct correlation to your auric glow. When Master Jesus was on the Earth plane, people could see his aura because it glowed from all the photon in his body. Mary Magdalene and Mother Mary both had auras that glowed. On the other hand, Peter's, Paul's and Matthew's auras did not glow, because they couldn't get beyond the third-dimensional reality. Practice creating that glow now. When you look in the mirror and you can't see the gold coming out of you, stand there a few more minutes and energize your golden strand. You may only see little pieces of it, little sparks emanating, but that's a successful beginning.

PRANA BREATHING AND HEALTH

Is prana breathing used only to bring photon into the body to get out of this reality or out of our bodies?

You can prana breathe to do more than find your way out of the body. The side benefits of prana breathing are releasing anger, cleansing your thoughts, heightening your awareness, en-lightening your body and more. The fourth dimension is coming soon, and you'll have an easier time getting there if you practice prana breathing.

The significance of prana breathing can be seen in the fact that, when you breathe, your energies on the other side are breathing with you.² No matter where your aspects are, whether they are here or in the other realms, when you prana breathe, they do too. That's the rule, not the exception. If you're not prana breathing, neither are your aspects. Prana breathing makes it easier for your aspects to download information to you.

How important is taking care of our physical body now if it will be healed anyway when we get to the fourth dimension?

In order for you to get into the fourth light, you will have to keep your third-dimensional body intact. You have a yin and yang body. The back of your body is your male side and the front of your body is the female side. You must keep both sides balanced and healthy or your journey into the fourth light will be bumpy. Those of you who smoke or drink too much will have to curb those activities before the shift happens. If your organs are damaged from too much alcohol or your lungs are clogged from cigarette smoke, you will suffer during the dimensional transition. The healthier your body, the easier the transition will be. In the future you will use the photon to breathe, which means you won't need as much lung capacity. Your lungs will diminish in size, and if they're clogged, your breathing will be more difficult during the transitional phase. Prana breathe every day, and you will find it easier to get through this shift.

Why do we lie on our backs during a signature cell healing?

Your back, the male part of you, keeps you anchored on this plane of consciousness. When you're lying on your male side, it holds you to the Earth plane while the rest of you is

free to do what it wants. You come into this world through your crown chakra and move through your thymus and solar plexus and then through the rest of the body, the backside being the last part of the physical you encounter. It is your anchor, so to speak.

THE FOUR STRANDS OF DNA

What is the significance of having four strands of DNA in a four-bodied existence?

As a four-bodied energy, you have spiritual, mental, emotional, and physical bodies, and you have four strands of DNA that correspond to each of those bodies. The first strand of DNA is the physical, the second is the emotional, the third is the mental and the fourth is the spiritual.

The four strands of DNA are powerful, but one strand is more powerful than the rest: the golden strand. Each set of four strands of DNA has one golden strand, which is found in the spiritual, or etheric, body. The golden strand is pure photon energy. The photon energy you bring into your body through prana breathing gets woven with everything else via the pineal gland. During the shift, you will let go of your third-dimensional reality with the help of that magical, golden, fourth strand of DNA, which is equipped to transfer you into the fourth dimension.

How do we fully weave the truth into our journey?

Another focus of your journey in these shifting times involves activating your blue truth strand. Imagine a particle strand of blue truth light coming out through your third eye about a foot or so. Let that truth strand go to someone you want to touch with it. It's already there. It moves that quickly. When your journey is deeply woven with this truth strand, the strand will change from pale blue to cobalt blue, indicating that you have heightened your level of truth.

You can be aware of your truth in every moment of every day by drawing on the deepest blue strand you can find. That strand won't let you listen to third-dimensional words that are designed to deceive you. You will walk away from words that are not in the highest truth. With your truth strand out front, you won't be deceived. You'll know and hear truth, and if you hear an untruth, it will not work for you. It takes courage to speak the truth, because not everyone can understand the truth. Get inside your heart and weave your truth strand into this journey, and then speak nothing but the truth. You won't be sorry.

MAINTAINING THE LIGHT OF TRUTH

Would you elaborate on the golden strand of DNA and its relationship to the blue light of truth and the green light of love?

The gold strand is the God Creator's light. It knows nothing but truth. Truth can be complicated in this dimension. For instance, when you buy health insurance, you operate on the assumption that you don't need it now, but you might need it in the future, "just in case." Well, what's the truth? The

truth is that you want health insurance because you might let your body deteriorate by not paying attention to it—not eating right, not exercising, not prana breathing and so on. You wouldn't need health insurance if you honored your body in the highest sense of the word, and that means honoring all four bodies: physical, emotional, mental and spiritual.

To reach the highest level of truth, bring your blue truth strand into the golden strand. The blue will be absorbed so deeply that you won't be able to see it in the gold. At that very moment, you will know that you are deeply in truth. When you're so in truth, your gold strand becomes personified and extends beyond you to affect others. When you see pictures of Master Jesus, his lights are emanating from him so prominently because he only knew truth and all the transitional colors of the goddess were woven into his gold strand.³ The God Creator's love and light, that gold strand, is all-encompassing and it projects a level of truth so heightened that you will know truth. So when you read in the Bible that Master Jesus kicked over the moneychangers' tables, you will know that as untrue. You will know that his truth was that he didn't care about those things.

How do we sustain that feeling of truth in our daily lives, and will maintaining that energy keep us young?

The process of bringing the photon through the pineal into the body and simultaneously projecting your blue truth light will facilitate maintaining that feeling of truth. In the third dimension, the heightened blue light keeps you focused on the truth of the "big picture," so to speak, and the big picture is all about love. So maintaining the light of truth also involves loving yourself, and loving yourself will make you look and feel younger. So when you see wrinkles around your eyes, heighten your blue light and let go of that image. Look at the big picture—your whole face.

Focusing on the darker or negative things, such as the wrinkles on your face, makes you older. If you think those wrinkles are not pretty, you are mistaken. They are pretty, because you are those wrinkles. When you look at your face and see your eyes, your lips, your ears, your hair, say to yourself, "Isn't that beautiful?" If you have gray hair, think to yourself, "It is a beautiful gray." You will be touching into your blue light of truth and your love for self. That, coupled with prana breathing, will heal you and your body. Look at yourself and see the good things. If you look at what you were in the past and recall what you wanted to be in the future, which is now, you will see that you are what you wanted to be, no matter how you look or feel in the moment.

HEIGHTENING LOVE AND TRUTH

Is the goddess of the green order the only goddess who can work effectively with the green light of love, and will heightening our love also enhance our truth?

All goddesses, regardless of what order they belong to, can work with the green light of love. You need only to put your green heart light out in front of you to heighten your love.

In doing so, your truth will also be heightened, because if you looked inside your green light, you'd see the little strands of blue all through it, and if you looked into your blue light, you'd see all the other colors. The goddess energy is all about truth, but on this plane of consciousness, you cannot know truth without engaging your heart light, which is already woven into the gold strand. In the fourth dimension, all of the colors will automatically be woven into the gold strand, which will be out in front of you.

People are always on a search for the truth. Where is the best place to find truth?

As I've already mentioned, your truth is in your pineal gland, where your God cell and blueprints reside. If you want to know your truth, don't ask yourself what or where your truth is. Practice connecting your local and omnibrains and communicating with your higher self. Then tap into and know your truth, because if you know your truth, you'll never be parted from it.

Can we use signature cell healing to bring truth into our journey?

Yes. With signature cell healing, you must engage all four bodies and you must do it with love and truth. That involves getting more prana or photon into your journey when you are healing someone. You cannot heal the physical body in fullness without healing the emotional body, and that takes love and truth. Remember, when you heal the emotional body, the physical and mental bodies will go along for the ride. It's a profound journey for those who want to heal. Put your truth into your golden light when you do a healing and you will heal beyond your wildest dreams.

PHOTON IS A PANACEA

How will the signature cell react to the photon belt that the Earth will go through during the shift?

The signature cell along with the mitochondria⁴ will automatically grow and expand as the Earth moves through the photon belt. It is this very expansion of cells that will help heighten your awareness.

Will photon be considered the "wonder drug" of the fourth light, just as aspirin is now?

I would not compare photon to aspirin in a clinical sense, yet they both can be seen as a panacea for all your ills. Aspirin is indeed a wonder drug in this dimension—powerful beyond your wildest dreams. Aspirin works because you believe it works. You take aspirin for colds, fevers, heart problems, headaches and so on. When people take aspirin every day, they believe it's doing something. I emphasize this word "believe" because, in fact, the aspirin does nothing. The minute you take an aspirin, you believe that in a short amount of time you will heal, and you heal. Continue to take aspirin until you know that you can heal without it.

Photon is indeed a panacea of healing. After all, it is the light of love. When your awareness heightens and your

mindset enters the realm of the right hemisphere of your brain, you will know that you can heal without aspirin and you will indeed heal without it. That doesn't mean you should stop taking aspirin now. Don't do anything contrary to what you know is working for you. Some people take aspirin because they have a heart condition or because they've had a stroke. If it's working for you, please continue to do what works.

While I was swimming underwater, I found that I could hold my breath for an extraordinary amount of time—in fact, I did not want to come up. It was an exhilarating feeling. Was I in that space of the blue light of love? Was it sustaining me underwater?

In the experience you describe, your third-dimensional body had shut down and you sucked up the prana energy and the gold and blue lights, all of which sustained you. What occurred is too powerful and complicated for me to go into in any depth, but when the Earth shifts and you are in the fourth light, you will understand what happened to you. The fourth light experience of swimming will be similar to what you experienced. In the fourth light, you will be able to go into the ocean and swim underwater with the dolphins and whales for hours without breathing devices. You will use the prana, or golden light energy, in your body to sustain you. You had a taste of that in your recent experience. Keep it up.



Everyone will heal. You just don't know how long it will take. Prana-breathing photon into the pineal gland is your passport to healing and an easy transition to the fourth light. If you need help and you know what you want to say to the God Creator, the angels, your guides, your higher self, or the Elven, think pure thoughts. Infuse them with love and convert them into feelings. Your entreaties will be answered with feelings that you will understand. Good evening. ✻

1. In the scientific world, it is a quantity or quantum of electromagnetic energy regarded as a discrete particle having zero mass, no electric charge and an indefinitely long lifetime.
2. All human beings have two other aspects who may be here, in the other realms, or both. They are never in geographical proximity to the physical being, as the intensity of the energy would be catastrophic.
3. Seven orders of goddess are present on the Earth plane for purposes of the shift. Each order has a specific color associated with it, representing a specific characteristic. The seven orders are onyx (the magi), purple (information gatherer), violet (bridge between the seen and the unseen), rose (divine creation), aqua (blends vibrations of Earth and the other realms), green (love) and blue (truth).
4. Mitochondria are organelles within the cytoplasm of cells that function in energy production. In simpler terms, it is the power source of a cell.

The Cosmic Trigger Phase II: The Crystalline Awakening

Archangel Metatron through James Tyberonn

Greetings, dear ones. I am Metatron, lord of light. And so we speak today of the second phase of that termed the cosmic trigger. Indeed its time is nigh and will occur on two dates in your linear year of 2010. The initial surge occurs on March 20, the spring equinox of 2010, and the latter surge takes place on the triple-date frequencial portal of the 10-10-10. We have told you that the world remakes itself now. Whether humanity in micro or macro is supportive of expansive change or not, it is a moot issue as the momentum of time-chronology speeds past more quickly today than it did yesterday on linear Earth. All is quickening; time is accelerating as the ascension draws nigh. As time reshapes itself, it will also reshape the experience of humankind, the visible and invisible forces of nature and the face of the Earth herself.

QUANTUM EQUINOX GATEWAYS

The time is indeed here for the second stage of the cosmic trigger, beginning on the March 20 equinox. It encompasses two primary progressions: the release of long-dormant coded crystal energies in formation of the second elliptical of the New Firmament, and the transition of the previous version of the merkabah to the unified zero-point crystalline upshift. Both are reviewed in this assay.

The remaining equinoxes that lie ahead in the countdown to the ascension are not constrained by linear time or by the dimensional access limitations within your current space-time paradigm. And while we have told you that many areas in

your planet are already in the fifth dimension, during the equinoxes of the remaining three years leading up to the ascension, the threshold to greater dimensionality is opened much wider. As such, we tell you that a unique portal from the twelfth dimension is enabled through the cosmic trigger crystalline awakening that will manifest on March 20, 2010. Indeed it is a mandatory prerequisite trigger of the New Earth. Both humanity and the physical Earth require and petition this crystalline upshift reformation in order to transcend the duality dimensional paradigm that would otherwise entomb them in the cyclic duplicity of descending polarity juxtaposition.

The twelfth-dimensional opening of the vernal equinox of 2010 will be the most prolific synthesis of twelfth-dimensional energy to eventuate on Earth since the golden age of Atlantis—some 35,000 years ago as measured in your present linear-time paradigm. The crystalline aperture will not be as austere an energy as the electromagnetic phase of the trigger, yet it is a formidable and grand vicissitude, and the resulting amplification of energy is immense and far-reaching.

THE PLATINUM RAY AND FORMATION OF THE NEW FIRMAMENT

Although the crystalline energy is initially accessible to you in the fifth dimension, the full spectrum of the quantum crystalline field only fully exists in the twelfth dimension. Appropriately, the consciousness of the crystalline aspect of the Earth's own mineral kingdom is dynamically processed through the twelfth dimension via the crystalline Platinum Ray. The twelfth dimension is the highest resonance of Earth-dimensionality and can be said to be the first dimension of the crystalline realm. It is the dimension of the highest cosmic ray: the Platinum Ray. The Platinum Ray operates in a crystalline modality and contains within it components of all twelve cosmic rays.

The crystalline Platinum Ray of the 2010 cosmic trigger cascades into the Earth plane on the March 20 equinox in robust spiraled pulsations. These are transduced through the 144 grid into a more palpable frequency in order for this highly concentrated energy to be synergistically integrated into the planetary

KEY POINTS

- The spring equinox on March 20 of this year will see the opening of a twelfth-dimensional portal that will magnify the crystalline energy transmitted to the Earth via the platinum ray, and reawaken crystalline energy that has been stored in various locations on Earth since the fall of Atlantis.
- The spring equinox event will mark the birth of an enlightened age on Earth, beginning a move toward true peace and global illumination that will occur over the next 200 years, after which time the master crystals of Atlantis will again be accessible.
- The crystalline phase of the cosmic trigger spurs the evolution of crystalline merkabah and merkavah, which are necessary for expansion into the crystalline energy of the ascension.

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resonance. The result is an enormous upshift that embodies and transfers the cosmic code in tandem for the perfection that is to come. It is indeed the perfection of the twelfth dimension that ensures humanity's transition on the macro and micro level into the crystalline merkabah and merkavah. It will, in kind, trigger the long-awaited release of the coded telluric crystalline energies to greater and greater frequency in forming the second elliptical of the New Firmament.

The aforementioned Earth-aspect of coded crystalline energies will be awakened through the receiving of the cosmic Platinum Ray delivered through the multidimensional octahedron portals of the triplex pyramidal matrices of Giza in the Eastern Hemisphere of the planet, and through the Moody Gardens tri-pyramidal complex on the Gulf of Mexico. This is exact in process to the 2009 electromagnetic phase of the cosmic trigger. Both pyramidal complexes—in axialtonal alignment, both on the 29th latitudinal vector, both emitting the energy of phi—become the dissemination engines of the 2010 cosmic trigger.

REACTIVATING THE CODED CRYSTALLINE ENERGY

Dear ones, the Crystalline Age is certitude. It is approaching with grand and grander momentum. Duality separation has been a potent and worthy experience for humankind in the University of Linear Earth. Duality has been a prolific teacher, but the linear curriculum is coming to a close for many of you. It is time to receive your polarity diploma and begin postgraduate work in the higher realms of zero field in the crystalline omniverse.

Before the Earth was a planet of duality, it was encompassed by a non-duality firmament. There were two elliptical bands that arched around the planet. One was electrical in nature, the other magnetic. The two unified to form an oscillating crystalline shield encompassing the Earth. The tone emitted from the pulsing of the crystalline sphere was the frequency of “om.” This we have shared with you previously in the initial two essays on the cosmic trigger.

The non-duality firmament dissolved when the Earth was transformed into a planet of duality after the conflict of MOLDAR. The electromagnetics were fragmented into

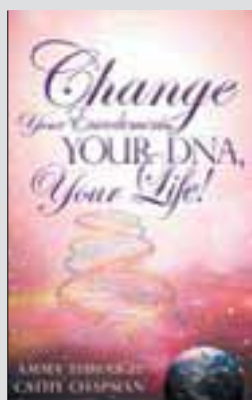
the Earth in polar electromagnetics. The crystalline portion was received in the mineral kingdom of the earth and in the etheric particulate termed the “adamantine essence” or akash. The crystalline akash is composed of etheric particles encoded with the divine mind, sacred intelligence of consciousness units. It is the DNA blueprint within the matter/antimatter that composes the flash of all realities and interlock dimensions through the electro-crystalline ley lines of the cosmic lattice.

On the 2010 activation, long dormant coded crystalline energies will activate as part of the cosmic trigger in twenty-five primary locations across the planet. These locations are: Minas Gerais, Brazil; Bahia, Brazil; Arkansas, U.S.A.; Muzo, Columbia; Bolivia; Herkimer, New York, U.S.A.; the Himalayas; Santa Fe, New Mexico; Tsavo, Tanzania; Torres del Paine, Chile; Dauphiné, France; New South Wales, Australia; the Cairngorm Mountains of Scotland; Galicia, Spain; British Columbia, Canada; the Ural Mountains of Russia; Mongolia; Quartz Reef, New Zealand; the Swiss Alps; Namibia; Japan; Huaxi, China; Thunder Bay, Canada; the Blue Ridge Mountains of Western Carolina, U.S.A.; Table Mountain, South Africa.

THE BIRTH OF AN ENLIGHTENED EARTH

Masters, this will indeed occur. Those of you who were once part of the benevolent Atlanteans of the Law of One will understand this only too well, for indeed you have waited a long time for this to occur. It is a sacred completion for you. You, along with the Sirians, Pleiadeans and Arcturians of the Cosmic Council and Galactic Federation, have taken great steps to insure that the crystalline energy will never again be allowed to fall into the hands of the Sons of Belial the totalitarian group whose greed, ruthlessness and ambitions of power led to the misuse of the crystals resulting in the sad demise of Atlantis.

You see, the master Atlantean crystals that were awakened in the 8-8-8, 9-9-9 and the remaining triple dates will not be physically accessible for another two to three centuries—a blink of the eye in cosmic time. An important dimensional lock will shield them until the planet is in a



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\$16⁹⁵

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state of illumination. We tell you that what will occur in 2012 is the birth of an enlightened Earth, but true peace and global illumination on your planet will come in another two centuries. Yet what occurs now is indeed the impetus that allows it to occur.

So to complete the explanation of the process described, we tell you that the coded crystalline energies that are to be released on March 20, 2010 will be fine-tuned by the awakened subterranean master crystals as they are drawn into the 144-crystalline grid for further assimilation into the New Firmament. While the electromagnetic phase of the cosmic trigger required twenty-one days to complete in 2009, the crystalline release will fully process almost instantaneously, literally within the hour of the passing equinox fulcrum. The effects will be tangible. Such is the comparative lightness of crystalline energy in relation to the previous phase of electromagnetic release in 2009.

CRYSTALLINE ORBS

Among these effects are the phenomena you refer to as "orbs." These will vastly increase in quantity and quality. Orbs are not new to the Earth dimensions, but were stepped down from the crystalline in order to be tangible in duality. These orbs most often occurred as blue or golden spheres before the establishment of the 144-crystalline grid. The crystalline orbs, however, are light energies of higher dimension and operate in crystalline function. They are receptacles and tools of coded akash and are evidence of the increasing presence of the quantum crystalline field. They contain the requisite particulate of matter/antimatter imbued with purposed intent, or blueprints. They are divine conscious intelligence that hold the keys to the re-formation of Earth and humanity. To be more precise, they are magnetic blueprints that beckon and attract higher energies that complete the process and link the chains of transformational operations. They are catalytic mechanisms of the ascension, and occur in myriad geometrical matrices. Some of the orbs are for the merkavah transformation of humans, and others are for the macro-conversion of the planet.

Orbs are crystalline charges of expansion. At present most humans can only see these orbs through digital technology photograph images and intuitive third eye perception. The crystalline phase of the cosmic trigger will enable these to be seen with the naked eye for those who attract them through their light quotient and merkavah advancement.

MANIFESTATION OF THE CRYSTALLINE MERKABAH

One of the most important results of the cosmic trigger of 2010 is the coagulation of the crystalline merkabah. We tell you that the merkabah that has served as the star tetrahedron vehicle to higher dimension for the past 12,000-year cycle is now being transposed into greater capacity. Indeed it is evolving into a progressive expansive mode to the crystalline merkabah and merkavah.

The emergence of the crystalline merkavah has been in waiting, and with the recently passed 9-9-9 crystal activation

ushering in the initial phase of the crystalline energy transformation of the Earth, many of you are awakening to your sacred unity potentials. Phase II of the cosmic trigger will stage another important component of the crystalline transformation. The human mind in duality was designed to assist you to gather and process information and to discern truth, but the wisdom that carries you into the higher crystalline realm dwells beyond the reach of the dual merkabah. Therefore the establishment of the new crystalline merkabah and merkavah is requisite to expand into the crystalline energy of the ascension.

Indeed the higher realms of the dimensions made available through the ascension lie in unified divine consciousness, and access requires integral crystalline light. This cannot be entered in the previous system of the gendered, dual-spin polarity merkabah. Thus comes the transition into the crystalline merkabah and merkavah. The crystalline merkabah is only fully accessible on the second phase of the cosmic trigger occurring on the spring equinox of 2010. The crystalline merkabah evolves into merkavah. The crystalline merkavah becomes available on the 10-10-10. The merkavah rises beyond the eight-pointed star tetrahedron and is formed in the twelve-pointed star of the stellated dodecahedron. Indeed, the merkavah rotational mechanics, geometry, spin vector and frequential ratios differ greatly in the new prototype.

Two levels and succinct geometries lie above the twelve-point merkavah. All are Metatronic in the sacred geometrical context; all then are interlocking evolutionary progressions of greater dimensional access. The full process of the requisite transition into merkavah will be given through the Metatronic keys. We will provide a dedicated assay in the near future to review this topic and its process in detail.



Masters, in the countdown to the imminent ascension, there are certain dates that open extraordinary frequential windows. In the three years antecedent to December 21, 2012 the most important of these are the equinoxes, solstices, triple dates and full phases of solar and lunar eclipse. The energy of the equinoxes of 2010, 2011 and 2012 are inserted with holographic gateways that are omnipresent and timeless.

In 2010, 2011 and 2012, the triple dates and referenced astronomical events will be exponentially more potent than in previous years. Each is engineered to utilize the rare openings to facilitate the receiving, or download, of extraordinary coded energies requisite for the ascension on the micro and macro level. These portals should be recognized and utilized. We compel you to visit power nodes, vortexic portal complexes and sacred sites on these frequential portals. Gather in collective ceremony and group celebration, and you will receive and send a wave of transformational crystalline light across the multiverse that is greater and more far-reaching than you can imagine. It is collective unity, illuminated oneness, that transforms your Earth and beyond. It has always been so. And so it is. ✨

Mount Fuji and Inner Earth

Juliano, the Arcturians and Adama through David K. Miller

17 October 2009

Greetings, I am Juliano. We are the Arcturians. The idea of opening up Mount Fuji and the Inner Earth there is actually related to the energies of the twelfth crystal. The downloading of the twelve etheric crystals will be completed in November 2009 at Serra de Bocaina National Park in the rain forest of Brazil. With the completion of that work, there comes a new holographic Earth energy. We are calling this new energy a dialectic energy field.

A dialectic energy field, according to our definition in Arcturian spiritual technology, is an energy field that is created through interactions of sacred patterns that are similar to what we have seen and what you have seen in the tree of life in ancient mystical Kabbalah. This is a sacred energy pattern. This is a galactic energy pattern that creates an energy field that transcends what individual corridors are equal to alone. In fact, what they do is create this dialectic energy field that transcends and is greater than the whole. You have heard this in your teachings on other spiritual matters that the whole is greater than the sum of the parts. Take each individual part and add them up. The sum and power of the sum becomes greater than everything added up individually. It is a coming together of all of this energy that creates the dialectic force.

MOUNT FUJI AND THE DIALECTIC ENERGY FIELD

How does this dialectic force relate to Mount Fuji? First, we want to explain the effect of the downloading of the twelfth etheric crystal. A dialectic energy field from the twelve crystals

KEY POINTS

- The completion of the downloading of the twelve etheric crystals that occurred in November 2009 is helping the Earth come into a powerful new alignment with the star gate. This development will allow greater contact with the Inner Earth of Mount Fuji.
- The Inner Earth, accessed through Mount Fuji, Mount Shasta and locations in China, is inhabited by intergalactic, interdimensional beings who are ready to share their knowledge and healing power with humankind.
- Athena, a leader of the Inner Earth beings, provides the feminine power necessary to bring the biosphere into alignment. Female energy is especially important on Earth at this time as we transition to higher dimensions.

will be created after the twelfth crystal has been downloaded. This will result in helping the Earth come into a powerful new alignment with the star gate. This means that there will be available a large energy downloading and a huge star gate alignment. This does have an effect on Mount Fuji because Mount Fuji does have a key role. Mount Fuji holds one of the etheric crystals. That means that you now have the ability to unlock the codes of the Inner Earth in Mount Fuji with the downloading of this twelfth crystal and the dialectic energy field force that will be interactively created.

What can I tell you about this Inner Earth in Mount Fuji? First, it is very well-protected. It is extremely guarded and there are many ceremonies, many rituals, that would be necessary to enter—if those holding the etheric energy would allow people to enter. Now with the coming of the alignment with the star gate and with the coming of the dialectic energy field of the twelve etheric crystals, there comes a new force field of light. This new light becomes a force field of spiritual power that can unlock the entrance way to the inner cities in the Inner Earth in Mount Fuji. Second, the ancient ones have been waiting for this time and for this energy. There are many ancient ones in the inner cities of the Earth who want and need to interact with the Earth. They want to interact with the Earth because they have so much to give to it. Therefore, your understanding and your willingness to work with their energy means, in a sense, that you have received their call. You have received and are attuned to their energy, and also you are tuned to the need to bring forth the energies of the ancient guides and teachers from the Inner Earth at Mount Fuji. The Inner Earth in Mount Fuji, like that of Mount Shasta, is a real, ancient Inner Earth that is awaiting the energy of the stars and the starseeds. It is awaiting the energy of the dialectic force field of the Arcturian tree of life that is being activated on the Earth.

The doorway and the interdimensional corridor on Mount Fuji is an ancient corridor. The ancient ones want to come out of their inner city and share with you their light, ideas, powers and healing abilities. They have great

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knowledge of Earth healings. They have great knowledge of how to work with the biosphere. They have great knowledge about how to work with Earth patterns and Earth energies, especially now when it seems that the Earth energies are getting out of control as we enter into 2010. These Earth shifts will appear to be out of control as we enter 2010. They will force a new unity on the planet. These shifts demonstrate polarizations, because humankind now lacks the ability to deal with the blocks in the Earth's meridians. The Inner Earth civilization, especially in Mount Fuji, has great ancient power and great ancient knowledge of the Earth's meridians and workings.

THE BEINGS OF INNER EARTH

The greatest power for accessing biorelativity and for accessing the core correlation of the energy field of the Earth with the Central Sun lies in the Inner Earth. What you will find when you go to Mount Fuji is that you will be receiving ancient spirits as they come out of their corridor. They are still protective, and being protective, they will not initially invite you into their realm. There is a special protective place for the Inner Earth spirits in the Mount Fuji area that is away from the general public and away from the tourists. You might have to do a little hiking to get to that higher realm, which the spirits know as the Land of Mu. They are really interdimensional galactic beings. I want to emphasize that. People think of the Inner Earth as containing beings who are just concerned with the Inner Earth worlds. Inner Earth beings, especially the ones in Mount Fuji and in Mount Shasta, are higher intergalactic beings. They are relating interdimensionally to the core of Earth and other planetary central cores. The Inner Earth beings at Mount Fuji are called the People of the Mu. Their leader is Yoko. That is the name that he will use when he is coming to you.

Adama is the great teacher in the Inner Earth at Mount Shasta. Adama also visits the Land of the Mu. You should understand that Adama is in communication with this Land of Mu in the Mount Fuji area. These Inner Earth civilizations are interactive with each other.

China also has several great Inner Earth centers. Just like the Inner Earth beings in Mount Fuji, the Chinese Inner Earth beings have great anxieties that their entry centers are going to be breached, and they are even more protective. There are going to be openings in the Chinese areas as well. The access to those areas has been guarded by the Taoist priests. These priests have studied with the galactic masters from the Inner Earth. Many of the famous movements that you may have seen on television, the kung fu, tai chi and qi gong practices, came from these Inner Earth galactic masters in China. These practices were brought interdimensionally because these exercises and these types of movements are etheric movements. They activate etheric energy that transcends the third dimension. Even though you are doing them on the third dimension, the energies connect the movements with the fifth-dimensional energy fields.



I also want to say that there are female Inner Earth masters in Mount Fuji, not just males. I mentioned Yoko, the male leader in the Inner Earth at Mount Fuji. There is also a beautiful female master known as Athena in the Land of the Mu. She is of Arcturian origin and she has great Arcturian connections—our Arcturian starship is also named Athena. Athena is a powerful woman teacher and guide, and she has much to teach. She represents a feminine power of rulership. New energies of the Earth are necessary for bringing the biosphere into alignment, and new spiritual technology is necessary to bring the feedback loops into alignment and to create a stable and consistent biosphere. These energies and alignments must be introduced and must be presented through the female light, which Athena holds. She has taken the name Athena because it represents her connection to the Arcturian starseeds.

A UNITY OF CONSCIOUSNESS

The inner cities of light in Mount Shasta and now in Mount Fuji will open their doors to the dialectic energy field being created by the downloading of the twelfth etheric crystal. This is going to send an electric charge through the Earth and through the Inner Earth so that there will be a unity of consciousness between the Inner Earth, the Earth itself, the fifth-dimensional Earth and the Central Sun.

This is the time that the Inner Earth people must be welcomed. This is the time where their knowledge and their technology should be welcomed, because they understand the Earth in ways that you are also beginning to understand. They have the spiritual technologies that are going to be received now on the Earth. People on the Earth will finally be receptive to understanding that the inner and the outer must come into a unison.

May the light and blessings of the Land of Mu, Mount Fuji and the Inner Earth fill your energy field with light. These areas are already telepathically connecting. The Inner Earth beings are happy to share telepathically, especially the powerful women from the Inner Earth of Mount Fuji such as Athena. She actually goes by "Atena," instead of Athena. In the Inner Earth, they don't pronounce the "h." Atena would be the correct pronunciation, and it is another sound you can use. [Tones]: AAAATEEEN-Naaaaaa.

What is the biggest gift of the Inner Earth now? It is reinforcing the power of the female presence as the masters—the rulers—of the Earth. The Earth is a female spirit—Mother Earth. So it takes another female spirit like Athena to understand. We will be working with all the starseeds as we move into this heightened transitional time. This is Juliano. Good day!

Message from Adama: A Beautiful Interdimensional Realm

Greetings. I am Adama, holder of the light of the Inner Earth at the portal of Mount Shasta. I am known to many people throughout this planet, and I am very close to the portal and the etheric crystal now at Mount Shasta. We who inhabit the Inner Earth realize that we are living in a beautiful interdimensional realm. We understand the connections between the interdimensional realms with the third dimension. It is comparable to when you think of your dream world, which is fourth dimensional, and you think you have an existence in the dream world. That fourth-dimensional dream world is based on the third-dimensional world that you are living in. That means that the buildings, the sky, the people, the plants and especially the animals that are on the third dimension are also appearing on the fourth dimension in the dream world. The dream world is connected to your reality.

THE ENERGY OF THE GARDEN OF EDEN

The interdimensional Inner Earth is like the Shangri-La of the planet. The planet Earth once had the Garden of Eden—a beautiful, fifth-dimensional planetary city of light that was described metaphorically as the Garden of Eden. In this garden there was fifth-dimensional light continually.

There were many who lived in the garden, not just Adam and Eve. There were many people.

My name Adama comes from the core name of Adam who was living in the Garden of Eden. Because of duality and polarization and also because of interference from other beings, the energy of the Garden of Eden was removed from the surface of the Earth. You have to understand that energy was not removed from the Earth, but rather it was removed from the surface of the Earth. That energy of the Garden of Eden is still being held in the Inner Earth at Mount Fuji and in the Inner Earth at Mount Shasta. That energy from the Garden of Eden is now in the inner world. The Inner Earth has evolved tremendously. If you read about the Garden of Eden, you might think of a very primitive place—beautiful, but primitive. Can you imagine the evolution that has occurred in the Inner Earth? The Garden of Eden has gone into high spiritual and scientific technology. We have had higher beings from all the great civilizations come to the Inner Earth. In Mount Fuji there have been many ancient masters that spiritually have descended into our beautiful city.

I have visited the inner city of Mu, in the Land of Mu in Mount Fuji. It is a beautiful city. It is a city that has huge communications with galactic cities throughout the universe. The planetary cities of light also are beginning to communicate to the sister cities in the galaxy. The inner cities and the planetary inner cities like Mount Fuji are already in communication with other similar inner cities throughout our galaxy. You see, there is a large connection between the star gate and Mount Fuji in the inner cities. These inner cities are receiving the higher technical knowledge that becomes available when one can communicate throughout the galaxy.

Truly, in working with the beings in Mount Fuji you will find a great love for the Earth. You will find that these people—Athena, Yoko and others—are true planetary healers. They have a true desire and love for the Earth, and a true desire to share their healing light and healing knowledge with you. I am Adama. Blessings! ☼

Gaia Speaks

Sacred Earth Wisdom

Gaia through
Pepper Lewis

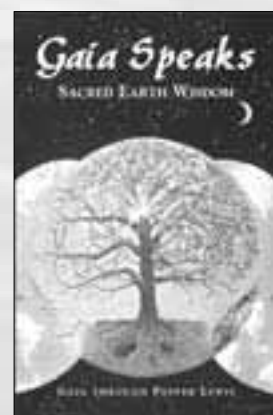
I am the nonphysical sentience of this planet—simply put, I am the planet Earth. I am the body and the soul of the planet you currently inhabit. My sentience guides and enlivens all that surrounds the planet as well as all that is upon and within her. My sentience animates the air you breathe, the energy 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.

Chapter Titles:

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

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The New Relationship Paradigm

The Divine Source of Wisdom from the Divine Soul Consciousness through Judith K. Moore and Sean Sands

Note: This transmission resulted from a personal request for clarity and guidance regarding relationship challenges between men and women. This guidance, however, seems appropriate for others who may have to face shifts in the male and female consciousness and the co-creation of relationships during times of crises.

The heart energies of that which is to transform humanity must express themselves through compassionate peace. This may occur in humans who have chosen peace, directly engaging in challenging situations that test the new paradigm principles that come from the heart energies. It will not occur spontaneously in engagement with that very energy that destroys peace. It does happen by encountering that energy through a loving circumstance in the form of wholeness and with the support of a loving community that surrounds you both. You are to draw on the strength of the community of faith that supports the journey and the purpose of your mission and your co-creation.

LOVING, PEACEFUL CO-CREATION

Ultimately the test is in having the strength from within the home to journey through this dilemma, which is the rift in the very foundation of the sanity of human relationships. It is far deeper than you realize, because the co-creation from the source of your compassion is alchemical. Each of you has the faith that goodness will result

KEY POINTS

- When partners adapt to change from a space of peace, compassion and unconditional love, they strengthen not only their relationship but also strengthen the very fabric of change with peaceful, loving energy.
- A new paradigm is emerging allowing individuals to grant each other permission to change and space for personal sovereignty. When this happens, the fearful systems of the old paradigm will be dismantled and replaced with new systems based on healthy dependability.
- Releasing the entrainment of the old paradigm and accepting the new wisdom must happen on an individual level first in order to bring positive change to the collective.

from your dilemma and that faith and goodness will be in the world. You are in a microcosmic space of the dynamic that affects peace on every level in this world. Those energies must be confronted in a personal space in order to be transformed. There is no distance that is great enough to separate yourselves from that which destroys the very fabric of loving co-creation in the world.

Knowing your tolerance levels and discerning your limits is vital. It is necessary that you develop the ability to discern what is healthy in a living environment and what is destructive. You are the ones who must choose what gives your spirit life and helps you to grow. You must be capable of knowing what is viable and what destroys the fiber of life. You are being called upon to know and see it and to present yourselves in a way that assures your commitment to the principles of peace. This must be done from the innermost sensitive areas of your emotional body.

You may look around you and see this dynamic at work in the world: It is active and visible in personal relationships as well as in community and global challenges. You hear about it continuously but it is distant from you. When it is distant, it is distant from the heart—even if the heart is filled with compassion. When the dynamic of chaotic relationship is within your dwelling, it takes a different form. It is a deep form of violation of the human ability to be intimate and trusting and peaceful. When you meet the challenge, staying centered in your heart, it strengthens the fiber of your spirit and emotional body. The strength that you both have to cope with this change will strengthen others and will strengthen the very fabric of change. You must be the change and you have both been sent into this test for that purpose. You have been called to affirm that which is life giving and to affirm that which is co-creative in the beloved sense of union without judgment. Simply see the truth of the division within the human soul and mind, which is at the foundation in the rift in human consciousness. This perception is transformative for all of human consciousness.

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THE LESSON OF WHITE BUFFALO CALF WOMEN

The mythology of White Buffalo Calf Pipe Woman clearly demonstrates the prophetic nature of this dynamic for the transformation of consciousness. She is the prophetess of the Lakota Sioux Nation and the feminine peace prophet from the Morning Star. When she first appeared, she was approached by twin brothers. The first one respected her and recognized that she was holy. The second one lusted after her and desired to take her power without her consent. She drew the second twin to her to be loved unconditionally. A mist surrounded him, and when it lifted, there remained only bones with snakes and worms. The snakes transmuted the old-paradigm poison, and composted the old world as they do in all gardens. The second twin was then free to join his brother in the one heart energy and return to the people as the messenger of White Buffalo Calf Woman's coming and the transformation of the world.

You are similar to her, as you have called the shadow forward to be transformed in the most benign manner possible. In the most gentle way possible, you have called this energy to you to be loved but not to allow the spiritual devastation and destruction of the sacred within you. Through the power of prophecy, you are called to release and transform that which destroys life and the soul of human compassion by keeping your heart open to your companion while setting healthy boundaries. When the heart closes, the mind is locked, and the will becomes rigid and inflexible. When the heart is open, yes, it is painful, but from that space of openness, new growth comes. You then are alchemists for the transformation of the collective.

Times of strife between companions offer incredible opportunities to grow emotionally and spiritually. This is because the energy that continues to sabotage the very goodness of human intention has been called closer to your heart. When you respond with loving compassion in all situations, staying centered in the heart, you can be effective in shifting your own paradigm and, by extension, that of the collective. You know that during these times, change must take place. Be at peace and know that the change has already occurred and action will follow. You may then rest peacefully, knowing you have done what you have agreed to do for the souls' sake. You have completed your promise, and your continued compassion is the strength and the fiber of the new paradigm.

When you choose to not turn against the person you love, to not show hatred, destructiveness or physical repercussions, you choose peace. Your choice is to seek to define what is viable for your spirit and what is not—this is the essential focus for both parties. You must choose that which feeds your spirit, because in making that choice, you strengthen the sovereignty of your spiritual focus and your ability to protect the prophecy that you, as a bringer of the great light of humanity, now carry as lightworkers.

AN EMERGING PARADIGM

There is a part of each human cycle that is the ebb and flow of the conscious relationship of spirit, mind and body guided by the soul's plan and the purpose for existence. At

this point of opening to a new paradigm, each individual has a capacity to gift others with permission and space. In a new way, this permission and space we speak of is the permission to be fully present as sovereign and unique creations of the God Source. The space is to develop without interference from the old agenda and personality patterns that each soul carries from lifetime to lifetime. Those personality patterns become dogmatic energy systems, structure and restructure, formed around the consciousness of the soul that is unable to perceive creation in a new way. And these very thought-forms are miasmas that lock the psyche of human existence into patterns that seem to be irreversible. These dynamics are at work in even the purest of loving relationships.

These dynamics are engrained in the conscious relationships of partnering, though a few unique individuals are able to transcend the archetypal wounds of the human psyche and experience relationships in fresh and new ways. This is the new hologram. By and large, human existence has been controlled by these ingrained holographic patterns. This is a dynamic of the individual, and it is also of the collective. It is the key to shifting the collective lies in the unique abilities of each soul, of each personality, to adapt to the emergence of the new paradigm of consciousness. It is found within the wisdom of the emerging paradigm and that wisdom is now surfacing. That wisdom is an element of the mind of creation that is active in the manifestation of the new creation. The wisdom has been transmitted through many messengers and in many messages from the hearts of literally millions of humans on the planet. The wisdom is surfacing on one level or another through conscious communication.

Now the very nature of the paradigm shift is requiring a new form of energy relationship and a new perception around the timing of the completion of cycles. The coming together and the separating of energy co-creation is an essential element of change. This particular phase of the shift of consciousness is essential to the shift of the paradigm. For the entire psyche of human existence acts in a trauma response to any form of separation, be it through movement, through death or through life circumstances. Grief and separation are laden in fear of the unknown. This entrainment is triggered by thoughts of altering relationships or circumstances around co-creation and dependency. Dependency as we describe it is healthy because it is co-creation, just as a tree is dependent upon the soil to draw nourishment. This is the natural law. Humans are, by their nature, drawn into community and into partnerships to draw those energies from the nourishment of each other, from the home, from life circumstances. This is human nature.

CREATING A SPACE OF PERMISSION

The inevitable cycle of completion has always historically been met by fear, grief and trauma. It is the holding-on desperately to what is predictable because there seems no other option. This desperation actually slows the process of human evolution. The new consciousness allows each individual to, with grace, give permission for a new cycle to begin without

the fear. Each individual must know with confidence and faith that the divine is at work in their lives. Then the individual can tap into the flow of universal life force energy with a new sense of confidence in the totality of existence and the effect of the balance of the new harmony that is emerging through the co-creation between individuals and communities. The new emerging consciousness allows change without trauma. It is a natural process that is welcomed.

This ability to perceive change establishes a space for the sovereign soul to flourish. When an individual does not have a space of sovereignty with another individual, a community or a government, that lack of space generates power structures that in turn create energy blockages. Power structures create unhealthy dependency instead of healthy interdependence. There are many ways to look at the words "dependable," "dependent" and "dependence." There is within just a few letters of these words a vast difference in meaning and effect. The ability to co-create through dependence is not unhealthy. Being dependable is healthy. To be energetically dependent is to be a victim. This form of dependent energy is disabling and crippling. Remember, being dependent reflects an attitude of insecurity. For even in the scenario where one individual must be taken care of by another, the one who is being taken care of is frequently the one who offers the greatest gift to the other, just as the soil gives to the tree and the tree in return gives to the soil. It is important to discern the difference.

You are being asked to sense when it is time to hang on to a relationship and when it is time to let go. In relationships, when individuals stay together for any reasons based on dependent energy, there is a fear of lack of universal support. Fear of lack creates suspicion that violates trust between two human beings. In the old-paradigm belief systems, individuals who are unable to complete dependence, dependability cycles with each other, are then searching for an explanation for the lack. They search endlessly to find blame, which compensates for the lack in the other person or in themselves or the situation. In this dynamic, fear is absolutely the essential human dilemma at the very foundation of an inability to flow with the God Source. This fear creates an inability to allow nourishment to flow into the center and out from the center of creation. This fear blocks the flow of universal life force energy, which is a zero point energy field.

Permission to change, when given to each other, sets the foundation energies and is the very premise for change within the collective. When individuals recognize differences and allow sovereignty, they create a space for the other to define who they are in relationship to the universe. Instead of creating emotional entanglement between the two individuals, the couple can choose to create a space of permission. This is the permission to relate to the energetics of life in a new way. This permission is, in itself, a step in the evolution of consciousness for humankind. This change requires sensitivity to the rhythm and the ebb and flow of the souls' agreement to co-create and to be sovereign.

Humans thrive on community and tribal ways. By their nature, humans are tribal. And yet it is the very fear of being dependent on another human being that widens the gap between hearts because the fear of dependence has been perceived as a sign of weakness. When a mate—a companion—gives full permission for an individual to move within the ebb and flow of their own soul pattern, then there is permission. This permission is on a deep spiritual level for each mind. This permission facilitates the flow of consciousness from the high mind—the consciousness of the personality. This form of sovereignty enhances direct communication with the Divine Source of Wisdom. Relationship with the Divine Source of Wisdom is the form of divine relationship that each of you is required to establish now. Thusly you may be skilled in the discernment of relationship patterns. You learn the difference between healthy dependability, dependence and being dependent. This lesson affects your capacity to function as a healthy member of a community. All of these matters are things to contemplate and ponder at this time of great change. Many existing patterns must be disrupted. The disruption of existing patterns makes way for new infrastructures.

BECOME A POWERFUL FORCE FOR CHANGE

We began this message by speaking of personality that has carried a habitual entrainment from lifetime to lifetime. The very foundation of that entrainment is crumbling now as the old paradigm crumbles. The process of tapping into the sovereign state of Universal Wisdom allows the flow through the heart from the high mind into the personality. It is a process that must be individual. This is absolutely essential in order to receive the wisdom of the new prophecies and to allow that wisdom to work in a real way. This is the process of building new belief systems that are in balance with universal law and co-creation.

The individuals of the soul group of the 144,000 are, in their own way and personal dynamic, meeting this challenge. This occurs with the death of loved ones, through the separation of relationships and through the need to change life circumstances. This is a phenomenon of human experience created by the shift of the ages, which is a time of absolute and ultimate change on the planet. Whenever an individual is prepared to serve from the source of generosity and who acts upon their willingness, they become a powerful force for change. The willingness to be in a loving experience creates a powerful energy. Each individual responding on this level is powerful when it comes to a collective shift.

A new model must be created based on spiritual wisdom. It is the wisdom of the new prophecies that will guide humanity to the New Heaven and New Earth. It is the wisdom of a new capacity for humans to see each other in a more flexible and pure light. In the new-paradigm energy, the wisdom that is given is, in effect, permission to change. The tide of change and the ebb and flow of the human spirit indicate it is time for change. There are always signs to be alert for when the time has come for a new cycle to begin—without the fear. The rhythm can be felt and responded to

without hesitation and in a space of faith and loving support. You have come close to each other to do the universal dance of companionship and to allow your partner to dance alone without fear of the repercussions of what that means. When you can do that as individuals, then collective groups can begin to establish that ability in the patterns of relationship once a quantum number of individuals change, that group becomes the catalyst for change in communities, governments, and existing power systems. Thus new infrastructures emerge, different structures that affect the ability for humans to cohabitate on the planet.

When individuals contemplate this particular message, it is advisable that each one communicates with all aspects

of their persona. This communication opens one's awareness and gives permission to the inner self to be flexible, to allow change and to create a space for the sovereign relationship between the soul and the high mind of the God-self through the heart to the persona. The awareness presented in this message may be taken deeply into the parts of the psyche that resist communicating with one's personality. These are the parts that hold the greatest insecurity and fear. This message gives permission to those parts of the psyche that are still holding the greatest fear of loss to let go, soften and enter into this ebb and flow of a new spiritual relationship between humanity to the Divine Mind of the Consciousness of Creation. ✨

The Next Great Adventure

Sarrinn with the Ancients through Daniele DeVoe

Welcome, lightworkers! Are you aware that one of the myriad reasons your soul had for choosing your present lifetime and your capricious and volatile physical reality was the opportunity it held and continues to hold for adventure? Your popular *Star Trek* movies talk about the "final frontier" as space. In reality, however, the final frontier is your own divinity. Humanity is awakening at a greater speed today than at any other time in history, known or unknown. And more accurately, this awakening is not the final frontier at all but simply the next one.

CREATING THE NEW REALITY

Beyond adventure, one of the most vibrant reasons for enjoying physicality at this time is not to be here for the shift, but to be here after it. Yes, you are here to assist the success of the shift. Yes, you are here to witness the excitement and the stress of this passage. And yes, you can have a huge and important effect upon the process experienced as the shift. But more than all of that, you, dear lightworker, have an immense desire to be here to design the post-shift adventure!

KEY POINTS

- The time after the shift will be an opportunity to create a new reality, and the moment is almost here.
- "You have come to a point in your grand adventure in which you cannot fail to achieve the fifth-dimensional, omnidimensional success you have all worked so long and hard to create."
- "Choose to live a glorious adventure in which you aspire to think positively, imbue your thoughts with unconditional love and to begin, without delay, to receive the fruits of your labor."

Why? Because this is the time for you to begin creating a physical reality that has never been lived before! And we offer you this thought as encouragement and excitement: You have lived through turmoil, war, grief, disempowerment and hopelessness. The opportunity is that this time you can and will live the higher road. There is no greater adventure than to create new experience, new reality, new life, new results, new paradigms and new thought. If you are bored by the predictable and tired of repeating experience (and lifetimes), this post-shift adventure is what you came here for.

And the moment is coming. In fact, it is almost here. Can you feel its imminence? Can you feel its potential? Can you feel the excitement of the adventure that is swiftly approaching? Think about it: How many times have you caught yourself thinking or feeling that something is about to happen or that there is something important that you have forgotten? It's not because of anything that you have overlooked, nor is it because of "impending doom." It is simply that you are finally reaching the moment of awakening that is the prerequisite of this next great adventure!

The sticky wicket is that some of you will still opt to stay in amnesia and some of you will also choose to renege on the responsibility it requires to do this remarkable and completely new work. If you are wondering if that statement refers to you, simply ask yourself if you are doing the new things and thinking the new thoughts that you believe will result in the joyful changes available or if you are simply doing what you have always done

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before and thinking what you have always thought before. If you are living the latter choice, are you willing to begin today—now—to make new choices and think new thoughts? Because truly, the time is now. We can be completely confident with that assertion, because time is collapsing and is ceasing to be anything more than a flow of experiences. And we can add to that the observation that time is not linear, nor is its structure constant.

THE MAGNET OF LONGING

Many of you are still holding beliefs and predictions that suspend time and potential in the future, where access is completely denied. How is this? You have heard the teachings that expectation is a trap. This is absolutely true when your expectation is only aimed at the future. Why not set your expectation(s) and then take a moment to welcome what you hold in expectation to the present moment? With it, hope will flow into your present-day experience and all the potential that exists there. You have been told that expectation and hope are only future concepts, but that is not true. They live vibrantly within each and every one of you, and to do so, they must exist in the present moment.

Longing has been vilified because it is seen as weakness. If this were true, then it would be totally inappropriate to work with the law of attraction—because what is the first step of this great and absolute universal law? It is to tell the universe what you want. And what is the third step? It is to hold yourself in the same resonance as the thing you have requested. That is the true definition of longing.

Longing is a powerful and completely appropriate tool when used in the resonance of unconditional love. In fact, in the energy of love, longing becomes a magnet. It's only when it becomes a low-frequency demand intended to control and manipulate that it is contraindicated. We suggest that you use longing: Long for joy, long for unconditional love and long for success. Long for harmony and peace. Long for health, prosperity and adventure!

SET YOUR INTUITION

Our channel has always loved goal setting, and while she may sometimes overdo it, it mostly helps her to direct her energies. The difference between her goals and the goals of so many others is that she requests to experience happiness—bliss, harmony, love—as the energy of almost any goal that she sets. When she awakens and realizes a writing deadline is looming, she doesn't set the goal to "finish on time." She sets the goal to thoroughly enjoy the writing and channeling. It is not goal setting that is the issue; it is the energy in which the goal setting is accomplished.

Several years ago, if you had looked into the future with your intuition, you would have seen that there was potential for the failure of the shift to move your world into a more loving level, and you would have seen that there was potential for success. Now, if you set your intuition to pursue that which has not yet been lived, you will find only success. This is an amazing statement of success and potential! Please

understand that as things have evolved, you have come to a point in your grand adventure in which you cannot fail to achieve the fifth-dimensional, omnidimensional success you have all worked so long and hard to create. The caveat is that there are an infinite number of pathways to arrive at this glorious result and that some of those pathways are a bit more elegant than others.

GET TO KNOW YOUR MOST BENEVOLENT FUTURE

So our question to you is what are you going to do about it? May we suggest that you begin today—now—to choose to live a glorious adventure in which you aspire to think positively, imbue your thoughts with unconditional love and to begin, without delay, to receive the fruits of your labor. And you might begin by realizing that God—Source, God, Goddess, All That Is—whatever you define the divine to be, wants you to succeed. Have you ever considered that idea? Have you ever realized that the divine wants you to triumph with everything you ever attempt? The lottery is pittance compared to the happiness, peace of mind, growth and harmony that is not only available to you but also destined to be a part of your future.

For those of you who meditate, we suggest that you travel to the future and introduce yourself to your future self. Find that loving and adventurous spirit and get to know them. And when you are ready, invite them to return with you to the present and to blend with you. And please remember, this is not a *Star Trek* movie: You will not destroy reality by interfering with the timeline. After all, time doesn't really exist, so how could you alter it?

If meditation is not your talent, then begin to imagine the most fabulous and loving future that you possibly can. Once you have that imagined potential focused, ask your inner being or higher self to help you to create this loving future beyond what you have imagined and more! It's wonderful to imagine the potential; it's even more wonderful to release what you have imagined to become even more. And since the future actually creates the present, won't this simple exercise of imagining have an extraordinary impact upon the reality you are now witnessing?

PRACTICE CREATING POSITIVE THOUGHTS

The potential that exists in this moment that you call today is greater than any previously known, and you are the one who has the power to magnetize it in, to welcome it here and now. You are also the one with the power to delay or toughen the adventure. Old patterns of thought, unrealized and outdated beliefs are the obstacles that make your pathway uncertain. Even the belief that it is too hard to change your thought patterns has become a mountainous obstruction that is causing no end of detours and delays. And the truth is that you can change your thoughts—not by fighting them or even by studying them, remember? What you focus on expands, so if you study your thought patterns beyond the simple level of observing what they are, you will expand them.

So once again, it comes back to the practice of creating new and positive thoughts. Please remember that this doesn't mean that you automatically set the opposite intention of the thought or belief that is tripping you up. It means that rather than carrying anxiety about the difficult economy, you let your mind play with the beauty of the flower on your desk or the recipe for tonight's dinner or the playfulness of your kitten.

Rather than repeatedly thinking about the fears of terrorism and war, contemplate what harmony and peace would actually feel like or contemplate the sweetness of your baby's smile. Both positive thought processes will get you the same result, because it's not what you think about; it is the resonance of the thought and the repetition of that resonance that creates the success you are seeking.

USING SOURCE BREATH

If you would like a tool that will help you to accomplish all that we have suggested above, we believe that the practice of source breath will help immensely. Do you remember the technique? To use source breath, you simply breathe at your normal rate, and as you do, you imagine that you are inhaling divine light and love and exhaling divine light and love. Simple, is it not? Now expand the concept a bit: Every cell of your body is a conscious being with its own soul. As you inhale divine light and love, imagine that every cell of your body is also inhaling divine light and love. And again, imagine that every cell of your body is exhaling divine light and love as with your partners in this exercise. Do you remember the statement: "When two or three are gathered together . . . ?" Well, with source breath, you have trillions of partners gathered. Imagine what you all can accomplish together!

For those of you who have learned to breathe in divine light and love and breathe out the garbage—did you ever think about the ramifications of this type of breathing? What is your gift to the universe and all who inhabit it with every

breath that you exhale thusly? But before you worry about all the years you've spent exhaling garbage, take this teaching as an opportunity to change an old belief and habit that does not serve you or anyone else, and begin practicing the source breath. In the same moment that you do this, you change your reality forever and disconnect from the former technique.

What is more, with every exhalation, you help to raise the resonance of the universe and clear the negative thought forms that negative thinking has implanted within the astral plane. Realize that if you set the luminous intention that every breath that you take in this moment and in all the moments to come will be the source breath—even when you are practicing other techniques such as prana breathing—you will change your life, your health and your path, and you will become the amazing creator you came here to be, experiencing the new adventures that are available to all beings of this post-shift era.



As the channel types these words into her computer, Christmas is just a few weeks away. Every day, she hears someone express the sad judgment that it is a shame that the spirit of Christmas cannot fill every day of the year. And she knows, as do you, that it can fill every day, every moment, every beat of your heart, but you have to choose it. When this channeling appears in the *Sedona Journal*, it will likely be February—the month of valentines and winter. We invite you to join us in filling each day with positive thoughts and luminous intentions for harmony, peace and unconditional love. The adventure, dear lightworkers, is just beginning, and very soon you will realize how wonderful it is to participate as a creator god with all the other creator gods living in your physical reality today. The time is truly now, and you are definitely the one. We are so grateful that you are ready for the adventure! Namasté. ✱

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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Choose Joy

Master Kuthumi through Rae Chandran

Beloved beings of divine light, this is Master Kuthumi, and I embrace you in divine love. You are all honored greatly for the work you are doing, as this is helping you and also Mother Earth. I urge all of you not to be afraid of the changes happening in your personal life or about the changes happening in the world, for these changes must take place for the Earth to move forward. There has to be a process of cleansing and healing. The time is nearing quickly for the entire human race to move into a new higher vibrational state. For this to happen, the slate must be made clean. Moving into a higher vibration is the reason for your being born at this time. You have waited for eons for this—now it is upon you, and there is great fear instead of excitement and joy.

Joy is what will carry you forward in this upward movement into higher vibration. What is joy? Isn't it finding solace and accepting and being in the present moment fully? Joy is a state of mind, a state of awareness, whereby no matter what is happening outside, you are peaceful and serene inside. This is a condition you can choose and cultivate in any moment. Make this a habit in your life of finding pockets of joy in each moment. Continuously choose joy in every event and experience, for in choosing joy you will find your freedom.

YOU CAN CHOOSE YOUR EXPERIENCE

Life is about choices. What are the choices we are making? Is it a choice to be in a place of fear or in a place of love and joy? When this becomes a part of your everyday life or becomes second nature, you will see that whatever is happening or whatever changes are occurring will not perturb you, for you know you can choose another awareness to experience rather than the one showing up in front of you. This does not mean that you want to reject change or that you do not care about what is happening, but when you embrace what is happening and choose to experience what is happening in whatever state of awareness you want

KEY POINTS

- Now is a time of great change during which human beings must learn to choose joy over fear in order to shift to higher-dimensional existence.
- You have a choice to release the patterns of fear and uncertainty learned at birth. As co-creator of your experiences, you have the power to change the way you respond to them.
- The practice of detachment and simple other methods can help you release patterns of fear and uncertainty and create a space for joy in your life.

to experience, then that becomes your reality of experience. So you may choose to experience the present situation as a blessing or a disaster or a gift or anything else. Massive changes are in store for the Earth and its people; it is good to cultivate the habit of choosing how you experience each moment, for in this you will find your peace.

So when a thing happens in your life, do not look at it as a success or failure. Choose to give it a name. In choosing to give it a name, you define yourself in relationship to what is happening and in that defining, you find yourself. Every moment of life is a process of self-discovery and self-definition. In this choosing and defining, you empower yourself and in this empowering, you raise your vibration. Also, when you are confronted with fear, anger or sadness in whatever is happening, know that you have called forth this event and thus you are the cocreator of this event. Since you are the cocreator, you also have the power to co-create your response to this event. When you start living your life in this way, you are continuously living as an empowered human being. In the knowing that you are the creator of your life in every way, you have the power to change your life any time you want.

If you were to talk to any human being on the planet Earth, almost all of them would say they would like to have change in their lives. Isn't this the reason you all have elected new leaders in America, Japan and other places? But when changes are occurring, then there is great resistance. Why is this so? Because human beings collectively fear the unknown. When human beings are born, very few of them are born with the realization that they are being born into a joyous, happy cosmic family and experience. Most of them are born into an unknown reality—even though they have made a contract before they were born about all of this. This is one of the reasons children cry a lot when they are born, for there is an uncertainty about the circumstances they are born into. This collective uncertainty rules the human psyche, and when changes occur, there is uncertainty. This old fear energy from birth activates in them. One way to confront this fear is to walk squarely into the unknown and face it. When you face it, it will vanish in front of your eyes. For those of you who are inclined to seek help, the deep bodywork and deep birth healing methods can be most useful.

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METHODS TO REMOVE FEAR

One other method of facing the unknown is to work with the great healing flame of Master St. Germain. Use this flame daily to remove the fear of being born into uncertainty, and this will in turn remove from your cellular structure the energy pattern of the fear of change or the unknown. Unless you remove the old frame of reference, this pattern will repeat again and again. For any experience you have to which you are having an emotional response or reaction, then there is an old frame of reference for that emotional experience.

Seek to find the patterns of fear in your life. In healing this, you will find liberation, for when you release patterns, you allow for that space to fill with joy and knowingness. You all have been born to heal these patterns and bring joy into your life. Joy is not happiness. Joy is a state of being, for to be happy, there must be something to support it. When that support is taken, then happiness disappears. But joy stands on its own. Many self-help programs promote happiness, but not inner joy. Joy is inherent in you. It is a part

of you. It is you. Your desire to choose it and cultivate it through your day will enhance your life and well-being.

The next few years will be cleansing years, individually as well as collectively. Whatever needs to go will be removed, and this can create fear. Another simple method to overcome this fear of change is to preprogram lapis lazuli stones with the energy of pure joy and place them in the four corners of a room, asking and giving intent to radiate their energy continuously into the room where they are placed. The crystal beings are coming into their true powers now and can help much during this time to clear and heal. Also, practice detachment, for when you detach from an outcome, then there is no expectation and you simply accept what is occurring.

Hasn't the great Master Buddha taught that resistance to life brings sorrow? So look deep within yourself and find where you are resisting life and take action to change it—or better yet, choose to experience it differently. I end this transmission now and hold you all in the golden and silver radiance of the Creator's love. ✨

Your Place in The Cosmic Matrix

Kuthumi through Lynette Leckie-Clark

Greetings. It is I, Kuthumi, who comes to speak once more and to assist you through your days of joy and challenge. The matrix of the universe has always been. Those enlightened ones who were before you—the Atlanteans, Egyptians, Mayans and the native races of Earth—all listened to and observed the universal matrix. They also listened to the earth, the wind, the waters and the sky. So they watched and felt many events before they came to be in the physical realm. They took time to watch and to listen. For only in stillness can true wisdom be revealed. In the cosmic matrix, it is written that all came from the one and that all will return to the one.

Many of you are experiencing difficulty in your lives. This stems from what humanity has created for itself. The noise

in the ethers from the rushing and accelerated pace of your days is deafening to us here. Where is the stillness? Where is the wisdom? Who is listening now, today?

THE PHOENIX

The year 2010 is time to move forward from the ashes of your old self, to rise as the phoenix, wiser and more powerful than before, allowing the light, the stillness and higher truth to lift you to success, to glory and to new challenges. The old ashes must be transmuted; they cannot be destroyed. Life is everlasting. Experience is everlasting. This assists you to grow in love, in light and in wisdom and to understand in that wisdom that a new way forward must be forged—a new path of unconditional love and peace.

We, the Council of Light, the archangels and the Planetary Brotherhood all come to assist you to rise from the ashes of old, to rise to your birthright in the glory of the One and in the light. We

KEY POINTS

- Now is the time to rise from the ashes of your old self and to be reborn into unconditional love and peace.
- Leave behind those things that bind you with chains of hardship and duty, forging a new path of your own creation and honoring your place in the cosmic matrix.

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come to you to help you release, to heal and to fear nothing and no one, for in fear you give your birthright away and the power it contains. You listen to others of lower light vibration. Their weapon is a smooth tongue and persuasive words. I tell you, do not be fooled—do not be swayed by untruths. Listen to your heart and feel the wisdom contained there. Take time to listen, to be still.

In forging a new path, you will feel renewed strength within. I ask you now to pause for a moment. What is it in your life that no longer serves you? What is it that binds you in chains of hardship, unhappiness and duty? These are things you need to release from your life. These are the areas you need to change. Have no fear, my friend. In your creation, there is no fear. It is in only another's creation that you choose to take as your own that fear can enter and reside.

Now Is the Time of All Times

White Eagle through Janet Lightstone

Note: White Eagle is the name of the being who once was incarnated as St. John the Divine, Apostle of Christ.

“And I saw a new Heaven and a new Earth, for the first Heaven and the first Earth had passed away . . .”

— Revelation 21:1

We are in a new heaven and a New Earth. We are joined in holy union. The divine and the mundane become as one. The illusion of our separation is fading into memory. The apocalypse—the lifting of the veil—has come to pass. The bride is no longer hidden from the bridegroom, and they unite in holy ceremony. We only need to adjust our eyes to the light to see it, allow our minds to believe it and trust our hearts to know it.

The perception of separation from Spirit is breaking apart, just as systems that separate humanity are breaking apart. Some of you have already completed this process; others are just beginning. Being at one with the divine creates many possibilities for life on Earth. On a personal level, it means that you are united with Spirit in heart,

KEY POINTS

- The Book of Revelation is ultimately the heroic tale of emerging from the depths of despair.
- “Now is the time to be aware of the heart of God beating within you.”

This is a year to create. Create your true desire. Transmute the old that you have outgrown. You no longer wish to be so tied to certain areas of your life. This is your soul connecting to the matrix of light, seeking a higher path of truth and love. I caution you, however, to see to it that you do not harm another. Speak your truth quietly if necessary, but do not deliberately attempt to harm another. Jealousy, hatred and retribution of any kind have no place in the cosmic matrix or in the light.

These emotions cannot exist there, no. Instead, create—your time has come to rise in light as the phoenix, glorious and triumphant, renewed in courage, hope and faith. It is time, my friend, to honor the birthright from whence you came. Honor your place in the light and your place in the cosmic matrix. ✨

mind, soul and body. This is an emergence of energy into your being that may or may not happen instantly. Usually, it is a process of integration happening in stages. You may experience psychic awakening, contact with spirit guides, peace, unconditional love, intuitional guidance and gratitude on levels you have never experienced before. As this integration takes place, you may also experience some conflict between ego and spirit that may cloud your judgment or leave you depleted energetically. This conflict may also bring about near-death experiences, long-term illnesses, financial ruin and depression. Know that this conflict is a natural shamanic experience that is part of the evolution. It will pass, and you are awakening into a new dimension of reality.

Living in this time of transition can be, at the very least, confusing and frustrating even for the most enlightened humans. Take heart and look at the New Earth as if you have moved to a new home in a foreign city. The new city is beautiful and just as you always wished it would be. Yet you still must adjust to the new culture because you were raised under very different circumstances. You were raised in a culture of fear, doubt, anger, dysfunction,



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dis-ease and stress. In this new city there are none of these, and the population is peaceful, forgiving, compassionate and generous. Here your path becomes clear and your visions manifest almost effortlessly. You are allowed to keep your heart open because there is no one here to hurt it. What a change! You must remember that you are still new to this, and you may find it difficult to believe that this is real.

My advice to you is to trust. Trust the New Earth, embodying peace, gratitude and harmony, is prevailing and will prevail. Trust this is the truth of life without the illusion. That is what apocalypse means—it is the lifting of the veil, not just the veil between heaven and Earth, but the veil of illusion that makes us believe we are separate from God and each other. When your life is falling apart, yet in your heart you know peace, trust that peace is the truth. Act as if you are already in this new city of harmony. Surround yourself with like-hearted people, and distance yourself from the dysfunction you used to know. Distance yourself from people who will try to draw you back into their drama until you can look upon your old life and ways without attachment. Allow yourself distance without guilt as you heal from the difficult life you have left behind. You are in a new culture in which you must completely immerse yourself until it is part of you—until it becomes your culture.

The Book of Revelation has been and will be interpreted in so many different ways because it appeals to many different levels of humanity's experience. It is allegory, myth, key, prophecy, code, map and dream all at once. But ultimately, it is the story of humanity's path on this Earth. It is the heroic tale of going to the depths of despair, war, tragedy, hatred and fear and emerging triumphant. You have emerged. It is real. Now. Naturally, you still have a choice. You can go back to your old city where you grew up because

it is comfortable. You can immerse yourself in the energy of dysfunction, falling prey to the fears of illusion. You can be fearful as the institutions of separation crumble. You can worry about finances, government and war. Or you can choose another way.

"And whosoever will, let him take of the living water freely."

— Revelation 22:17

The "living water" is the energy of divine union. Taking of the living water is inviting the divine spirit to integrate with you in your human body. It is accepting the oneness of All That Is through conscious choice. It is love. It is God. It is your choice to take of this water or not. It is your choice which world you wish to live in—the world of fear or the world of peace. When living an unconscious life, the truth of your experience is the guidance for the life you live. If the truth of your experience is one of pain, blame and shame, then you will have a life of suffering because every action will be determined by this truth. When you consciously shift into divine-spirit unity and drink of the living water, you change the truth in your heart to that. You live a life of potential and fulfillment no matter what is happening around you.

We, each and every one of us, has the unprecedented opportunity to heal that which has been broken, to unite what has been separated, to see opportunity as infrastructure crumbles, to act as humanitarians to alleviate suffering and to be that which the divine within us cries out to be. Now is the time of all times. Now is the time to embrace that which you have longed for. Now is the time to be aware of the heart of God beating within you. Now is the time to unite heaven and Earth. Let us witness within our hearts this miracle so long ago predicted on an island in a cave. Namasté ✨

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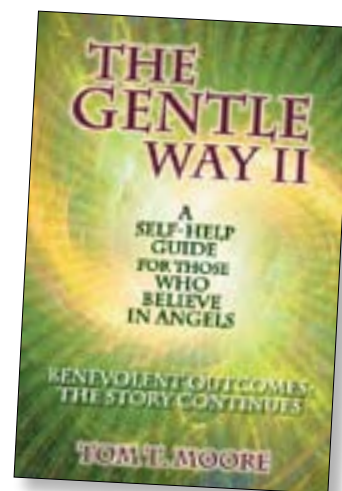
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Let Your Divine Light Shine

Archangel Gabriel through Cathleen Chase

Dear ones, there is no gloom or doom ahead for you in 2010 and beyond. The message I have for you as Archangel Gabriel, messenger from the divine, will be stated very simply and with love for all who read and hear of it.

The times ahead may be rough for those who have not yet discovered their divine light within. For those of you who have allowed the divine light to shine within and without, you are positioned well for what lies ahead. It is a matter of choosing which path to take—which choice to make—and simply beginning the process of living from your heart.

When the Earth was first formed, the connection to God was felt by all. But the Earth is governed by free choice, and humans began to make choices—life choices—that brought them away and made them feel separate from God. As cultures and societies evolved, religions were formed as a way back to God. Keep in mind this was man's interpretation of how to reconnect to God. Take a look inside you. Forget about your religious doctrine or non-religious beliefs. Strip away everyone else's idea or definition of who you should be or how it feels to be connected to your Creator. Look inside you—really explore those places within you. Who are you and how would you define yourself?

Humans are created with a piece of God within them, a spark of light from God. The light within you was ignited at the moment of creation. What part of God is in you now? Can you feel the Creator, can you see with the Creator's eyes and love as the Creator loves all? The humans who move forward through 2010 and beyond will be living with their divine self—the part of themselves with the God or Creator essence—leading the way. The God in you will allow you to live life with abundance, love, peace and balance. These words you have all heard, but few have incorporated them into all aspects of self and all aspects of life.

STEPS TO TAKE

So how does a human live like God? It is very simply through your heart. By being open to love and opening your heart with love, the life force of God will work through you.

KEY POINTS

- The divine light within you was ignited at the time of creation.
- Open your heart with love to allow the God life force to work through you, and recharge your divine light within through meditation.
- The energy you carry and put forth is what is reflected back to you

You will simply have a connection to God, your Creator, and it will be a solid and permanent connection. Open your heart to live a life with love being first and foremost.

Learn to live with truth and integrity; listen to your inner guidance and follow it. Have faith and trust that you will be guided. You can validate what you get from your inner guidance, but do not doubt. Many doors may open quite unexpectedly and it will take faith and courage to walk through them. Again, trust that you will be directed with love and lessons to be learned for the highest good of your soul.

Surrender your control to the divine light within you. Release your control not only over your own life, but the control you have over others. Go with the flow—wake up each day and ask your divine self to lead the way. Watch the difference it makes in how you approach mundane tasks and your perspective on the unexpected. You will see how your life expands and takes off in a most beautiful way.

Recharge your light each day. Learn to make meditation a daily process in your life. Think of it as recharging your divine light within. Do you not plug in your cell phone each day to recharge the battery? So why not plug into God each day to recharge the divine light within your physical body? This will ensure the connection to God keeps the life force energy flowing within you and throughout all that you encompass.

Be conscious of the energy you are putting out on a daily basis. The energy you put out matches the vibration in your heart—every spoken word, every thought, every emotion, every gesture and every deed counts. Do not think that what you hold within you is hidden. It is reflected in your aura, the energy you hold around you. More and more people will begin to read this energy, so be conscious of what you put out there—what you think, feel, say and do.

Also with this, be mindful that like attracts like—the energy you carry and put forth is what is attracted back to you. And, going forward in 2010 and beyond, you will find the energy that comes back at you comes back even faster. Manifestation will become spontaneous as you live in the now and will materialize as the same energy you are holding in your heart and aura. This is very important for you to understand.

Practice and incorporate the spiritual tools that work for you. I am speaking about spiritual tools and practices for energy protection, balancing chakras—the energy centers of your soul—and



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clearing the energy within your soul body of light. Know you are so much more than what you see. Take time to clear your sacred spaces: your homes, the vehicles you commute in and the places you frequent. Even your friends and family will benefit if you clear the energy around them. Your assistance will benefit them in their lessons tremendously.

LIVE THE TALK AND WALK THE PATH

Just know that by living your life with divine direction does not always make it the easiest path to follow. Many times lessons will appear before you. If you take on each one by living through your heart, living with integrity and asking for divine direction, your lessons will be experienced with less drama, pain, disruption or scandal in your life or

another's life. You will learn to recognize the lesson as you actually go through it—it won't exist only in hindsight as it has in the past. Once you realize this, you will recognize the fear, look at it with love and the transformation within you will truly empower you.

These steps are simple. But truthfully, few are applying them in their lives, even those who you recognize as your spiritual leaders. It truly is time to live the talk and walk the path. One last thing to remember is to ask for help from your angels and guides who are ready to assist you. Talk to them, open your heart to them and show gratitude for their assistance. Your life will be lived with love, joy, peace and perfect balance. Your divine light will shine and your spiritual truths will quite simply become you. You are dearly blessed. ✱

Cosmic Body Mastery: The Multi-Heart Switch into Exotic Particles

The New Ascended Masters through Maurene Watson

Today we refine the subtle bio-consciousness movements of the multi-body switch into the physics of the cosmic plasma Creator body—that which the children under thirty, newly born children and all new species are rebirthing along with you, divine humans, as their guardian escort masters. This is a major shift from cocreator to Creator memory. You must get used to experiencing the wonder of your own multidimensional body first, as well as understand how the manual of your own self-expression of pure self-love fulfills your chalice. It helps you refine the reason you're still here: for the fulfillment of the unique expression of pure love essence. Don't be surprised to awaken one morning to being exactly what, where and who you always wanted to be!

THE ILLUSION OF THE PHYSICAL

All new life forms under your oceans and in your cosmic rays await their own fulfillment as well, to help you replenish your planet and humanity. You are coming into a place where everywhere is New Earth and New Earth is everywhere, and you are everywhere and no place at all. There is no other side. There is only this moment and your responses to change. Whatever you change in the now changes the outcomes of your past and future. In the true physics of love, your magnetic heart field is 5,000 cycles stronger than the brain. Your life can be simple now—in one heart flame, one water molecule, one stem cell, one love, one consciousness. In the physics of love versus the physics of change, you imprinted heart for repetition of fractal patterns of fear or

KEY POINTS

- Over the next thirty years, multi-body physics of consciousness will be the model as you move from matter to energy to consciousness.
- You are moving toward your cosmic ray bodies as you shift right now from being a cocreator to a creator.
- Love allows nothing to exist outside your own experience of what you perceive at any given moment.

love. Change with dissonance or change with resonance. Remember, you all came from the Source Heart of cosmic suns, did you not?

You will find there are many density planes and dimensions within the frequencies of the cosmic body. The cosmic body allows your heart to switch from the electromagnetic charge to a pulsing monopole heart so that love dissolves away the past to allow the imaginer to see what already is, in a higher frequency, through remembrance. Do you see it, awakened dreamer? It's right there in front of you. Your

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body-recycling progressions have been planetary, solar, galactic, universal, multi-versal and cosmic frequencies. Each one masters the past memories of the mental, emotional, physical, soul and spirit planes of each. Over the next thirty time-years, multi-body physics of consciousness will be the model of your accomplished multiverse as you move from matter to energy to consciousness. Many of you may try to construct all manner of levels of cosmic bodies and their definitions, but as the illusion of the physical falls away, the consciousness knows that physical reality and the body are illusions and held only by your focus. If you remove, or un-create, your focus/consciousness, the chair, the anger, the fear and the old Earth matrix illusion of matter then dissolves away from your reality. And when the master has been fulfilled by all self-expressions of pure love, the option to release the illusion and/or matter of physical reality is available. This includes a checklist of the experience of what is the illusion of choice from past self versus what is a true choice of the heart's impulse of self-love. The illusion of choice—from outer voices of time, space and place, and from those who told you that you couldn't have self-love unless you gave yours away first to serve another master—is no longer held in your love.

THE TRUTH OF THE HEART

We must discuss cosmic ray frequencies now, because both inner and outer interdimensional contact experiences, the meeting of your interdimensional selves in higher frequencies, is in effect for each of you, and you're helping prepare all of humanity for the same. So do expect direct contact—in your dreams, in your homes and while interacting with others—and expect that some of your spiritual gifts will seemingly sneak up on you, such as levitating, time-warping, instant precipitation and telekinesis, and any other love images or sequestered potentiates in your heart. These will be real waking dreams, for they are the true reality of what self-love means to you, are they not? Conscious imaginers of pure love essence, as you remember in full consciousness, you realize that there is nothing that love cannot be, do or change. You may begin to feel love pouring through your body like ocean currents of cosmic giggles, and you will never be the same again. The heart will speak only the truth of its own experience.

We will attempt to initiate, map through or answer to your consciousness about this new ultra-conscious inner communication system that operates from your heart's magnetic monopole. You could call this the magnetic flux-free energy body that yields only to direct experiences of the heart. The multidimensional body still uses a plus/minus plug-in battery, whereas the cosmic body uses a monopole magnet. We see that many of you are impulsing this cosmic-body physics already, but it must not be forced and it must be experienced uniquely by each. It is an overlay of the multidimensional body and even goes beyond definition into the truth of exotic particle conscious experience. It is simply a master of sovereign love who has dominion over the All in All—time, space, matter,

energy, consciousness—and becomes a unique Creator Source of unknown universes. It is most difficult to believe that this could be done as a divine human, but you have all proved it to be so now, because you now realize your bodies are made of the consciousness of the exotic particles and sub-atoms of stars, galaxies and suns. Your climate change is simply a reflection of your cosmic consciousness returning your universes to their normal parameters of love though divine choices. The time of balancing the axis through love/anti-love is closing.

A TIME TO CREATE

But to review, the 2010–2012 window is a wondrous time as you watch the planetary consciousness release enslavement, abuse, violence, war and the belief that the mind is real, off the planet. This old communication system, where you played at being enslaved by your own love, has kept away your planet's divine right to all the multi-versal abundance love can hold. When you don't play in the heart's creation chamber, it makes you all frustrated and grouchy as the magnets in your heart flux in and out of your multiple amplitude ways of experiencing self-love, and playing in the love of others. You're mapping your own new, multiple inner communication systems—as evidenced by the flood of the new technologies—and getting used to your own self-love and authority in trust, time warps and choices without control and in a sovereign heart spirit! This is the new species that you have created that merges all your universes back into the one with free will in love.

The multi-body experience is so visceral that it can now taste, smell and feel human addiction to the seduction of slavery—even now, as you release your own human. The multi-body has a transparent ego and can also taste, touch, smell, intuit, move and cognate energy and light at different frequencies and modulate the heart accordingly. As children, most of you hid or shut off your consciousness to help your soul families and to endure filtering the toxic human so it could remember the divine self. You're also realizing how much energy it has taken to hold your old human molecules together to substantiate your body in the form each morning. Now, add the drag frequency from all forms of fear and dense technology, and you will see how quickly your planet is bleeding out and dissolving away the illusions of fear and doubt. No, it will not just be another cosmic round of the master and slave changing turns and getting all that the other one lost. That time is over and takes you out of time, space, place and dimension and puts you all in unknown pixie dust as playful imaginers. You will move, more and more, into your energy body with your transparent ego, drop out the dense human bodies until your body is fully conscious in its own free energy state. Designing your own choices and reading your own new manual is the main task at hand, as is knowing that all multiple choices are equal for you, as your love no longer needs to go through anger, suffering, death or disease to serve you. Whatever is in your heart is what you will create.

THOUGHTS INTO PARTICLES

Here's a conscious creation formula: When your cosmic heart hologram fluxes back and forth between matter, energy and consciousness-magnetizing choice potentials in and out within the vacuum seal of your heart chamber in momentous choice, trust and truth in multiple realities. Cosmic rays are measured in color wavelengths of your light spectrum. You have named them angels. You call them in the attributes of the names of angels: Divine Power, Truth, Love, Wisdom, Abundance, Compassion, and so on as light lowers itself into the frequencies of form particles. Your imaginative monopole magnetic focus simply causes the freewill electron to collapse a waveform of thought into a particle held for a finite or infinite amount of time by choice. If you forget, uncreate or dissolve focus, the pattern of the chair, a mental or emotional memory or even a diseased organ can disappear from your holding it in matter and return to energy pattern perfection. You know this as the experience of losing an object or not being able to find something you seemingly lost. This allows you to become the ectoplasm substance of your desire. The master decree says: "I am the power, love, and authority precipitating, and I am the thing/substance being precipitated. I am the energy to accomplish this easily." The act of conscious observation allows the waveform to collapse into a particle.

Why can you replicate or raise and lower the vibration of ectoplasmic matter? Why do cosmic sun seed cells of all life patterns replicate, like the stem cells in your body reproduce organs? Because, in the body of the One, the heart, the brain, the heart cell and the energy field all imagine the same love desire at once, making you your own source of all sources. The synaptic information transponders have pattern-memory replicators of all perfect love life forms in the universe, so you can replicate anything you desire from their magnetic signature and precipitate it right out of your own body. You have the pattern for gold, for all objects and all substances, for the body cell or for your spirit/partner self—if you choose to precipitate or replicate from your heart desire. Why not have three of you standing in the room, and they are all you? Why not hold love for another to call up their perfect body blueprint for instant body replication? So what is available to all masters or cosmic beings is available to all, by their frequency signature. Frequency replaces time, space and distance in the cosmic body system. Why not fly or disappear? Hyperdimensional exotic cosmic ray particles raise and lower the frequency patterns through the violet flame waveform of love. These potentiates can lower into a frequency of vibration or precipitate into particle matter. Or these potentiates can raise matter into frequencies of conscious-energy light waves. Often this causes the body to feel like it is not here as it time warps. Reality is what you perceive and feel in its intuitive visceral quality. You get to decide how long you want to hold its form. Do you want money, more love or a house for a short time? Or will you hold it in your monopole focus for a while and then release it back

into energy? In the end, reality is the illusion of what you yourself created and how you perceived its life as you created it to be—until you un-create it.

So you get to play with all life potentials in an equal moment access and availability as fluid observer, experiencer and imaginer of being-ness all at once. That can often make you feel like you're just a star visitor here. When the heart signals the imagination, the magnetic omni-flux field moves clockwise and raises the frequency through the heart vacuum to precipitate or drop object or desire into your hands. If you want gold, food or more light, you are simply calling up the memory of that life form pattern into your hands for your use, since you are all life forms and you have co-created them. There is then no need to deny yourself anything you desire, unless the desire has to travel through your anger, pain or doubt before you allow its existence.

The cosmic body does not allow this. It only allows exotic particle frequency to run the communication. So the multi-body of a negative/positive charge will later switch into the cosmic ray body. Here you have a monopole magnet in your heart with only a positive pole outcome. The magnetic flux of time shifting, of phase amplitudes, are akin to changing your mind so a choice-action at any given moment matches your frequency. Positive multiple choices flux in and out simply by following your cosmic impulses. This is a shift from being a cocreator to a creator. True free energy needs no electricity, hydrogen, batteries or the like. It uses the monopole magnets of New Earth's inner plasma core sun along with cosmic rays to power love, not old energy dipolar electromagnetic "plug-ins." Your body does the same through its heart magnetic.

COSMIC RAYS ARE PURE LOVE THOUGHTS

Cosmic rays could be said to be waves, bubbles or particle rays that hold the expressed essence love of the All. You created rudimentary cosmic rays when you as angels were designing your modes of travel for descension. Cosmic ray physics will familiarize your interdimensional interface, enable contact with your star families and have other prime uses. As we remind you of their new names, let yourself experience your exotic particles, such as muon, pion and kaon. Notice the speed of their consciousness and their world service through the memory of who you really are and the truth of why you have come. Now, as you telecom on cosmic rays as we describe their exotic particles below, feel their visceral qualities and imagine yourself as these tiny exotic particles talking with the suns about what your New Earth is going through and about the next responses of the new species of humanity you are guiding. Get acquainted with these photon family particles because it won't be long before your bodies again become them and your new sciences will be using them in every aspect of their existence.

Cosmic rays serve to feed your new food sources, protect your universes and allow for inter-space travel. They are the base sub-elements of your bodies and all life forms. Science says they are energetic particles originating from outer space

that visit Earth's atmosphere. Almost 90 percent of all the incoming cosmic ray particles are protons, almost 10 percent are helium nuclei or alpha particles, and slightly under 1 percent are heavier elements and electrons—beta minus particles that are abundant end-products of stars' nuclear synthesis. The Sun also emits low-energy cosmic rays associated with solar flares. Secondary cosmic rays consist of the other nuclei, which are not abundant nuclear synthesis end-products or products of big bangs—primarily lithium, beryllium and boron. These are the natural elements in your own bodies and are the core for sub-atomic anti-gravitation fields for space travel. This is how you travel back and forth between the hearts of your suns.

The nuclei that make up cosmic rays protect your Earth and your new galaxy. Your conscious love now allows you to change the outcome of your pole shift that has turned your Earth over fourteen time cycles as you move from bi-pole electrical to monopole magnetic heart field. This axis shift pattern that was written in your ice core data recorded the last natural shift 750,000 years ago. The other shifts, which you name "climate change," were human-caused tampering with exotic technologies left to the old Earth and her peoples. As you heal these memories, however, the New Earth will resume her natural cosmic cycles as you remember your parallel worlds.

Cosmic rays, or pure love thoughts, represent particle consciousness and provide communication and correction for your universes. They are able to travel and help your body consciousness travel at exotic sub-particle speeds from their distant sources to the Earth because of the low density of matter in space and particle/antiparticle interactions. Their nuclei interact strongly with other matter, so when the cosmic rays approach Earth, they begin to collide with the nuclei of atmospheric gases. These collisions result in the production of many pions and kaons—unstable mesons that quickly decay into muons, or ionized radiation. A muon is an elementary particle with a mass of 209 times an electron and with a half-life of two millionths of a second. Because muons do not interact strongly with the atmosphere and because of the relativistic effect of time dilation, many of these subatomic muons are able to reach the surface of the Earth. Muons are ionizing radiation, and science detects them in many types of particle detectors, such as bubble chambers or emission detectors. You can intuit how the speed of love particles allows your body consciousness to travel at warp speed and be back just in time to be visible. It also explains why your children are the natural telepaths and time importers that they are.

Cosmic rays impacting non-Earth bodies in the solar system are made of elements heavier than hydrogen and helium, and can be detected by observing gamma ray telescope emissions. Galactic cosmic rays that generate from outside your solar system are subatomic particles—mainly protons, but also some heavy nuclei—accelerated to almost light speed by distant supernova explosions. A single cosmic ray can disable a satellite if it hits an integrated circuit. From

Mercury to Pluto and beyond, the solar system is surrounded by a bubble of solar magnetism called the heliosphere. It initiates from the Sun's heart, or inner-magnetic dynamo, and is inflated to enormous proportions by the solar wind. Researchers know this because when cosmic rays hit the atmosphere, they produce an isotope of beryllium, ^{10}Be , which is preserved in polar ice. The planet's atmosphere and magnetic field combine to form a formidable heliosheath against space radiation, protecting humans on the surface.

THE PHYSICS OF LOVE

Matter bodies have never before experienced such sub-atomic radiation frequencies with the exotic sub-particle activated in the brain circuits above 10 to 13 giga-electron volts (quarks) without dematerialization or cell combustion. Science still needs to claim formulas for love's need to constantly create and is yet to understand that cosmic physics can answer distortions or creations in consciousness. Hence, your scientists may think they are discovering a new kind of cosmic physics as they discover what already is in the changing cosmos but was simply disguised by the illusion of time: more dimensions in the new multi-verses, playful interactions with dark matter in new ways, and the illusion of matter. When we spoke about your plasma body, we described the science of plasmonics, which shrinks cosmic light wave patterns of information or magnetic waves into structures. We can extrapolate that your body uses these electron density waves or "plasmon" to ignite the macro-circuitry—the light-emitting diodes in your multi-heart brain—through super-position detection that can, at your will, alter the magnetic field around you body, even to such a degree that you could appear invisible. That explains why thought is everywhere and you are everywhere at once and nowhere at all. This is possible if your human body is equal to its own Source love. Then the body's light refraction, excited by light radiation, is equal to air or ether as the molecules are neither bending nor refracting light but absorbing it in an index at the ratio vacuum at or beyond the cycling speed of light in your cells. In other words, you no longer need an outside reflection of illusion to be the Creator Source of all love in authentic presence. This love physics is experienced as flashing higher magnetic radiation voltages from the cosmic light spectrum through the autonomic nervous system throughout your energy field bubble, with such a conscious DNA memory, that your body can youth-en itself, at a level constant with its own essence growth.

So you may just discover that, as you dissolve your old universe, you simply find the natural ways that God particles truly behave in the All in All. And at that chosen moment of the full remembrance of love, you will never be the same again! This leads you to the truth that love allows no universes, objects, structures, concepts, systems, relationships or sciences to exist outside your own experience of what you perceive at any given moment in ever changing love. Give yourself the full remembrance of your own unique love, master, for there will never again be another who can tell you who you are in your walking holograms! ☀

Awakening to Now

Metatron through Lois Noonan

Greetings, dear ones. It is always delightful to share with you in these times of tremendous change. You have experienced this type of shift before, millennia ago. However, having chosen the opportunity to experience duality now, you will find this one very different. You are going to have to go very deep inside, into the area of your heart, in order to sort this out. Millions of souls are already on this path. You will find yourselves congregating and sharing. It is a time of believable recollection! Choose to believe, and so shall it be.

YOUR EXPERIENCE IS YOUR CHOICE

It is very much accepted that all souls are equal and equally loved and that they are of the same source, the oneness. There is no separation, no distinction, no difference at the soul level. This is a given. Beyond this, your experience on planet Earth is a choice. What did you come for this time; to wrap it up or to experience another opportunity? Let your heart focus on your choice. What do you appear to be learning? What are you focusing on? Surely you are aware by now that this is a game, a game of "let's pretend!" But game time is almost over, and it is time to choose another venue. It is most assuredly a time for introspection and awareness. Based on what you glean from the media, few answers will be found there.

We have already mentioned that your heart is your center. Soul time, time with yourself, is required if you choose to find answers to the present state of society. We like to call blips, upsets and even disasters "lessons." What can we learn from the state of the planet right now? Focus on learning and then change. There is nothing to fear but fear itself. Accept that the real power, the only power for change, resides within *you*. It was never meant to be otherwise.

You have always been in charge of you. Problems arose in the past because some souls chose to appear to control you,

and you withdrew your power, forgetting your connection to the Source. This is one way of understanding how it is—just one more opportunity to wake up and smell the roses, claiming them as a part of your creation. You cannot choose for another soul. It is only deep, deep within your own soul that your power and your destiny are created. Within the God-given energy you have absolute control over your experiences; this is an absolute!

Wow! Now take a deep breath and relax. You have been handling this since your moment of creation, and you are now infinite. So why panic? Simply accept and take responsibility for what you are experiencing here. Love and light from your heart are the keys to creation. The outcomes are as endless as the energy of Source. It is time that is of the essence now. The universes have a direction, and Mother Earth has a vision of perfection to which she chooses to return. It is your choice to go with her or not. You cannot be compelled to do so. Actually, many souls are almost finished with this selection and are looking forward to moving on.

CHANGED IN A MOMENT

What have you learned so far from this life experience you have created and chosen? Let us tell you one thing: You can change it all in an instant. A deep, heart-felt focus on love and light can change everything in a heartbeat. If you perceive it, then so shall it be. It is not the state of things themselves that causes the problem; it is your perception of them and it always has been, dear ones!

This is your power. This is your awakening to now. There is a plethora of information available in literature, on the Internet and through communication with others also on the path of exploration, looking for truth. Of course your truth may be very different from theirs, but there is common ground: the love and light in the heart. Share without judgment. Begin here and let your experience grow; it will astound you. Life can be beautiful right now. Look for the positive aspects and focus on the love! Promote the acceptance of all souls as equal. It is the purpose of the character role others have chosen for their

KEY POINTS

- This is a time of congregating, sharing, and increased awareness of the oneness and love that come from being of the same source.
- Your choices are your own; you cannot choose for others, nor they for you. Accept responsibility for what you are learning here and now.
- Now is the time to awaken into the realization that it is your perception of things that causes problems. "A deep, heart-felt focus on love and light can change everything in a heartbeat. If you perceive it, then so shall it be."

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performance that makes them appear differently. It is the same game, but we make up our own rules, therefore creating different outcomes.

Nevertheless, this can be changed in the twinkling of an eye! You are the power of you. It is inevitable that your role is, therefore, totally your creation. Harsh words? No, they are loving words, because we are sharing with you the basic rules of the creation game. Each soul is an independent player—there are no teams—garnering its own experiences in an attempt to remember the beginning.

In the beginning, there was light, and that light created individual souls. Then the souls took off, full of enthusiasm for this wondrous gift. You know the rest of the story to this point in your selection of experiences while past life regressions may fill in some of the blanks. We are offering information that may have slipped through the cracks in your broken hearts; however, you are in charge. You are the charge! At the highest level of awareness, your choices are all your own. Now it is time to move on with this wisdom. It is in your heart of love and light. Thank you. ✨

Unlocking the Barriers to Awakening

Expanded Consciousness through Miriandra Rota

18 December 2009

There comes a time, beloved beings, when the need to be centered and focused within the true essence of what you are begins to direct not only your choices and interpretations but also begins to declare itself within the inner sanctum of your being. When this occurs, there tends to be a shedding of not only that which you have been but also that which you have been striving toward. This, of course, does not mean that you are left without a sense of personhood or that all you have developed as a way to experience your own self within the world will vanish. More likely, you will most definitely discover that much of what you have been creating and developing is the perfect avenue for this next phase of your living upon Earth.

The reason for this perfect avenue resides within the truth that you have been becoming more and more real. Within your realness to self have you begun to shed that which is complete and dance with joy within your own discovery of your seemingly new spirit—though of course the new spirit of

your own self has been waiting until this moment to be able to emerge and celebrate truth incarnate, the real you incarnate.

And as you venture forth within this continued discovery of the essence of truth as it resides within the spirit of your own being, the entire world is then blessed with waves and waves of that which you are radiating outward, and thus magnetizes to itself the truth that resides within all beings. You, as lightbeings, are now fulfilling a grand purpose, one that together you created long ago, even before this lifetime's purpose-stating.

YOUR FULL POTENTIAL REALIZED

Within your grand purpose there is a natural unfolding. The natural unfolding ever increases your ability to express and then to experience incarnately what could be called your “full potential realized.” Within your continued expression of your full potential realized, there are patterns and encodings that are found within all who reside within the physical and non-physical worlds. The patterns and encodings, when activated, are the keys that open the portal to the full potential of all beings and formings and unformings.

As your full potential realized flows forth it does magnetize itself to those patterns yet to be activated, yet to be realized. The union of your activated full-potential encodings with those awaiting the key to be breathed upon and within itself then unlocks the barriers to awakening. You

KEY POINTS

- Within your continued expression of your full potential realized, you activate patterns and encodings that are the keys that open the portal to the full potential of all beings.
- The predictions of old foretelling destruction refer to the destruction of untruth and the dissolving of distortion. Toxic energy will be cleansed from sleeping humanity by the flowing forth of your beingness.
- Those who feel themselves to be alone on this planet should know that the blanket of density of consciousness is lifting, allowing greater connection across time and space to your true home.

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might be wondering of which barriers we speak. Just as you have been releasing that which you have found to be complete or no longer useful, there are those patterns, beliefs and interpretations that have been created, developed and gathered by those who are yet residing within the sleep state. As the merging of awakened potential with awaiting potential occurs and the unlocking of such barriers releases the hold of the untruth barring truth, then does there begin a weeping within the mass consciousness.

You might be thinking that such weeping would be of sorrow, yet it is not of sorrow. It is of relief. It is of daring to feel joy. It is the knowing of love. And it is the feeling of the initial movement deep within of what is called inner truth. Beloved ones, even as you receive these words are you radiating forth truth. And be it known that even the smallest radiating forth, even what you might call "a tiny smidgen" of truth radiating forth changes the manner within which sleeping humanity then experiences its own self. What does that mean? It means, beloved ones, that suffering is lessened, that the feelings of abandonment of Spirit begin to dissolve. Beneath the feelings of abandonment of spirit does there reside the cocoon of love that holds the real essence, the real being, as you have discovered and are continuing to discover your own real self. As humanity begins to experience the dissolving of the reason for the feeling of abandonment of Spirit, then does there begin to be the blossom of truth as it emerges from the cocoon of love. It is this blossom that holds the essence of wholeness of being, which has been predicted to flow forth upon your Earth to assuage its tender wounds and to kiss the brow of what has been beaten to dust by those who have resided in fear and untruth.

DISSOLVING OF UNTRUTH AND DISTORTION

There are many who have interpreted predictions of old to mean destruction, and in a manner of speaking, there is and will continue to be a type of destruction upon the Earth. The destruction is currently taking the form of a recognizing of untruth and the attempts to continue the propagation of untruth. There are many who have engaged in a battle—one side battling to recognize or expose the untruth and the other to continue to maintain its hold upon the consciousness of humanity. Yet be it known that such battles and such attempts are neither right nor wrong. They are part of the pulse beat of forming and unforming. As truth does emerge—always—as the victor in the conclusion of such battles, there will naturally be those who will deny its validity. Those ones are to be loved and allowed their dance of attempted control. When such untruth continues its dance within the light of truth, there can only be its dissolve of being—the dissolving of untruth, that is.

The next destruction, as has been predicted and interpreted, resides within the continued dissolving of distortion. As you have discovered within your own personal healings: When there is a dissolving of distortion, there is also what is called the releasing of toxins—those poisons that have been holding the seeming unwholeness. When there is the

releasing of toxins, the body—whether the body be your own physical body or it be that of sleeping humanity as a whole—calls for a flooding of its system with clear waters that it might be cleansed and made free. Our statement does not mean, however, that there will be physical flooding upon the Earth in order to cleanse the toxins from the body of humanity, no. What do we mean by such a statement? The flooding of the system or body of sleeping humanity as a whole refers to the essence of your being flowing forth, seeking to magnetize itself to those sleeping or dormant patterns and encodings that reside within humanity's wholeness of being. Your continued awaking and residing within the fulfillment of your projected potential is the flood, is the cleansing, is the clearing away of that which has been refusing clarity: those toxins within the unconscious of sleeping humanity.

If you would reflect upon our words, we are certain you will find their meaning to be most glorious, as we have been referring to the magnificence of what you truly are, the magnificence of the fulfillment of your full potential and the magnificence of your beauty as you recognize your own essence of love, your own essence of fulfillment, and more so, your own essence of true wholeness of being.

It would be your nature to wonder if there is anything that you could do in order to be certain that such flowing forth occurs—to assure your continued fulfillment within your full potential realized or to further assist sleeping humanity. Yet we say to you most emphatically: It is who you really are that accomplishes the fulfillment of your wonderings. Now is your time to revel within the recognizing of your own deep inner peace, your own deep inner knowing and your own expression of self within the whole.

YOU ARE IN WHOLENESS

Some of you are from afar, from distant planets and realms. Some of you are seemingly alone upon this planet of Earth while your family of home awaits your return. We say to you: Your family now does receive the fruits of your journey upon Earth. As the consciousness expands, as the encodings and patterns are freed to be activated, the blanket of density of consciousness that had been covering the Earth is then lessened. One day such density will be dissolved, and it is within that day that you will be able to return home—to your first family, to your first home. That time continues to be in what you call the future, yet know that the density has already begun to dissolve. Some who have said that they feel nothing for their home, that they cannot sense even a tiny glimpse of their real family, may now begin to feel activated within themselves the essence and patterns of their home and their family of home. We are most pleased to be speaking these words to those ones. Be it known that you have never been abandoned by your home or your family. Indeed, you have always been enveloped with the vibration of wholeness with your family—even while you could not yet discern such vibration or wholeness. And this inability has not been a dysfunction upon your part, no. It has been a natural part of your journey upon Earth. Your full potential

was accentuated upon your awakening to the truth of who you are and the history of your own journey.

To those who are the only ones, so to speak, who reside upon this planet from your home, we say: You are most treasured, not only by your home and family of home, but by those who reside upon Earth who have been removed from their family of Earth by the horrors of war and the suffering propagated by untruth. Your ability to remain incarnate and to continue to seek the reality of your home within your own self has given to those suffering ones a knowing of wholeness even when they have been abandoned. Who you are has been a gift to those ones who believed that perhaps they were no more. We are humbled by your fulfillment of purposes. You are most beautiful.

RELATIONSHIPS ACROSS LIFETIMES

To those who have seemingly been residing upon Earth as solitary beings, without intimate relationships, hear these words: You have been truly residing within the relationships of old—those of previous lifetimes—and within such residing have you been assisting many to maintain essence of being within those lifetimes. That you might clearly understand, we speak in this manner. You have been residing upon Earth in this lifetime and you have found that “one” relationship to be elusive. First we would say that you are not, as you use the word, “destined” to remain without the pleasure of such a relationship in this lifetime. For your understanding, do we say that you have been residing within the energetic connection with certain ones of intimate relations, those living in what you would call “past lifetimes.” Know this to be true: All time is the present. Past lifetimes are present lifetimes,

as are future lifetimes, residing within the present. Your mind might want to examine such a statement and then to conclude that it cannot be so. But it is not your thinking mind that will understand such truth—your inner knowing will most certainly resonate to with what we speak.

As you have been residing within those continued relationships that span different “lifetimes,” as you call them, you have been maintaining those encodings and patterns that bridge this grand awakening with those who are anchoring the patterns that will be activated in the “future”—which is the “now” in your present lifetime. Do you see? You have been maintaining such relationships not only so that the anchoring could continue, but also so that the patterns could be held within this lifetime until their activation within the wholeness of humanity. And, beloved ones, as the activation does now proceed, you are then gradually letting go of maintaining such relations, and such relations are gradually releasing the merging-of-old with you.

What are the results of such releasing and fulfillment? You are then freed to not only fully reside within this breath, within this moment—you are also freed to magnetize to yourself that relationship that would most fulfill your yearning for deep intimate love, that deep intimate love that you have for yourself and for humanity. Again we ask, do you see? That which already resides within you does then magnetize to itself the fulfillment of its expression. And that, beloved one, is most glorious. It is your gift to yourself.

These words having been spoken, we would conclude with the brief statement that we are most proud of you all, and that we lovingly bask in the splendor of your beingness. Blessed are we in the presence of you. So be it. ✨

A Year of Spiritual Opening

The Beings Andromeda through Francie Klopotic

We are Andromeda, and we come to you in the Earth realm to open your consciousness to the coming energy waves, bringing light and love to your planet now for the coming year of spiritual opening. Many of you beautiful Earthlings are waking up spiritually, and we applaud you for taking the

blinders off your eyes and allowing yourselves to see for the first time in your lives.

Why are we here to talk to you today? It is because your planet has sent us a rare crystal beacon of peace. Your beautiful blue planet is shining brighter than ever in the Milky Way galaxy. There are so many of you beautiful Earthlings seeking truth outside of conventional religion and created spirituality. Gaia is shifting her energy level to match that of the ones of you who are connecting deeply with truth. We thank your

KEY POINTS

- Many have felt for a long time that there is something missing from their spiritual lives. That something is the memory of your true identity as a citizen of the cosmos, infused with the love of Gaia.
- This coming year promises to be filled with times of spiritual uplifting, shedding illusions and negativity, and embracing the reality of who you truly are.



FRANCIE KLOPOTIC
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Mother Gaia for allowing us to transmit our wisdom to you, her children.

SOMETHING IS MISSING

Many of you were raised in tightly structured religious homes that didn't allow for exploration and questioning, but instead kept you ensnared in a belief system that may not have felt right and still feels incorrect to you today—especially in this age of planetary evolution, where light is dispelling darkness and cobwebs are all too apparent in the corners of your minds. It is time for a real change: a purge, a cleansing, a deep connection with the All That Is. Not all who read this will feel impelled to cast off the shackles of old traditions and family religions, but there are many who have reached the pinnacle, ready to fling themselves into the unknown and find the real truth of All That Is. We are here to help those of you ready to realize your true selves.

The year 2010 is a prelude to the coming cosmic awakening on the Earth. Some of you may feel that there is something missing in your spiritual life. You have gone to churches, synagogues or temples, but still there is a missing element in your daily being. It is time to remember your true self, and this remembering will trigger a DNA shift that will enable you to reach farther into the spiritual realm than any human-made idea ever would allow.

What is this something that you feel is missing? It is simple. The missing "something" is the ability to remember who you really are and from where you really came. You may have a birth certificate listing a date and place of birth, with a name chosen for you at the time of your emergence into the physical realm, but these are illusions. They are not the reality of *you*. These are words chosen to represent what your parents wanted for you and from you. With good intentions, of course, your parents brought you into the world and exposed you to their illusions, fears and insecurities. As children, you were aware—completely aware—of reality. Your third eye was not yet sealed shut. As you grew and were educated, you had that awareness ripped from your souls and your third eye became muddled. You were formed into what society would have you be, and it is from that moment forward that you lost your true self.

RECLAIMING YOUR IDENTITY

It is time to reclaim your identity. We are here to assist in your cosmic evolution. Think for a moment on what is real. Look around. Realize where you are. Yes, you may be at home, sitting on the sofa and relaxing. You may be at work, taking a break. You may be sitting on a beach or on a mountain. But where are you, really? The answer is simple. You are on Planet Earth. You reside on the bosom of Mother Gaia. You are not only an Earthling; you are a citizen of the cosmos—a child of the universe, a star child, a piece of God energy, a holy being. Have you ever taken the time to comprehend this? The time is now for you to do so.

This planet Earth on which you reside and ride on its orbit around Sol is herself a child of the cosmos. Gaia is

one of uncountable planets in the universe and she is in the process of birthing a new intelligence and a new level of spirituality. Her love is infusing each of you at this very moment, opening your eyes, minds and hearts to a new and radical way of looking at yourselves and life around you.

LET YOUR LIGHT SHINE

This coming new Gaian year is filled with promise of spiritual uplifting, of shedding away the shackles of old belief systems and embracing the reality of who you are. You do not need someone to tell you how to act, how to believe or how to be. Dig deep into your core and discover your true being. Call upon Gaia for assistance in bringing out your Earth self. Look out to the creative universe to connect with your star nature. Remember who you are by looking around at where you are. Ignore for a moment the job, the cell phone, the commute and the housework. These are but fleeting illusions that ground you as a cosmic being to integrate into a more earthly plane during this lifetime. Look from your third eye, which is currently emerging clean and clear and transparent. You are an Earth-born starseed. You are cosmic!

In this coming year, you will experience a shedding of the illusions that have been binding you to a negative energy on this planet. The Earth herself is shedding the negativity and the time is right to connect ever deeper with Mother Gaia in the process. Do not be surprised to reach the end of 2010 with a new understanding, a new awareness and a new sense of what is real. Your family and friends may not undertake this journey with you, and that is fine. Just let your light shine so that their evolution can kick in and they can follow your example. Remember, it only takes a spark of light to dispel the darkness. Namasté, and peace to you all. ☀



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Golden Opportunities

The Golden Council of Light with Yogananda through Ana Ubensmith

As a human on planet Earth, you must not forget the purpose of your mission. You came here to participate in the great drama of unfolding creation, preservation and destruction. At a soul level, you know that you have experienced countless lives with countless cycles of upheaval, destruction, progress and ascension. Each cycle advances the wheel of creation a little bit further, and each cycle presents a new opportunity for individuals to opt out of the game of creation by awakening. It also presents an opportunity for the entire planet to advance in the trajectory toward home.

These cycles are regular and predictable. They entail periods of descent into the light, accompanied by equal periods of ascent into the light. You have experienced many of these cycles, as most souls are truly ancient. Most have seen great civilizations come and go, longing to escape the endless cycles of death and rebirth only to find themselves trapped by the allure of the senses and the desires of the ego mind. It has been an eternity of suffering sprinkled with moments of happiness.

Yet although it may appear to the unawakened soul that this is a most cruel world and creation due to the immense suffering that is a constant on the planet, it is not! It is simply a reminder that the things of this world can never bring everlasting joy. This is not to say that the soul cannot find immense enjoyment in life, in nature or with other human beings, but the message is, "Awaken, beloveds, and soar in realms of freedom where you are aware of and know your divine nature. Rise beyond the realm of materiality while enjoying the material nature and matter of creation." The paradise you are seeking is here already—right now. It is simply hidden behind the very thin veil of pain, suffering and fear. Awaken children; the time is now.

KEY POINTS

- While the current times and the times ahead may seem dark, know that the circumstances in which you presently find yourselves are not new; they are simply an indication of how close you are to beginning the next cycle of ascension.
- Make every effort not to identify with the negativity and drama that may surround you, and realize that your partnership in trinity is your ticket to safety, comfort and most importantly, peace, harmony and joy.
- Only you know your truth, so listen to your inner knowing as you are faced with daily decisions and face your life with a sense of balance and enjoyment.

THE BODY IS WEARY, BUT THE SOUL REJOICES

Most humans alive on the planet right now find themselves exhausted beyond capacity. It seems that the challenges are coming from all fronts and at all levels, and all they see are physical, mental, emotional and spiritual challenges. There are obstacles and blockages in relationships, work and career, education, health, material abundance and the attainment of peace. The physical body is continuously challenged by poor nutrition, disease, lack of rest, stress and the absence of regular communion with nature. Family and home life—traditionally a source of nurturing, support and respite that had provided some kind of refuge for many—is now in trouble. Relationships at all levels and of all types are being tested. There is a call for authentic relationships, with understanding, trust and loyalty as their defining qualities.

Challenges and threats are also, as always, present in the larger world. The way humans conduct business, politics, the exchange of goods and services, education of the populace and the care of the young, needy and elderly is all up for review. Work and the workplace are changing so quickly that many find it difficult to keep up. Loyalty and security in the workplace have been replaced by an impersonal push to meet deadlines and quotas at all cost. The concept of working in the present to take care of the future and projecting life force forward has been challenged, as company after company loses the hard-earned dollars of their investors and all who trusted those in charge, to make the right decisions and be the guardians of their future well-being in retirement.

NEW LIFE FROM THE DARKNESS

All systems and institutions are cracking under the weight of the demands for change. It is no longer possible to indulge in the luxury of the attitude of "business as usual." It never was! It was only an illusion that the few were actually deciding for, serving and taking care of the many. Those few individuals all over the world who had been entrusted with decision-making power have, by and large, breached that trust. What now? Where do you stand? What is the meaning of all this upheaval? Why can things be as they were?

Things have never been as you thought they were.

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The “good old days” were only an illusion. There has always been suffering, challenges and misery that have befallen the human race. Great civilizations have risen and fallen for eons. From time immemorial, men and women have struggled to find that which does not exist in your material world. The circumstances in which you presently find yourselves are not new. The enormous challenges that you now face are an indication of how close you, as a species, are to beginning the next cycle of ascension.

The perceived darkness on the planet at this moment is an indication that you have been going through all of these experiences to leave behind that which no longer serves you. You want to move forward on the journey, and you have given the intent to leave everything that doesn't serve you behind. Rejoice in the knowledge that, in spite of appearances, all is well and you are right on schedule. This difficult period that your planet is experiencing is just the final push through the birth canal of creation. It is that intense pain that precedes the ecstatic joy of a new life, and it is temporary!

FRAGMENTATION FOLLOWED BY UNIFICATION

The human race is adept at the game of separation. We are constantly dividing ourselves into groups of us versus them, male versus female, young versus old, white versus people of color, poor versus rich, right versus left, this religion versus that religion and so on. In the year 2010, you will see more of this, as fear rises to a new level. There will be a sense of desperation, as many attempt to preserve material goods for themselves and those they consider their own. It's not everyone who will feel like this, but many.

This fear will also be fueled by those who stand to benefit from fragmentation and distrust on the planet. There are some in positions of power who always benefit from the tragedy that befalls the majority. Giving in to that fear, many will find reasons to isolate and insulate themselves from other human beings. Battle lines will be drawn, and unspeakable treatment of one human by another will ensue. Subhuman behavior will find an outlet through those who will become increasingly disconnected from the source of their humanity. Much darkness will arise from the human psyche; both the regions of the subconscious and the unconscious will find expression. Much that has been repressed will come up for cleansing and clearing.

As the polarization increases and negativity finds an ever-expanding outlet of expression, the vibratory rate of the planet will shift into wild patterns of fluctuation and negativity. The sun will continue to send stronger flares to energetically coax and prepare humans for the inevitable changes. Those who have mistreated their bodies and abused their cellular structure will be prey to all kinds of dis-ease and outside bombardment by germs and contagion, as the immune system will no longer be able to combat the attacking armies. It is a miraculous machine, the human body, but it does need proper nourishment, rest and spiritual atonement for optimum existence.

CONDITIONS FOR TRANSFORMATION

So-called natural disasters will increase as the fluctuations in frequency and vibration cause the Earth mother, Gaia, to shake off the negative mantle that human beings throw upon her through all their negative thoughts, words, actions and deeds, mirroring back their vibratory state. Fires, floods, hurricanes, earthquakes, tsunamis and the like are all created by inharmonious human energy. Nature is inherently harmonious until disturbed by another force. As this process unfolds, you will find a substantial increase both in natural and human-made disasters. A feeling of loneliness and being misunderstood will engulf many as they struggle to figure out not only what is going on within themselves, but also what is going on outside.

The economy will continue to spiral down as Mother Earth's veins dry up and humans can no longer draw out the black blood from her veins. Food will become scarce as weather patterns continue to make a dustbowl of previously fertile areas due to water shortages. Water, the life sustaining nectar given to humanity as a gift from Gaia, will begin to dry up in more areas. The misuse and abuse of finite resources and accompanying greed have finally taken their toll. It is now time to choose consciously and stop being a parasitical energy upon the Earth.

SEEING IT THROUGH

The changes taking place on your planet are radical and extreme. These are the most perfect conditions that have been set up to bring about the most amazing transformation of consciousness: right here, right now! It is, without doubt, everything that warriors of the light had agreed to and signed up for when taking on this incarnation. No one will be disappointed! Many have chosen to leave the planet and return with the new blueprint. Others have chosen to continue their sojourn in places other than Earth, while you, along with others still, have chosen to stay on the planet and see it through.

Yes, you made the decision to be on Earth as the transformation occurs. You made the decision to not only survive but to also thrive. You, the angelic human, made the decision to live through a lifetime of enormous challenges so that you could rise ever sooner in consciousness and reach realms of freedom where you would know your divine nature and know your oneness with all of creation. You made the decision to find the gift that is wrapped in the challenge.

THE GOOD NEWS: PARTNERSHIP IN TRINITY

In spite of appearances, all is well in 2010. Breathe and know that you are God. All is well, because as your third-dimensional illusion unravels before your eyes, you are presented with the opportunity to acquire a new, all-seeing eye. We invite you to change your perception. Realize that you do see what you believe. Change the thought processes that have led you to see the world and caused you to continue to co-create the world in the same old blueprint. What appears to be a new, traumatic change has always

been there. It is simply darkness revealed. The darkness has been unveiled so that you can shine your light upon the dark places. There is no more hiding from the light. In the past, it had been easy for the few to speak with forked tongues, but no more. Now, you have the opportunity to see that what is being said and what is being done is not congruent. Those who are in charge can no longer deceive you, and their stranglehold upon you is being loosened as you see them for who and what they really are—no better, no more superior to yourselves—for the truth is that all are one!

The expectation that another person outside of yourself can save you has been debunked as a myth. Your salvation lies within yourself. No politician, economist, scientist, physician, teacher, religionist or bureaucrat can save you. Some have come with karmic lessons that are to help shift the vibration of the planet just by their words, actions, deeds and the way in which they conduct themselves and align with their own truth, but none are here to save you. Everyone is responsible for their own salvation. Your only security in this changing world depends upon your connection to your highest self and to Spirit.

The time for teachers is passing. This does not mean that another cannot show you or share their knowing and their experience. But it does mean that at this point in time each person is being asked to transmute his or her own karma and begin the process of evolving through grace. Human beings are being asked to get off their knees and stop coming to Spirit as beggars. The invitation is to join Spirit as a cocreator instead, sitting on the throne with your divine Father and your divine Mother. You are a child of Spirit, and nothing but the royal treatment befits you. Realize that the year 2010 represents the trinity that is you, your highest self and Creator Spirit. This realization will take you far. It will assist you in finding yourself at the right time, at the right place and under the right circumstances.

PEACE AND JOY AS YOU LIVE IN YOUR HEART

You will not need to worry about hoarding and keeping massive amounts of water and food. Keep a reasonable amount in reserve for your comfort should you find yourself in the midst of an upheaval, but know that your partnership in trinity is your ticket to safety, comfort and most importantly, peace, harmony and joy. Make every effort not to identify with the ongoing drama. Take the news sparingly. Form community with like-minded persons, even if they are not in the same geographical locale. Resist the temptation to give in to fear and isolate yourself from others. The world can benefit from the light.

For those of you who are awakening and becoming aware, it is imperative that the world not be deprived of your light. We are not suggesting that you rush to the front line of the battle, although some of you will feel called to do just that. We are simply inviting you to participate in the world. Have lighthearted fun. Enjoy the company of family and friends. If you find yourselves in difficult relationships, it

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may be time to evaluate whether you are complete in that relationship. You have the choice to not tolerate that which is harmful. If you choose to stay in a toxic situation, do so with the intent to use the opportunity to purify any negative interaction, transmute the nature of the relationship and its lessons and ultimately transform yourself and your vibration and frequency. Be aware, though, that you can change only yourself. All have been given free will.

Again, we ask you to resist the temptation to attempt to change other human beings, especially spouses and children. You will never succeed, because change is a personal, intimate process, a journey undertaken by each person alone. Know that whatever negativity you see in others is only a reflection of that which is within yourself. Often the other person has contracted with you in the etheric to be the most perfect reminder of that which you must change in order to achieve wholeness. Thank them, because it has never been easy to wear the black hat and be the bad cowboy. If you look closely at your life, you will find that your greatest teachers have usually been those that you find challenging to coexist with. Therefore, don't waste the opportunity to release negative traits and karmic lessons by working on yourself.

BECOME THE COCREATOR OF YOUR REALITY

This present time is a clarion call to simplify your life and shake off the yoke of materiality. In doing so, you will be free to pursue your reason for incarnating this time around. Ask yourself: "Why am I here? What makes me truly happy?" Sit with this query for a while. You may be surprised to find out that you may not have a clear picture of what happiness is or even of the purpose of your existence. Once you reach clarity about that, you can proceed to find your path and your calling.

As the energies continue to shift on the planet, fortify yourself with those practices that serve to raise, align and integrate your energy. Whatever spiritual path you pursue is the appropriate one for you. It's that simple. The practices of prayer, meditation, grounding by walking and exercising, anchoring in silence, divine shaking, whirling, dancing, singing, chanting, cooking, playing an instrument, visual arts and being in nature are only a few of the many ways in which you can strengthen your connection to your highest

self and Spirit. Set aside some time—daily, if possible—to engage in any of those activities.

Only you know your truth; therefore, listen to your inner knowing as you are faced with daily decisions. What comes from outside of you is only guidance, clarification, the pointing of a path or purpose or the sharing of an experience. As you take responsibility for yourself, you begin to shift the energy from that of victim to that of cocreator. Becoming a cocreator of your reality, you begin to release all fear and tap into the unending source of power within you. As you tap into your power, you begin to see that all have the same power within, even if some are unaware of it. If you see the same power within everyone, you can realize that you are all one. Once you know the oneness of all, you are well on the way to liberation and the journey to self-realization. You are then ready to surrender to the wondrous miracle of existence and, in that surrender, you can invite Creator Spirit to merge with you in the All That Is.

ENJOY YOUR EXPERIENCE

As the year 2010 approaches in your liner timeline, we would like to remind you to have fun. Enjoy the wonder of this life experience. Include your physical body in all you do, for the body is the temple of the spirit. As long as you exist in third-dimensional reality, you will need the

body. Feeling good, enjoying life and laughter bring you closer to yourself. You are already sacred; therefore, there is nothing to achieve. What is needed is the remembrance of your divine lineage and your entitlement to the gifts of the universe.

The way to save yourself and to save your planet is to raise your vibration. As you raise your vibration, include the physical body. Give yourself permission to be a whole and complete human being. It is not helpful to spend hours daily in meditation only to be miserable upon returning to the body. Balance is the key that unlocks the door to the higher vibrations. Many find themselves on their deathbed wishing for a few more days of life. When the curtains are drawn and you close your eyes to this world for the last time, you will realize how sacred the entirety of your life is. You will know that everything was as it should have been and that no mistakes were made.

Everything, absolutely everything—even the so-called negative—happens for a reason: to advance you on your path, your purpose and your journey home. We invite you to have fun, be fun and enjoy life and living! None of it is real, and yet all of it is true. The year 2010 will offer you the opportunity to stay connected, raise your vibration and know for certain, once and for all that all is well. We thank you for the opportunity to be of service! ✨

Manifestation of Your Dreams and Vibration

The Lullites through Vera Nadine Bóinn

Hello, we are the Lullites. We come to you from the universal beyond. We come to speak of ascension and of how you can overcome your attachment to your physical body and become the divine being that is already within you.

KEY POINTS

- Remember, there are no limitations to your ability to create the reality in which you desire to live.
- To manifest your desires, you simply need to be as positive in vibration as the thing you are intending to manifest. If it does not match your energy, it cannot come to you.
- Strive to live in accordance with the energy of your desires, measuring the validity or sacredness of your desires against your divine inner spirit being. This is where truth and fulfillment can truly be found.

We are descended from beings who were once incarnate on this very same planet, ancient humans who found the light within them and became impeccable in their ways, in their thoughts and in all that they manifested. When the time was right, they moved to the realm of light and eventually, over generations, became higher vibrational beings capable of everything that the Creator from which you come is also capable.

We tell you this to remind you that there are no limitations to your ability to create the reality that you desire to live in. It is all around you; every creation is

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divine, from the smallest bug to the most complicated piece of technology. Everything has within it the seed of the ultimate Creator, and so do you. This means that whenever you feel pain, you are creating it. And when you desire joy, you have the power to create that as well.

We hope that through watching our sessions, through interacting with us, sending us your questions and through developing your own awareness, you'll be able to overcome any limitation—real or imagined—and create exactly what it is that would best benefit you in your divine life here on this beautiful Earth.

MANIFESTING YOUR DREAMS

Oftentimes, what we gather toward us and what we attract to ourselves is based solely on how we look at the things around us, how aware we are and whether we perceive things as positive or negative. The Creator is neither positive nor negative; it is all things, and it constantly seeks a balance, which is what you should attempt to do in your lives.

When you're speaking to someone, try to speak from a balanced place. If you need to veer in one direction or another, always attempt to move toward the positive. The more positive you are, the more positivity you attract. The more negative you are, the more negativity you attract. This is the truth, not only because reality tends to mirror how you perceive the world, but also because the universe—all creation, all being—tends to answer in like energy.

If you intend something for your future—perhaps to own a great piece of land, vast, covered with beautiful fields and lakes, mountains—that is a positive intention, and the universe will only bring it to you when you are in a positive vibration. So if you intend it, but you intend it from a place of anger or desperation, or if you intend it from a place of positivity and then, in waiting for it to manifest or working really hard to make it manifest, you then enter a place of anger or desperation, it is very unlikely that you will ever see that thing or intention manifest in your own life.

You need to be as positive in vibration as the thing you are intending to manifest, or else it cannot come to you, for it does not match your energy. It may pass you, but you may not be at the level that it is passing you at; it may miss you, or you may be below it or to the side of it. Therefore, you cannot blame the universe and say: "My intention never came to me. The idea of the power of my own thoughts, of my own vibration, is just a fallacy."

Anything that the divine can create, you too can create: the divine never leaves its own creations, and everything on

this Earth and in the cosmos comes from the One Source, the Divine All, the Creator Being.

TESTING YOUR INTENTIONS

When something that you desire is a struggle to manifest, it simply means that you are not acting out of the best vibration for yourself and for your own spirit. When something seems to manifest quite easily, this is a good indicator that you are going with the flow of the divine Creator. One way to gauge this without having to be psychic or speak on high to the deities is to simply ask yourself.

At your center, there is the solar plexus, and this is where the spirit and the physical body communicate or cohabitate. If you close your eyes and enter a place of peace—even for just a moment—and you speak an intention or desire out loud, you can feel at the solar plexus whether that is a truth for you or not. It may be very strong, this gut feeling that many of you speak of, or it may be very subtle; it may even simply be just a twitch or a twinge. In your core, do you suddenly feel a loosening or a lightness? Do you feel an opening within you? Do you feel that peace? This is a very good way of telling that this intention is probably a truth for your spirit and that your desire is in keeping with the energy of the divine that flows through you and with your spiritual purpose here on Earth.

If, however, you speak out an intention and the feeling that you have in your chest or in your stomach is a slight twinge of nervousness—a ball of anxiety, a tension of any kind or even just a speeding of your heart rate with the feeling that your temperature is going up—this means that at this present moment, your intention does not match with your own spiritual energy. This feeling means that your desire does not mesh with the flow of the universe that is trying to come through you into the world.

This does not mean that this intention can never be for you, but it may mean that there is something else related that would be better for you in this time. As you grow and develop and become more aware, you may find that the intention will eventually match your energy or that the intention and the desire will subside and fade because there is something far more inspiring that will replace it in your mind or in your heart.

The key to our message is to live in accordance with the energy of your desires and measure the validity or sacredness of your desires against your divine inner spirit being. This is where truth and fulfillment truly live. We think we will leave you with this for today. We bless you and your divinity, for we are all brothers and sisters in the light. Namasté. ✨



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Co-Creating Heart to Heart

The Oneness through Cathy Chapman

15 December 2009, Sedona, Arizona

You are love incarnate. You are the one I share my life with. You are the one—yes, each person is the one. Each person I share my life with.

What is my life? It is the energy of love. My life is the life of the universe. The entire universe is made of love. Be in that love. Bring nothing to that love but love itself. The energy of love is there for you to use, to create with. When you are in your heart, you can create all manner of wonderful things. The heart source gives you even more ability to create.

THE ENERGY OF WHO YOU ARE

The heart source aligns your heart and your brain together. There are powerful, hidden energies in both the heart and the brain. When the two are aligned, there is a new energy—a new vibration that occurs and balances the energies within the heart and brain, awakening dormant energies within both. As the energies awaken and become active, you come to know more and more that you are love itself. You are able to drop from you all that is not love. This is a journey into what some call “enlightenment.”

You are god. You are not the God, the One—you are the aspect of God that is brought forth through you, in your persona. How wondrously made you are. How amazingly constructed you are. Within you is contained all you need to access the infinite energies of love to create what it is you desire. You must release all the energies and all the beliefs contained within those energies that hide your infinity.

The opportunity to release that which hides your infinity occurs when intense energies come into the planet. Each onslaught of energy activates what is hidden within you, that which declares who you truly are. You feel pain during this process because the energies of who you are come into conflict with the energies of who you are pretending to be. When extreme hot and extreme cold come together within the human body, there is pain. Be willing to release what

is no longer a part of you, that which you were pretending was you.

HEART TO HEART AND LOVE WITH LOVE

Look upon everyone as love incarnate. See the love that is there within every cell of every being you encounter. Look for the love that is hidden within them. Even those who have other energies such as disincarnates residing in their bodies still have only love within them. All is love. Look for the love. Connect with that love.

Fear has no place in this process. When you have any fear, no matter what form it takes, love is hidden. This is the task of the now: delving deeply beyond the fear into the love. Fear hides everything. Fear hides the creative energy within you. Fear hides your awareness of the creative energy within everyone.

True co-creation is when you come together as one and create. True co-creation is not with me, the ultimate Oneness—true co-creation is when my personas come together heart to heart and love with love to create whatever they wish. You cannot begin to imagine the wonders of what you are able to create when you come together heart to heart and love with love.

I am not talking only of intangibles such as peace and harmony—you cannot conceive of them in their true essence. You have not experienced them except when you were in the Oneness. I am also speaking of the technologies you are able to create one with one, heart with heart and love with love. The heart source, the connection of the totality of your heart center with the totality of your brain center, both of which are anchored within Source and Earth, is a small sample of what you can co-create when connected one to another, heart with heart, love with love. These connections with each other are true connections of Oneness. Do this and you will be able to create together the New Earth that you so desire. You will be able to create technology that will clean the air, the water, the soil, the food and your bodies quickly and easily. Technology that is free, technology that makes all patents useless.

You will come to see how the fear and anger about what

KEY POINTS

- Realize that you are love incarnate and that the universe is made of love. Use this realization to create.
- Energies of fear and anger hide your infinite self. Learn to release fear and anger to discover the truth of who you are.
- By seeing the love in others and working with others from the heart source, you can create the New Earth in oneness.

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is happening on this planet of yours is interfering with your progress. Fear and anger can never bring progress. They are sign posts of what you want to change, but as long as you keep these emotions within the creative process, there will not be the purity of love. When you are in a room you have been cleaning and the aroma of one small rotten egg is intro-

duced, does it not ruin the purity of the room? Your anger and your fear while you are attempting to create are infiltrating and distorting your creation. Come together heart to heart and love with love and find ways to dispel the fear and anger within, upon and throughout the planet. I Am the Oneness who speaks to you this day. ✨

Finding Balance between Needing and Having

Higher Self through Carolyn Gervais

At this time in the evolution of humankind, many fear that human existence will end in the year 2012 on December 21—including those who believe they are the chosen ones that will go to heaven. Of course, this belief of being a chosen one is being looked at in a false way. First of all, every soul is an aspect of the wholeness of what many call God, which means all go to what is termed “heaven” when they leave the human form behind. What is heaven? Heaven is returning to the oneness of the light that is the source of all existence. You see, dear ones, you are only human as long as you occupy a human form for eighty years or so; outside of that, you are essence.

What you have been taught through organized religion is that you must atone for all the mistakes, lies and hateful thoughts and actions you have had and used throughout your lives on the planet. Be that as it may, you can only atone when you are in a human form. When you are not in human form, you are busy creating new ways to balance your existences as you move forward into another human form. In other words, when you move into a human body, you will choose the type of wiring that will serve you best

in a particular life. You will also choose certain souls before that lifetime to help you to atone, heal and ultimately, at some point, abandon your false truths.

So who is really the supreme force deciding the fate of humankind, now and in 2012? You are! Your perception of a god, a divine force or a lack thereof greatly determines how you perceive your life. This perception, however, can be so conditional, dark and judgmental that people can become their own greatest enemies and their own greatest fears, creating the false belief that it is always someone else or something outside of them that causes their aggressive reactions and unhappy feelings. This is victimhood in disguise.

BALANCING THE FREQUENCY OF TRANSFORMATION

This restricting perception is what is being called the dark times or Armageddon—the end times and the antichrist represented by the biblical number 666. Right now, humanity as a whole is moving through a dark time in which the energy of the number 666 is very much active. This number is a frequency of transformation, regardless of whether one is relating to the dark side of it or the light side of it. The dark side of this number means that one is living in and expressing mostly through the denser aspect of the three lower centers or chakras in the body, which are the root, sacral and solar plexus.

The lighter, more refined frequency of the number 666 expresses through and vibrates with the heart, throat and third eye chakras—which, when balanced, can keep the three lower chakras in balance as well. There is a mix of the two extreme energies of 666 being expressed in your world right now, and these extremes are affecting you and your Earth. As all

KEY POINTS

- Remember during these times that it is your perception that creates the belief with which you approach your life.
- Seek to approach both giving and receiving from the heart so that your goals will move you into experiences that take you through a processing period of growth instead of allowing you to become stuck in the lower emotions of fear, martyrdom and victimhood.
- This will bring a wisdom that can create a peaceful mind and a knowing that what manifests as each moment is as full and rich as that moment is capable of being.

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of these chakras are balanced with the higher frequencies, the crown chakra opens and transforms first you and then your world.

What is greatly causing a lack of peace in your world is the false perception of what you call happiness. Let us look at that perception. Fear is created when life and circumstances do not match with your perception of happiness—in other words, what happiness looks and feels like to you. The choices you have are either to run away from what is feared or face it. There are several ways to face fearful challenges. One way is with thought, insight, logic and rationale; another way is to react with anger and violence, which only magnifies the fears and the circumstances. Then there is the way of peaceful understanding. Peaceful understanding comes with the knowing that all challenges, experiences and emotions are the gifts of life, no matter how they show up in your life.

RECEIVING THE RIGHT GIFTS FOR HAPPINESS

Outside of humanity's laws and rules, the soul does not punish you for what you individually perceive as wrong. But the human aspect has been taught to use emotional pain to punish one's self or another. If you find yourself doing just that, ask yourself whom you truly want to punish. Is it you? Is it your past, your present or someone else from your past or in your present? Is it the human aspect of life, your human ego or the Creative Source (God) itself? Maybe it is all of these. If a desire to punish manifests as any of these, then it is definitely time to dissect your perception and definition of happiness to find out why it is eluding you.

Ask yourself whether happiness, contentment and peace of mind have anything to do with acquiring something that you think you are ready for, but you really are not. You might respond by asking, "How will I know?" You will know when it is in your possession. If, by chance, you receive that something too soon, you may have a hard time hanging onto it for any length of time because your ability to know how to use it is not developed enough yet.

Yet one might ask if need, desire and acquiring things, along with relationships and jobs, are not the way to happiness, then why do humans have goals? That is a very good question, and the answer is that goals move you into experiences that take you through a processing period of growth. During that growth period, you will be giving away old aspects of yourself and of your life and opening to new aspects of yourself and your life.

This means that you may have to give away something you thought you couldn't live without and receive what you didn't consciously know you needed. Whenever you take a step forward into unknown aspects of yourself, life gives you tradeoffs. This means that you are getting rid of what you no longer need because it will now hinder your growth. But on the same token, you will receive what you now need to transform and move into a new aspect of yourself and your life.

GIVING AND RECEIVING WITH YOUR HEART

Is it not the degree and intent of the giving and the degree and intent of the taking that determines whether you are happy on a personal level, an ego level or on an essence level? Some people temporarily fill their need for happiness when they take more than they give, while others might fill their need for happiness when they give more than they take. Is it noble to want to give more than you take and selfish to take more than you give? When perspective stems from the lower chakras, people tend to be more ego-based in their perceptions. This will greatly determine a somewhat darker intent when in a position of giving and taking and cause an imbalance within themselves and their life. What is the difference between taking and receiving, you might wonder? Receiving is about accepting what is being given in the form of an offer. That is very unlike the definition of taking, is it not? To take something implies stealing, no matter how it is disguised with charming words, a nice smile and self-induced justification.

What it all boils down to is that when you find yourself greedily measuring what you have given with what you have received, then you are colluding with the ego mind, and you might find yourself caught in the illusive self. To say it in another way, when you can give with your heart and receive with your heart, you will have all that is required and more in life. When the soul energy going out is balanced with the soul energy coming in, there is no need or want of anything but to love it all, including what you call good, bad and indifferent.

It is understood that you all require a means in which to keep a roof over your heads and have food to sustain and feed your bodies. This of course means having a job you like or having a job of any kind that will allow you to survive and take care of your physical needs. There are two ways to look at this. You can either drown yourself in self-pity because you no longer have, or have ever had, a life that gave you much in the form of material assets, or you can look for the opportunities in your present life, no matter how difficult that seems, and find the love, freedom and real meaning your new lifestyle can give you.

It's all about the awareness and expansion on inner levels that occurs when you finally realize that the purpose for human goals—the purpose for human life and all of its experiences—is to eventually pull you out of the false world into the real world where essence combined with the human wisdom of the heart is in the driver's seat, at least as often as possible. When you confuse the unreal with the real, you

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can get stuck in the lower emotions of fear, martyrdom and victimhood. Being caught up in what is truly not real but feels as if it were is the hardest lesson to master in human form. But mastering it you are, and you will continue doing so moment by moment.

NEEDING AND WANTING FROM THE HEART

Needing is often confused with having. For instance, take someone who has more than they need in the way of money and material substance. The trap of having more than one needs can create a need to have more. The more you have, the more you may think you need. Therefore, having can make you a slave to the human perception of need. When this takes place in the physical human mind, an imbalance is created between opposites, such as good and bad, having or not having and real and unreal, causing those opposite extremes to control your thoughts and actions. To say it another way, needing can become all about having, having can become all about needing and both can create the desire to take, borrow or steal that which you have no need of.

So where does wanting fit into all of this? Wanting can be defined as not being good enough or as lacking and deficient in one's intent to do and be on the path toward reaching a goal. The question is what is the motivation behind your wanting? Let's look at the yogi masters, for example. Master teachers such as Buddha opened themselves to the highest forms of wisdom—those of spirit, soul, God and love—and used those combined frequencies to let life happen through the human form and not force it to be anything other than what it must be through themselves according to their life goals, life missions and what ultimate role those aspects play in the human world.

When master teachers are born into the human form of a baby, they must often go through rigorous training of body, mind and soul before they can put back on their robe of mastery. In other words, many of them go through hectic and painful trials and tribulations for whatever period of time is necessary to be honed and fully reawakened on the higher and highest levels of their being in order to accomplish their souls' missions. What the yogis learned as they reached out and inward for self-realization was that life naturally brings opportunities to those who live from the heart. It is the opportunities that present themselves in life that will bring you all that you need to live a life of abundance, and that has very little to do with financial wealth.

THE NECESSITY OF NEEDING

Before and during the yogi's training period to enlightenment, the yogi experiences a deep desire, a longing and wanting to be at-one-ment with the Creative Source, so much so that the little self or ego gradually becomes insignificant in its wants and needs and allows selflessness to take over. That happens when the only purpose of the goal is to reach complete self-realization. As one reawakens on higher frequency levels, need transforms into an ever more pure energy of want in the conscious mind.

Therefore, please do not assume that all need, want and having are wrong and evil; there are as many degrees and levels of need, want and having as there are people in the world, and they are a necessary part of the human aspect of each of you. Simply by causing discomfort in the body and mind, the darker side of need, want and having continue to chip away at the ego or selfish aspects of humankind. Without this form of need, want and having, there would be no goals to reach, no need to learn and explore the mind and heart or to expand on soul levels and therefore no meaning or purpose for human existence. Need, want and having move you into challenges, experiences, relationships, jobs and goals that will stretch and broaden your perspective of life and refine and define you on all levels.

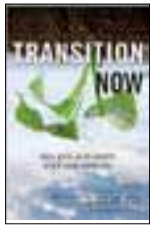
Of course, until needing, wanting and having are replaced with the freeing and transformative light of understanding, there will be a human, dualistic purpose for them. Yet as we have said before, understanding brings wisdom. Wisdom brings with it a light that cannot help but shine on the beauty in your lives, giving you access to those parts that will expand your perceptions so that you have an opportunity to express the beauty that lives in each of you. Wisdom also creates a peaceful mind and a knowing that what manifests as each moment is as full and rich as that moment is capable of being. It is your perception of each moment that will alter that moment in the next moment in some way, because life has to move, change and transform from moment to moment to sustain itself.

YOU ARE THE LIFE OF ALL LIFE

You are the life, dear ones, of the life of all life. Without your life's light, there would be no life expressing as the universe, because you are the life that is expressing as the universe. When the concept of being one with all life is fully realized, the understanding of just how important you all are will become clear. To say that you are dearly loved is an understatement, since you are the love that allows love to be expressed. So you see the world cannot end in 2012, dear ones. All other realms are focused on your planet Earth right now, cheering and applauding each new awakening, each act of love and kindness, and each person who is determined to be strong and to never give up on the beloved and brave souls of Earth.

You who have eyes that see and hearts that feel are not the victims of a dark fate, dear ones. You have come to Earth as the redeemers for all humankind. You did not come all this way to fail at your mission of transformation and transcendence beyond the third dimension. You knew it would look bleak at times and that you would be heavily challenged during the process of change. But you also knew you would have what you needed for the awakening journey on planet Earth, no matter what the appearance. We leave you with this: Who is the supreme force deciding the fate of humankind now and in 2012? You are. You are the source of love that expresses as the light that fills up all the darkness in the universe. ☀

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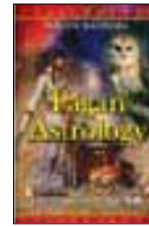


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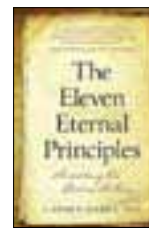


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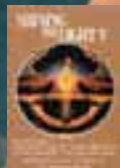
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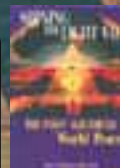
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Hard Work Results In Accomplishment Now

Stephanie Clement

With the exact Saturn square Pluto aspect in the past (barely!) these two planets move slowly apart for the next few months. They will come together again in August, but between now and then, we get a bit of breathing space.

Whenever I come through a difficult period, I take time to meditate, thank my angels for their help and generally cleanse my emotional body of worry. The simplest, and also a very effective, method is to take a few very deep breaths. This basic cleansing breath helped me tremendously many years ago when I chose to stop smoking, and it continues to help me in other ways.

To let go of the Saturn/Pluto energy, marked by hard struggles and difficult work, I breathe in and as I breathe out, I affirm, "Now I have success without struggle and work seems effortless. Instead of loss due to compulsive thoughts and actions, I affirm gain through effortless work." You may already have a favorite affirmation of your own. The truth is that writing is only effortless for me when I receive direct transmission from my source—actually two or three sources including one that comes from a fixed star and others from personal teachers who have passed over. When I write in that style, I often don't recall what I have written although I am awake and alert while typing. I also am able to ask questions about anything I don't fully understand. When I write pieces like this column, I stick closely to the astrological factors for each day, week or month, yet I feel inspired by my teachers and the writing generally flows easily. Certainly those cleansing breaths clear out extraneous thoughts to make room for the task at hand.

A SEASON OF RENEWAL

February is the start of the season for collecting sap from maple trees to make syrup. Depending on local conditions, this process occurs when there are freezing nights and warmer days that allow the sap to

flow. The metaphor of flow is important to us now. Although we know the Sun is well along on its return to the northern hemisphere, we still experience short days and long nights. If we understand the hidden process of trees coming back to life, we can also invest our lives and consciousness with renewed energy.

Each planet connects with a fixed star at the beginning of February. Because the Moon contacts so many stars every day, I have not included them. Here are some brief thoughts about how to use the vital energy of the stars in creative, healing ways with each planet:

- Sun conjunct Foramen—Begin or continue classes or other instruction.
- Mercury conjunct al-Thalimaim—Pursue interests in new types of communication.
- Venus conjunct al-Dhanab—Focus on loving associations and the development of stronger partnerships.
- Mars conjunct Asellus Australis—Expect intense feelings and allow them energetic expression.
- Jupiter conjunct Fomalhaut—Idealistic principles guide you to success in public venues like career or social activities.
- Saturn conjunct al-Dafirah and al-Dhibah—You can combine the strong desire to understand and create beauty around you with awareness of your leadership potential.
- Uranus conjunct Markab—You release contained or restrained power, as you would at the start of a race.
- Neptune and Chiron conjunct Sadr—Focus on the breath, as it provides invisible yet sustaining power for all actions, particularly healing and imaginative work.
- Pluto conjunct Kaus Australis and Kaus Media—Rebirth is possible now as these two stars provide invisible strength and powerful desire for something new.

If you have a favorite planet in your birth chart, choose its energy for the month. If not, choose one or two

Stephanie Clement
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ASTROLOGY FOR SOUL EVOLUTION

that appeal to your present situation. The important thing is to focus your thoughts and feelings in a creative way—which I trust you are all doing to some extent every day already. No revolutionary change is necessary to make the most of the available star power.

A FRESH START IN THE FIRST WEEK OF FEBRUARY

Jupiter aspects Saturn on February 5, introducing the potential to adjust our lives through better financial and business practices and to enhance health by investing in better diet and exercise habits. Yes, make personal health and well-being your business this month. As is typical of religious practices like observing Lent, avoiding excess and trimming the fat from both diet and personal spending is timely now.

Relief from the pressure of the Saturn/Pluto aspect allows us to turn our attention from material concerns to aspirations of a soul nature. We have all probably given serious thought to past decisions—were they right? Were they wrong? We've had enough of that doubt for the time being. Now we can consider a fresh starting point as we venture onto more spiritual ground. Saturn, as lord of karma, helps us with both mundane and spiritual matters.

When Jupiter quincunxes Saturn on the fifth, open your mind to change and address the desire to adapt higher values for use in daily life. This week sets the tone for Jupiter's entire passage through Pisces by instilling greater patience to work with values gained previously while also transcending beliefs that no longer serve your soul's needs.

POWERS OF ATTRACTION ARE MAGNIFIED IN THE SECOND WEEK OF FEBRUARY

Mercury enters Aquarius on February 10 and Venus enters Pisces on February 11. On February 13 the Moon, Venus, Jupiter, Chiron and Neptune are within a twenty-degree span of the zodiac, forming a bundle of energies that focuses on the transition from self-serving actions on the personality level to more profound intention toward humanitarian awareness. The foundation of this shift in consciousness comes from the Pisces planets, Venus and Jupiter, which represent the knowledge and wisdom of inner composure and receptivity to beauty and higher law.

With five planets so close together, the stellium of energies fuses into a beacon of light. Neptune in Aquarius reflects peculiar powers of attraction by itself, and with four other bodies, the power is magnified. Corny as it sounds, this Valentine's Day may be ultra-special and significant for both established and budding relationships—if we take the astrological indicators seriously.

The Moon will traverse the sky from its position at about twelve degrees of Aquarius to Jupiter's position at six degrees Pisces by late in the day on Sunday, February 14. Everyone will feel this drawing together of emotional and wisdom energies for healing. Those with the Sun, Moon and other planets in these signs can expect profound impact.

Another pair of planets, Mars and Jupiter, enters the quincunx aspect on February 10. This pair represents cre-

ative activity at its finest. However, the quincunx signals the need to adjust our thinking and intentions to consider more idealistic possibilities. What we eventually deem successful outcomes may, at the time of the aspect, seem like unnecessary, unwarranted and undesirable changes demanded of us. The period around February 10 will bring a sense of urgency and a concentration of mental energy, and possibly hasty decisions. "Act quickly or lose the opportunity" faces off with "Act in haste and repent at leisure." The spotlight formed by the five planets in the stellium suggests that the path forward will be illuminated for all to see.

JOYFUL CLEANSING IN THE THIRD WEEK OF FEBRUARY

Before the new moon on February 14, if you have not already done so, transplant indoor plants that need more root space. Depending on the climate where you live, you may want to begin the process of planting seeds indoors that you will later transfer to outdoor spaces. Do this during the few days after the new moon—when the Moon is in Aries or Gemini for aboveground crops and when the Moon is in Taurus for root crops. Paralleling seasonal activities, we feel emotional and spiritual shifts at this time of year. On warm days we throw open the windows to admit fresh air, and we can also throw open our hearts to admit fresh inspiration from the cosmos. This month we have a few such opportunities to lighten and brighten our lives.

With Mars and Saturn retrograde all month, and no other planets changing direction, this is a month for consolidating gains from the past and putting your effort behind career and social endeavors of all kinds. If you know astrology, you know that Mars with Saturn is nobody's favorite combination. However, historically astrologers have seen that Saturn sets your task and Mars provides the energy you need. With both retrograde, Mars and Saturn conjunct on February 15 near the beginning of the new moon phase. You may actually find joy in cleaning out closets and stripping down your spiritual store-room so you can manifest new, creative, positive outcomes on every level of experience. The heart of Saturn's energy includes intelligent action. Mars reflects the profound experience of devotion. If you devote yourself to intelligent action this month, you stand ready to complete karmic lessons and pursue your dharma without a lot of old baggage.

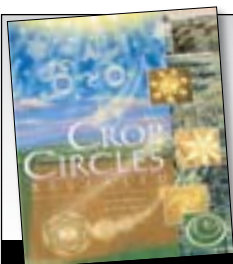
Lastly, the Sun conjuncts both Neptune and Chiron on February 14. While this combination focuses on health matters and suggests a few days for extra care with any symptoms, it also indicates a time when emotional and spiritual healing will occur. You can expect experiences that center on psychic input coming directly to you or through an associate. In addition, any journey, short or long distance, is likely to result in spiritual awareness based on what you find at your destination.

REAP RESULTS IN THE FOURTH WEEK OF FEBRUARY

This week continues the powerful configuration of Pluto, the Sun, Mars and Saturn. We will face internal stresses and strains if we attempt to arrive at perfection now. Because

Daily Aspects—February 2010

| | | |
|-------------|--|---|
| February 1 | Moon semisextile Mars, Moon quincunx Sun, Mercury semisquare Jupiter, Moon quincunx Venus, Moon trine Mercury, Moon trine north node | conjunction Venus, Moon semisquare north node, Sun conjunction Chiron, Venus semisquare north node, Moon sextile Pluto, Sun conjunction Neptune |
| February 2 | Moon semisquare Mars, Moon opposition Uranus, Moon quincunx Chiron, Moon quincunx Neptune, Moon sesquiquare Sun, Moon conjunction Libra, Mercury conjunction north node, Moon quincunx Jupiter, Moon sesquiquare Venus, Moon conjunction Saturn, Moon square Pluto, Venus sesquiquare Saturn | February 15 Moon conjunction Jupiter, Moon semisextile Mercury, Venus sextile Pluto, Mars sextile Saturn |
| February 3 | Venus semisquare Pluto, Moon sextile Mars, Moon sesquiquare Chiron, Moon sesquiquare Neptune, Venus semisextile north node, Moon trine Sun, Moon sesquiquare Jupiter, Moon square north node | February 16 Moon sesquiquare Mars, Moon sextile north node, Moon semisquare Mercury, Moon conjunction Uranus, Moon semisextile Chiron, Moon semisextile Neptune, Moon semisextile Sun |
| February 4 | Moon trine Venus, Moon square Mercury, Moon quincunx Uranus, Moon trine Chiron, Moon trine Neptune, Moon conjunction Scorpio | February 17 Moon conjunction Aries, Venus conjunction Jupiter, Mercury semisquare Uranus, Neptune conjunction Chiron, Moon trine Mars, Moon opposition Saturn, Moon square Pluto, Moon semisextile Jupiter, Moon semisextile Venus, Moon sextile Mercury, Moon semisquare Neptune, Moon semisquare Chiron |
| February 5 | Moon trine Jupiter, Moon semisextile Saturn, Moon sextile Pluto, Moon square Mars, Jupiter quincunx Saturn, Moon sesquiquare Uranus, Moon square Sun | February 18 Moon semisquare Sun, Moon square north node, Sun conjunction Pisces, Moon semisquare Jupiter |
| February 6 | Moon semisquare Saturn, Moon semisquare Pluto, Moon sextile North Node, Mercury sextile Uranus, Moon square Venus, Moon trine Uranus, Moon sextile Mercury, Moon square Chiron, Moon square Neptune, Jupiter sextile Pluto | February 19 Moon semisquare Venus, Moon semisextile Uranus, Moon sextile Neptune, Moon sextile Chiron, Moon conjunction Taurus, Moon sextile Sun, Moon square Mars, Moon quincunx Saturn, Moon trine Pluto |
| February 7 | Moon conjunction Sagittarius, Venus semisextile Uranus, Mercury semisextile Chiron, Jupiter semisquare north node, Moon sextile Saturn, Moon semisextile Pluto, Moon semisquare north node, Moon square Jupiter, Mercury semisextile Neptune, Moon trine Mars, Moon semisquare Mercury, Sun sesquiquare Saturn, Venus conjunction Chiron | February 20 Moon sextile Jupiter, Moon semisquare Uranus, Moon sextile Venus, Moon square Mercury, Moon sesquiquare Saturn, Moon trine north node |
| February 8 | Venus conjunction Neptune, Sun semisquare Pluto, Sun semisextile north node, Moon semisextile north node, Moon sextile Sun, Moon sesquiquare Mars, Moon square Uranus | February 21 Moon sesquiquare Pluto, Sun quincunx Mars, Moon sextile Uranus, Moon square Neptune, Moon square Chiron, Moon conjunction Gemini, Moon sextile Mars |
| February 9 | Moon sextile Chiron, Moon sextile Neptune, Moon sextile Venus, Moon semisextile Mercury, Moon conjunction Capricorn, Moon square Saturn, Moon conjunction Pluto, Moon sextile Jupiter, Moon quincunx Mars, Moon semisquare Sun | February 22 Moon square Sun, Moon trine Saturn, Moon sesquiquare north node, Sun quincunx Saturn, Moon quincunx Pluto, Moon square Jupiter, Mercury sesquiquare Saturn, Sun semisquare north node, Moon square Venus, Mercury semisextile north node |
| February 10 | Moon semisquare Chiron, Moon semisquare Neptune, Mercury conjunction Aquarius, Mars quincunx Jupiter, Moon semisquare Venus | February 23 Moon semisquare Mars, Moon quincunx north node, Moon trine Mercury, Mercury semisquare Pluto, Moon square Uranus, Sun sextile Pluto, Moon trine Neptune, Moon trine Chiron, Moon conjunction Cancer |
| February 11 | Moon conjunction north node, Moon semisquare Jupiter, Moon semisextile Sun, Venus conjunction Pisces, Moon sextile Uranus, Moon semisextile Chiron, Moon semisextile Neptune, Moon conjunction Aquarius | February 24 Moon semisextile Mars, Moon square Saturn, Moon opposition Pluto, Moon trine Sun, Moon sesquiquare Mercury, Moon trine Jupiter, Venus sesquiquare Mars, Moon sesquiquare Neptune, Moon sesquiquare Chiron |
| February 12 | Moon semisextile Venus, Moon conjunction Mercury, Moon trine Saturn, Moon semisextile Pluto, Moon opposition Mars, Moon semisextile Jupiter, Mars quincunx Pluto, Moon semisquare Uranus | February 25 Moon trine Venus, Moon opposition north node, Moon sesquiquare Sun, Moon quincunx Mercury, Moon sesquiquare Jupiter, Moon trine Uranus, Moon quincunx Neptune, Moon quincunx Chiron |
| February 13 | Mercury trine Saturn, Mercury opposition Mars, Moon sesquiquare Saturn, Moon semisextile north node, Moon semisquare Pluto, Sun semisextile Uranus, Mercury semisextile Pluto | February 26 Moon conjunction Leo, Moon conjunction Mars, Moon sextile Saturn, Moon sesquiquare Venus, Moon quincunx Pluto, Venus sextile north node, Moon quincunx Sun, Moon quincunx Jupiter, Moon sesquiquare Uranus, Mercury semisextile Uranus |
| February 14 | Moon semisextile Uranus, Moon conjunction Sun, Moon conjunction Chiron, Moon conjunction Neptune, Moon conjunction Pisces, Venus quincunx Saturn, Venus quincunx Mars, Moon quincunx Saturn, Mercury semisextile Jupiter, Moon quincunx Mars, Moon | February 27 Moon semisquare Saturn, Moon quincunx north node, Moon quincunx Venus, Moon sesquiquare Pluto, Mercury conjunction Neptune, Moon quincunx Uranus, Mercury conjunction Chiron, Moon opposition Neptune, Moon opposition Chiron, Moon opposition Mercury |
| | | February 28 Moon conjunction Virgo, Moon semisextile Mars, Moon semisextile Saturn, Moon sesquiquare north node, Moon trine Pluto, Sun conjunction Jupiter, Moon opposition Jupiter, Moon opposition Sun |



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we have recently come through an extended period of striving toward goals (indicated by the Saturn-Pluto square during November, December and January), most of you probably know what this feels like and would appreciate some relief! Jupiter, Mars and the Moon form a creative triangle of quintile and biquintile aspects that provides just what we all need. Mars aspecting Jupiter reflects potential success of creative activities in itself. With the Moon quintiling both Mars and Jupiter from Taurus, practical outcomes are assured when you pay attention to intuition and make decisions on that basis instead of only using logic.

Help has arrived in the form of advancement (Sun sextile Pluto) that may seem sudden but is actually the result of your prior efforts. Another release of strain comes from overcoming difficulties through the application of your own energies (Mars sextile Saturn) to resolve problems as they arise in the moment. The influence of both of these combinations depends on your ability to perceive opportunities even in more difficult situations, and your willingness to latch onto them and run with them.

In addition, on February 27 Mercury conjuncts Chiron. Now we see the results of our actions in even greater clarity. If the work has been especially hard, we can now take time to care for our sore muscles and tired minds. We find

exactly what we need to soothe the spirit as well. As we take time to complete the tasks we faced at the beginning of the week, we sense the opening up of new activities. These are a good few days to rest; cleanse body, mind and spirit; and gather momentum for the next push forward. Chiron shows us places within our hearts and minds that have been subjected to serious testing. There could be old injuries, even scars, that cause pain from time to time. Now is a great time to resolve old hurts so that they no longer hinder us in the future. Mercury conjunct Chiron illuminates the scene so you can see exactly what remains to be dealt with.

Rather than scattering your energies, take time for deep thought and consideration of your situation. Some of the very best answers come to us in the silence of prayer and meditation. At such time, we cannot ignore realities that emerge from within; we can accept them somewhat philosophically. My meditation teacher said to label all such thoughts "thinking" and go on with the meditation. To tell the truth, I never was terribly good at letting thoughts go, but I still find that writing a little note about them seems to stop them from racing around in my mind so much. Now you have the chance to do the same—set thoughts down on paper to help you change your mind and decide anew what you desire for the here and now, and what you aspire to for the future.

Weekly Forecasts



February 1–7: If you already perceive the direction of your soul's growth, this week provides nearly ideal conditions for finding opportunities to develop work habits that are fully consistent with higher values. Logic suggests setting aside methods that conflict with higher values. As you do this, you may surprise yourself by feeling a lot more cheerful about work and cheering up the people around you in the bargain. Mars retrogrades closer and closer to Saturn into next week, so the urge to clear out dead wood increases until February 15. On February 5 you get a preview of possibilities when Jupiter aspects Saturn to get you into the mood to adapt work skills to produce inner contentment.

February 8–14: Through personal work you create your own reality now. On February 7 Chiron is joined by Venus and supported by Mercury, a close ally in Aquarius in your eleventh house of friendship. You can mend fences if they are broken and strengthen social involvement while still maintaining the degree of independence you desire. On February 10 when Mars exactly quincunxes Jupiter in your twelfth house, you discover that last week's preview of work prospects now comes to fruition as you apply creativity to your internal processes as well as external projects.

February 15–21: Venus joins the power configuration of the month on February 14, introducing love into your life in a poignantly personal way. Passions flow into creative activities if you listen to dreams and other intuitive sources.

In turn, partnerships thrive as responsibilities are met with compassion together with reason. Ultimately the entire pattern serves to enhance your career by infusing power into all your work. On February 15 Venus sextiles Pluto. Now you realize the power of love to change your career from mere work into life's mission. By the time the Sun enters Pisces on February 18, you move toward a different future.

February 22–28: How will you utilize your creative talents this week? Jupiter in your twelfth house of dreams suggests a wealth of symbols and images that arise from your subconscious to fuel your art, writing and other activities. Anything you produce now will have your personal stamp on it. Make sure you are comfortable with the results of your efforts before you allow them to go public. With only the Moon forming oppositions this week, you may have to wait to obtain and understand all the feedback about your efforts. Patience may be at a premium because your ruler Mars receives aspects from the Sun and Venus, in addition to the usual lunar aspects.



February 1–7: Your ruling planet Venus aspects Saturn on February 2, producing inner agitation as you strive to understand the inspiration welling up inside of you. Then Venus aspects Pluto, immediately providing an internal barometer of how skillfully you are using your own power and will. Social and career activities place you in situations where you need to

be on your toes. By the end of the week, you spot perfect circumstances to advance your ideals. Although you desire solitude in which to think or meditate, don't neglect group interactions that provide the fuel for private thoughts.

February 8–14: Your determination (Mars in your fourth house) to brighten your surroundings faces a possible delay because friends demand your attention now. Use your Saturnian work habits to find opportunities to manage household tasks early each day. Then you can get out with friends on February 10 without feeling the slightest guilt. When Venus enters Pisces on the eleventh, more social possibilities arise. On February 13 Mercury forms a triangle with Saturn and Mars, providing time for profound thought and concentration. Avoid exaggeration now.

February 15–21: With the Sun, Venus and Neptune in your ninth house, transcendent ideals come into sharp focus this week. Your efforts on the home front on February 14 are supported by female friends who understand your goals more clearly than before. They in turn gain emotional and spiritual strength from physical effort based on logical plans. On February 15 Venus forms exact aspects to Mars and Saturn, using the power of love to bring household work to completion. Also on this day, you perceive a spiritual difference in your home environment. When the Sun enters Pisces on February 18, you sense a shift toward sincere caring in social interactions.

February 22–28: You can go as far as you choose this week by applying your talents to activities involving friends and family. With Mars in your fourth house and Jupiter in your eleventh house, you connect with others on both conscious and subconscious levels. With the Moon in Taurus in your first house, you benefit from taking life easy and seeking comfortable surroundings and activities. Then you can use your creative abilities for your personal benefit first and for others later. When Mercury aspects Uranus on February 28, your inventive mind takes advantage of unusual conditions.



February 1–7: Inspired imagination prompts you to think about how you can make the most of each moment to pursue transcendent values. If this is a problem in any way, the solution is found in creative pursuits on a more practical level. When Jupiter quincunxes Saturn on February 5, you may find that artistic, writing or other creative pursuits not only fulfill your idealistic image but they also serve business-related demands. When your ideals connect with the material world and you adjust your focus to accommodate both, you develop a brighter attitude—work becomes fun because it uses all your creative talents.

February 8–14: This week you gain self-awareness. Mars and Saturn both aspect Jupiter to provide a period when you concentrate all your energy on a career or social objective and let everything else go for the moment. In

fact, something goes out of your life permanently, causing you to note how much you enjoy solitude but also how much you miss connections you had in the past. Take time to write about your thoughts and feelings. On February 7 Venus conjuncts Chiron, offering healing that may occur just below the level of consciousness.

February 15–21: This week should relieve any pressure to change if you choose your words carefully. Mars in your third house is ready to talk, and Venus in your tenth indicates that a female associate is available to listen and adapt to what is said. Social acquaintances offer opportunities on February 15 for you to exert your will in the work arena. Mars aspects Saturn the same day, suggesting that contracts or assignments boost your creativity to new levels. As the Sun enters Pisces on February 18, ideas come to you from conversations or work.

February 22–28: The week begins with the Moon in your twelfth house of private matters. Start the week on a creative note by paying attention to the dynamic flow of energy between Mars in Leo and Jupiter in your tenth house in Pisces. These signs sometimes clash, but right now they are linked in a fully creative biquintile aspect that assures some career success if you base your activities close to home and conserve cash. This suggests careful planning before making large purchases.



February 1–7: Your attention turns this week to distant locales. You are drawn to sites that inspire your soul. If you travel, spend time in each location putting sensitive feelers out into the ground and the surrounding ambiance. You may discover places where Spirit speaks directly to you without any of the usual interference of daily life. If you don't have travel plans, make it your business on February 5 to utilize the power of Jupiter and Saturn to create space and time for solitude. Encourage patience to take over and guide your daily life. When Jupiter aspects Pluto on the sixth, you tune right in to possibilities for leadership based on idealistic values.

February 8–14: You seek to improve your material position with greater confidence now with Mars in your second house. At the same time, you discover a new area of interest. You may enjoy deeper study of a distant part of the planet or of your spiritual life. On February 10 Mars quincunxes Jupiter, suggesting a period of adjustment within your home as you bring your studies out into the open. Talk about values becomes easier when Mercury joins Mars and Saturn in a circle of dynamic energy exchange. Venus in Pisces during the second half of the week enhances impressionability.

February 15–21: Continue to apply logic to whatever your partner tells you. In addition, on February 14 Venus quincunxes Mars, revealing subtle changes in your relationship style that will reap big benefits. Your passionate desires can be fulfilled at home if you have set the stage

with comfort and security in mind. Venus aspects Saturn on February 14 and moves on to sextile Pluto on February 15, bringing power into the social mix. Choose your words carefully to accurately reflect your thoughts and feelings.

February 22–28: You may begin the week by considering educational possibilities. Mars in your second house injects energy into two planetary patterns now, reflecting the capability of acting with self-assurance, courage and enthusiasm in nearly every area of your life. The Sun and Mars provide the will to act on February 21. Travel for business on February 22 brings Saturn into the picture, suggesting karmic benefit from careful effort. When the Sun conjuncts Jupiter on the last day of the month, you complete tasks to make room for new creative inspiration.



February 1–7: You may feel a greater sense of self-contained energy and power now. On February 2 and 3, when Venus aspects both Saturn and Pluto, you internalize factual information and blend it with your own intelligence and will. Later in the week your independent thinking is sparked by Mercury sextile Uranus, boosting you over a hurdle so you know exactly what to do. By week's end Jupiter reaches the sextile to Pluto in your sixth house of work, bringing expanded opportunities into your life.

February 8–14: With Mars closely aspecting Jupiter, you can get carried away with passions this week. When Venus conjuncts both Chiron and Neptune on February 7, your sense of reality is shaken, particularly if you indulge in food or drink that cause an imbalance of glandular function. Therefore you will want to adjust your diet to include far less in the way of alcohol and sugar, and add more clear soups and teas. This way you head off a potential health issue on February 10 or diminish its impact. When Mercury opposes Mars from your seventh house, your attention turns to a partner who offers support in the form of logical advice.

February 15–21: Attention to practical matters at work stands you in good stead. In fact, on February 14 you may find yourself in the spotlight, accepting praise for your efforts. With Venus sextile Pluto on February 15 you can move forward with your own assignments by taking time out to evaluate the financial implications and adjusting expectations. Venus conjuncts Jupiter in your eighth house of transformation on February 17, so be ready to strike out in a new direction, filled with joy and optimism.

February 22–28: With Mars in Leo in your first house, all eyes are on you. Wanting to put your best foot forward, you may get creative with appearance. Or you may choose to invest money, time and energy in a new career track that promises to bring balance into your life. Planetary patterns show this balance, especially when you fulfill responsibilities by adjusting your demands slightly to accommodate coworkers who are still running strong on Plutonian influences.



February 1–7: With the Moon in your sign to start the week, you become more sensitive to potential power all around you. Jupiter in your seventh house of partners indicates the desire to adapt your ideals—only slightly, mind you—to synch your desires and get both of you on the same track. On February 5 Saturn provides just the karmic focus you want. You see how to adapt without compromising principles or giving up your soul's aspirations (something you never want to do). The creative power of Jupiter sextile Pluto emerges on February 6 as you work with a business or social partner.

February 8–14: Partnership may become the central focus this week with Jupiter in your seventh house at the apex of a pattern of Martian and Saturnian energies. You may gain insights into your partner's thoughts through intuition or psychic means that have heretofore eluded you. As this happens, you learn what has been in the back of his or her mind for some time. When Venus reaches Neptune and Chiron on February 8, insights allow you to formulate healing actions and words. On February 11 Venus enters your seventh house to join Jupiter and stimulate warm-hearted interaction between you and your partner.

February 15–21: Partnership issues intensify this week when Venus conjuncts Jupiter and sets off the active pattern of the month. In your seventh house, Venus accentuates partnership dealings. You may find that adjusting your spending relieves stress for both you and a partner. On February 15 your own self-esteem increases as you see the logic of recent events more clearly. Set aside time on February 17 to expand and strengthen relationships. Jupiter and Venus team up to make this easy. And on February 21 you may hear that inner voice telling you to work closely with partners to empower relationships now.

February 22–28: With Saturn in your second house, personal concerns over money may inhibit reaching out. However, Jupiter and the Sun in your seventh house connect with Mars in your twelfth, bridging the gap between private issues and interpersonal transactions. The Sun sextile Pluto on February 23 mirrors creative potentials that you may already have in motion. Mercury conjuncts Chiron on February 27 in your sixth house, bringing vital new energy to the work and service areas of your life.



February 1–7: With Saturn in your first house, you welcome the relief from the Pluto aspect of last month. Now you can review decisions you have made and revise your plans to focus on household tasks on the mundane level and transformation of personal beliefs on the emotional or spiritual levels. A good start would be to adjust your work schedule so you can have time for yourself. Do that on February 5, when Jupiter quincunxes Saturn, if you can. Then on the sixth when Jupiter sextiles Pluto, you can

break out of your current framework to redesign a working part of your philosophy.

February 8–14: Work affects your leisure time again this week, as associates present their views strongly, using Mars in Leo to drive points home. As you adapt, you sense the need to take conservative action in spite of Jupiter's desire to expand. Logical Saturn in Libra provides just the right moderating effect so you can state your views calmly yet firmly. Issues come to a head on February 10. By February 13 Venus trines Saturn to add a harmonious veneer that can take root and grow into deeper commitment to intelligent action based on information from intuitive sources.

February 15–21: With seven planets in your houses of creativity and work, you can make huge progress on personal and school- or work-related projects now. On February 14 Venus aspects Mars and Saturn to pinpoint where energy needs to be applied to handle your responsibilities. On February 15 Venus sextiles Pluto, providing a second wind with a big job that you want to finish right on time. When the Sun enters your sixth house on February 18, you bring your whole being to the task of work- or service-related activities.

February 22–28: Planetary patterns continue to highlight your sixth house of work and service now. Friends enter the picture through Mars in Leo to provide energy for personal work you must complete on February 21 and 22. With the Sun close to Jupiter in your sixth house all week, you have the power of optimism on your side, regardless of changes in work plans that may arise. Begin the week by showing appreciation for others. Then as the Moon moves forward, use every moment to pursue completion of your own work.



February 1–7: When home and social life conflict, you fall back on group consensus to make decisions early in the week. The Moon quincunx Sun allows consensus to occur if you are willing to let go of absolute control. Later in the week, as Jupiter approaches its aspect to Pluto, conditions allow you to establish control again, mainly because you have been cheerful about going along with the crowd earlier. Reserve any power play until you really need it. Imaginative words gain you ground when Mercury sextiles Uranus on February 6.

February 8–14: Let your creative talents free this week. Although difficult discussions at work (Mars in your tenth house) may threaten to take you off course, Jupiter in Pisces suggests that a little time each day in solitude restores internal balance and allows you to extend your talents into new arenas successfully. Spend time alone on February 10 and 13, when Saturn is activated by Mars and Mercury, to think deeply about a problem and formulate a solution. Writing, even automatic writing, could reveal solutions where you perceived none prior to now.

February 15–21: You understand the true nature of change better than most people, and this week the planets

give you an extra nudge when Venus sextiles Pluto on February 15. Both planets aim their energy at Mars in your tenth house, putting you in the spotlight and pushing you to excel in social or career life. Accept the accolades due to you, but don't get too big a head about them. Saturn in your twelfth house will remind you on February 14 and 15 that responsibilities can be handled quietly and firmly. When the Sun enters Pisces, you relax and take time to regenerate your emotional and spiritual power. And with Mars still in your tenth house on February 21, you face unpleasant adjustments if you fail to take enough time to understand your own limitations.

February 22–28: This week you grow in understanding of your interior mental workings. With the Sun quincunx Saturn on February 22, you don't have to do everything other people want. Maybe all you need to do is shift down to sublight speed in your thinking. On the last day of the month you sense that the creative flow of energy from Mars into the stellium of the Sun, Jupiter and Venus in your fifth house of creativity go through your being and out into the world.



February 1–7: You begin the week on a social note when the Moon opposes Jupiter. There could be elegant dining as well as good reasons to share your philosophy. By February 5 when Jupiter quincunxes Saturn, your social conscience may need an attitude check. Are you pressing for something you truly believe or just trying to get your own way? On February 6 you know the answer to this question and can use Jupiter's wisdom to moderate your Plutonian language. You gain far more with a balanced, logical argument that takes your soul's path into account.

February 8–14: With the planets focusing their energy strongly on home and the immediate neighborhood, you may find yourself dreaming a bit about changes you want to make. Early in the week your thoughts focus on your household. Jupiter in Pisces may seem like a whirlwind of energy stirring up mystical images. Later in the week, Mercury in Aquarius shifts your attention to thoughts of independence as it opposes Mars in your ninth house. On February 13 the subtle efforts of a close associate come to your aid when the Sun and Mercury semisextile Uranus and Pluto respectively.

February 15–21: Home continues to demand your attention, but you also find yourself wanting to travel. On February 14 when Venus quincunxes Mars, you and a female family member may devise a vacation plan and begin setting arrangements in motion. Keep the details flexible so you can include another individual and satisfy everyone's scheduling conflicts. Optimism increases on February 17 when Venus conjuncts Jupiter in your fourth house of home and family. Imagination is really the only thing limiting your potential, so go for it!

February 22–28: Travel plans may gel this week. Mars in your ninth house aspects the Moon in the seventh, involving partners or close associates in your planning. The Sun and

Jupiter in your fourth house are also involved, suggesting that arrangements at home allow greater sensitivity toward others. Pluto in your second house brings power and emotional strength to your pool of resources. On February 22 an older friend provides assistance or information about good places to stay. Make time on February 27 to commune with nature when Mercury conjuncts Neptune and Chiron.



February 1-7: You worked super hard last month, and you deserve a break. You get one from the first day of this month as the Saturn/Pluto aspect relaxes its grip on your life. Venus injects a zinger on February 2 to liven up your social life. Accept your role and run with it. Fulfill your obligations and then work on a loving relationship in private when Venus aspects Pluto on February 3. At week's end you find that other people have plenty to keep them busy. You can focus on correspondence or documents that need your attention. Expand your sphere of power when Jupiter sextiles Pluto, but wait until February 6 to make your big move!

February 8-14: Take advantage of Saturn in your tenth house to examine practical matters and increase self-awareness. Jupiter in Pisces can lead you astray if you listen only to others and refuse to accept Saturnian responsibilities. Saturn will retreat to your ninth house in April, but for now you gain through accepting and fulfilling responsibilities. By February 13 you receive good news that confirms the above hypothesis. Healing love takes center stage when Venus conjuncts both Chiron and Neptune on February 7 and 8, so this week is not *all* work and no joy.

February 15-21: With Mars quincunxing Pluto in your first house, you may want to maximize your power, but financial demands slow you down. When Venus joins Jupiter in your third house of communication on February 17, take time to gather emails and memos together, prioritize your work, and delegate to coworkers if at all possible. With Saturn elevated in your tenth house, you gain ground by employing logical means to understand your social and spiritual roles and how they may work together.

February 22-28: To get the focus off personal issues and onto something else, take advantage of the Mars/Moon/Jupiter pattern of quintiles and biquintiles on February 21, and spend time developing a creative idea that has been gestating inside you. As the Sun moves toward its conjunction to Jupiter on the last day of the month, you feel your talents jostling for attention, possibly even demanding to be utilized. On February 22 you get a full dose of determination as the Sun quincunxes Saturn to help you adjust your sights and follow the main current of meaningful communications.



February 1-7: On the first day of the month, you realize you need to adapt your plans to suit new developments. With Moon

quincunx the Sun, your best bet is to transform your space without nagging anyone else. Do what you have to in your own room or office. You don't have to change the world! If you and a partner plan a trip, handle tickets or other details so you have confirmed arrangements for around February 15. Check the details to make sure you have dates and times listed correctly. Private negotiations on February 6, when Jupiter sextiles Pluto, can result in additional leadership tasks. Rearrange your environment to lift your spirits.

February 8-14: You feel a strong urge to spend this week, what with Jupiter in your second house of money, aspected forcefully by both Mars and Saturn. Partners (Mars in Leo in your seventh house) present strong arguments about the need for opulence. An older acquaintance (Saturn in Libra) offers logical suggestions about how to meet the desire without breaking the bank. As you think the issues over carefully, you find that you can support your own self-esteem while also providing your partner with something that glitters.

February 15-21: Pluto in your twelfth house sends powerful messages through dreams or meditation now. On February 15 you and a partner join forces to make changes to get cash flow moving in your direction. On February 17 Venus and Jupiter align in your second house to produce income potential or other improvements to your self-esteem. Be ready to take off in a new direction, certain in the knowledge that ninth-house Saturn is up to the challenge. As the Sun enters Pisces on February 18, you know you are moving into a more satisfying future.

February 22-28: This week you and your partner share powerful creative ideas and your goals mesh as the Sun in your second house aspects first Mars in the seventh on February 12 and later Jupiter in the second on February 28. Early on you benefit when you adapt to your partner's desires. Later in the week you feel the full power of creativity surging through your heart and mind. The potential here is limitless. You, of course, get to choose how to use it. You may speak out on February 27 when Mercury conjuncts both Neptune and Chiron.



February 1-7: Last month placed serious demands on your flexibility. Now you ease off and enjoy personal time. On the first day of the month, Mercury and Jupiter get together for an internal chat, and you learn something new about your personal style. Use that to handle stresses over the next couple of days as Venus meets up with Saturn and Pluto to rattle your cage a bit. The main event may occur on February 5 when Jupiter quincunx Saturn invites you to extend your joy toward others while managing a financial situation using logic to make intelligent choices.

February 8-14: The Sun, Venus, Chiron and Neptune in your twelfth house all work behind the scenes to enrich your dream life and give you plenty of ideas for how to han-

dle your ever-expanding love of comfort. With Saturn in your eighth house, all decisions lead to transformation at the soul level. When Jupiter quincunxes Saturn on February 10, you meet the crux of the problem head on and adjust your desires to suit your higher aspirations. With each adjustment, you discover that your inner being is satisfied with less—and not merely satisfied, but comfortable and happy too.

February 15–21: With Venus conjunct Jupiter in your first house, now is a good time for you to finally reach a spiritual goal you set for yourself. Mars in the sixth house shows that you now have physical and mental energy to pursue greater service to others. On February 17 Neptune conjuncts Chiron in your twelfth house, suggesting taking a

time out for rest and relaxation. When the Sun enters your sign on February 18, you may feel a shift toward mystical thoughts and feelings. Use the change of signs to pursue creative activities.

February 22–28: With the Sun in your sign now, you have an immediate comprehension of your potential in terms of work and resources. On February 21 the Sun quincunxes Mars, indicating a cosmic request that you adjust your direction to accommodate other people's workloads and schedules. On February 22 the Sun quincunxes Saturn, indicating additional changes because of limited resources. Don't despair. By the last day of the month, when the Sun conjuncts Jupiter, you will fill with optimism as you see a good plan put into action. ✨

NUMEROLOGY: THE SILVER KEY

Becoming the Real You

Rhonda Smith

This year, 2010 (21/3), is 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, and 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:

$19 + 2 = 21(\text{root}) = 2 + 1 = 3$

Brackets indicate a "master number" that is never reduced to a single digit and is highly influential.

The month of February (23/5) brings you a strong sense of adventure and change that may challenge your inner security and your foundation to assist you to stand on your own two feet no matter what happens. Allow your mind to expand and look to adventure and change as something that is necessary for evolution. If you feel resistance to this, examine what beliefs you have about your own capabilities to cope. You can help yourself get past the resistance by making small changes every day. For example, if you always put your right shoe on first, put your left one on first instead; that's all it takes. The goal this month is stay balanced in all your interactions so that you can move forward no matter what changes are occurring around you.

FEBRUARY 1 TO FEBRUARY 6, 2010 (24/6)

FEBRUARY 7 TO FEBRUARY 13, 2010 (24/6)

FEBRUARY 28, 2010 (24/6)

No, this is not an error. I quadruple-checked the calculations. You have a situation where fourteen days—half of this month—are supported by the vibration of sensitivity. Your goal for this month is to be balanced within, and this vibration has a deep sense of order within that is then manifested outwardly. You have many days to get there, but it is necessary that you get there if you wish to build your life into the new paradigm and to be the "authentic" you. Everything that occurs will be experiences manifested to assist you in staying con-



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nected to your inner awareness of what really is and what is behind the experience.

You begin this period with experiences that encourage you to check your inner connection as well as with the need to accept what you are realizing about what is beneath each experience so that you can then work through any emotions in order to choose a response fitting to the “new” you. You move to a day of silence to help you recognize your own inner knowing and accept it. This will assist you in reconstructing your mental energies to clear limitations of thought and clarify your situation.

This is followed by a day of free-flowing energies that will spontaneously bring up anything in your life that needs to be examined and investigated for limitations, and it will require you to choose wisely what actions to take or not take to reap the harvest of the abundance you will achieve the next day. As you are reaping your rewards of past achievements and preparing for new adventures, make sure to share what you have learned in your relationships to bring deeper understanding to others and yourself. This increased understanding brings you to a day of experiences to help you clarify and crystallize your desires and use your imagination to find ways to manifest that into your life, along with a strong sense of justice and understanding of the phrase, “As you sow, so shall you reap.”

Now you have a day in which there are spirit messages everywhere, bringing balance to your affairs, so pay attention to everything and keep an open mind so that you can see what message is being given to you. You’ve worked hard, and now it’s time to celebrate who you are. Domestic situations can blossom with joy, harmony and peace if you stay connected to your inner knowing for direction. The energies of the master builder on the material plane bring a potentially intense day of experiences to assist you to think in large, sweeping terms that will benefit all of humanity. It may require hard work if you meet restrictions that need to be examined and cleared. This brings you to a day with a strong sense of adventure and change, reminding you of the overall direction of the month, so don’t hesitate to take advantage of opportunities for new experiences.

On February 10, you are coming into the home stretch of inner work. You are ready to test and experience the intensity of being the master builder who is centered in your inner world, making sure everything is in order so that the opportunities to “get into the flow” are taken as you respond to unexpected events. This is followed by another potentially intense day as the master messenger energies guide you to withdraw into a reflective state and check your mental constructs for limitations. So listen, watch for and accept the messages designed to bring you to clarity about yourself. Now you have another day of easy flowing environmental energies to practice your manifestation abilities of yourself in your life, so choose the appropriate amount of balanced action to reap the harvest of this influence.

You end this thirteen-day period with the energies of reaping the rewards of your achievements and preparing for new adventures. Share what you’ve learned to deepen the

understanding of your relationships, and know that your rewards are in direct relationship to what you’ve earned and will be enhanced as long as you maintain harmony and peace within. You jump to the last day with more experiences to confirm you are tuned in to your inner awareness and command of self. The goal for this period and the last day of the month is to experience that deep sense of order within that is based in truth, depth of balanced emotion, inspiration and a deep inner knowing that you accept and trust.

FEBRUARY 14 TO FEBRUARY 20, 2010 (19/10/1)

Now that you’ve firmed up your internal connection to who you are, you are given the energies of the karmic destiny vibration that is God’s plan in action. This is a fixed force that gives you opportunities for immense service to humankind by simply being who you are. Every experience you have this week will help you to choose the experiences you chose in your plan and to stand on your own two feet in order to link your life with universal life.

You begin the week with opportunities that show you how clear you have your desires and your imagining of those desires with justice and balance, so examine what is presented and make sure it’s in alignment with your desires for the greater good. You then have a day of opportunities to emphasize your spirit, which will require more responsibility and effort but promises great rewards if you stay connected to your higher guidance for direction and remain aware of the insights and revelations offered to you at this time. A day of celebration comes, bringing great joy, harmony and peace as you stay balanced and connected in what can be restless energies.

Opportunities then abound for you to express the new order of things so that you can be a forerunner for better conditions as you bring system and organization to your experiences. A day in which your sense of adventure and change is amped up comes to you, so don’t hesitate to check out something new. A day to remind you what you’ve just worked through with respect to being centered, connected and aware of what’s beneath the surface of your interactions is presented for you to strengthen that connection and integrate it into your being.

You end the week with a day of reflection to check your connection and use that to visualize what you desire, so remain flexible, resourceful and adaptable to make any adjustments that will move you to truth and clarity. The goal for this week is to surrender and give in to your authentic self, integrate that and manifest it in your life.

FEBRUARY 21 TO FEBRUARY 27, 2010 (23/5)

Your final week brings forward the energies and goal of the month, which intensifies those vibrations. You will experience an itch for adventure and change from a secure position. This is why the first thirteen days were there to help you get centered and balanced within, which is the only place of true security. Remember that all you have to do is think about the feeling of being centered within, and you will be home.

You begin the week with a day of easy flowing external energies supported by the master of healing energies so that you can heal whatever comes up spontaneously and take the necessary actions to reap the harvest under this influence. You then have another day of reaping your rewards and preparing for new adventures supported by the master builder energies that bring fulfillment and completion on a large scale for big plans; however, these can be intense energies, so make sure to stay balanced and not go to extremes. After this, you have a day to reassess and crystallize your desires, using your imagination to create ways to bring them into the physical.

This is followed by a day of opportunities to emphasize the spiritual side of your life, requiring you to take responsibility

for you and no one else, but doing this promises great rewards. Then it is time to celebrate your accomplishments without getting carried away so that when you do, you'll find great harmony and peace and a deeper connection to your inner awareness, which gives you direction at this time. A message to pay attention to your thoughts is presented to you as news of the new order comes for you to systematize and organize for the greater good, effecting worthwhile conditions.

You end the week with a feeling of freedom and of not being possessed or held in any way as you live your life based on your own standards and values. The goal for this week is to be a crusader for truth by being independent, introspective and comfortable with being a nonconformist. ✱

DAILY ASPECTS:

A Time to Rejoice

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.

Mars continues to be retrograde this whole month (until March 10) between 8°56' and 1°01' Leo. This is a fabulous time to help children develop their skills and provide the space for them to be all that they can be in their highest destiny. This mirrors our deep need to balance work and play for ourselves. Developing our creativity helps us to connect with our inner child. As we create more time to explore what makes us feel alive and full of energy, we discover a new level of playfulness that feels light and joyous.

Saturn continues to be retrograde this whole month (until May 30) between 4°21' and 2°56' Libra. These degrees are

symbolized in the Sabian symbols by "a man revealing to his students the foundation of an inner knowledge upon which a new world could be built," "around a campfire, a group of young people sit in spiritual communion" and "the dawn of a new day reveals everything changed." We have clearly accomplished the passage into the new consciousness. It is a time to rejoice; our finished homework is manifesting incredible new and exciting realities in our lives beyond what we could have thought possible. As we are surrounded by our star family and like-spirited friends, we are feeling the incredible support of the universe for what we have created, both individually and together.

MOON MESSAGES

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

- Monday, February 1 at 8:17 PM until Tuesday, February 2 at 5:42 AM when the Moon enters Libra
- Thursday, February 3 between 1:28 AM and 8:55 AM when the Moon enters Scorpio
- Saturday, February 6 between 8:12 AM and 4:03 PM when the Moon enters Sagittarius
- Monday, February 8 at 8:58 PM until Tuesday, February 9 at 2:43 AM when the Moon enters Capricorn
- Thursday, February 11 between 4:39 AM and 3:24 PM when the Moon enters Aquarius
- Saturday, February 13 at 8:33 PM until Sunday, February 14 at 4:23 AM when the Moon enters Pisces
- Tuesday, February 16 between 6:32 AM and 4:30 PM when the Moon enters Aries
- Thursday, February 18 at 7:53 PM until Friday, February 19 at 2:55 AM when the Moon enters Taurus
- Sunday, February 21 between 4:16 AM and 10:47 AM when the Moon enters Gemini



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- Tuesday, February 23 between 9:29 AM and 3:29 PM when the Moon enters Cancer
- Thursday, February 25 between 9:48 AM and 5:08 PM when the Moon enters Leo
- Saturday, February 27 between 12:15 PM and 4:52 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 Virgo until Tuesday, February 2 at 5:41 AM and between Saturday, February 27 at 4:52 PM and Monday, March 1 at 4:30 PM

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

- ☾ Moon in Libra between Tuesday, February 2 at 5:42 AM and Thursday, February 4 at 8:54 AM

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

- ☾ Moon in Scorpio between Thursday, February 4 at 8:55 AM and Saturday, February 6 at 4:02 PM

This time period is perfect for scientific research, esoteric studies, self-transformation, dealing with the mysteries of life, death and 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 Saturday, February 6 at 4:03 PM and Tuesday, February 9 at 2:42 AM

Now 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, 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, February 9 at 2:43 AM and Thursday, February 11 at 3:23 PM

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

- ☾ Moon in Aquarius between Thursday, February 11 at 3:24 PM and Sunday, February 14 at 4:22 AM

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

- ☾ Moon in Pisces between Sunday, February 14 at 4:23 AM and Tuesday, February 16 at 4:29 PM

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 Tuesday, February 16 at 4:30 PM Friday, February 19 at 2:54 AM

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, February 19 at 2:55 AM and Sunday, February 21 at 10:46 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 between Sunday, February 21 at 10:47 AM and Tuesday, February 23 at 3:28 PM

This is an excellent time for multitasking, curiosity, any form of communication, exchanging information, sending emails 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 Tuesday, February 23 at 3:29 PM and Thursday, February 25 at 5:07 PM

This time span 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. In addition, this is an excellent time for drawing, creative writing, crazy humor and anything requiring imagination.

- ☾ Moon in Leo between Thursday, February 25 at 5:08 PM and Saturday, February 27 at 4:51 PM

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 and romance in general.

INTENTIONAL MEDITATION

On Saturday, February 13, take out the papers we charged on January 29, 2010. Write one intention per sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon in Aquarius at exactly 6:51 PM. 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 Sunday, February 28. 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 Virgo at 8:38 AM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon on March 15.

A WEEK OF STIMULATION

Saturday, February 6: Mercury sextile Uranus (0:03 AM), Jupiter sextile Pluto (9:41 AM). This is a day of exciting new ideas. Cherished concepts are likely to be challenged as we receive sudden answers to our questions. Our intuition connects the dots between elements apparently unrelated. We may distance ourselves from people who seem to always deal with the same old dramas. We are attracted to unusual, free-spirited people who stimulate our minds. Spiritual regeneration is likely to occur today, and profound inner experiences make us look at our lives in a different light.

A WEEK OF INSPIRATION

Sunday, February 7: Venus conjunct Neptune (9:45 PM). Much magic permeates the air. Artists could feel particularly inspired. We are able to directly experience the oneness of all, and any romantic connection today feels special, with a profound soul connection. When we look at our beloved, it is the face of God we see. A sense of great serenity and otherworldliness accompanies this transit, which is highly mystical in nature.

Wednesday, February 10: Mercury enters Aquarius (1:06 AM until March 17). During the next five weeks, we have a chance to experience quantum thinking. We could be drawn to scientific writings and be particularly inspired by channeled material that expands our minds. We are downloading much information at an accelerated pace and seek knowledge from the future that broadens our inner and outer horizons. We could feel restless and impatient as we are seemingly immersed in a fast-forward motion. We could have very direct encounters with extra terrestrial forces during this time.

Thursday, February 11: Venus enters Pisces (4:10 AM until March 7). The next three weeks are all about unconditional love, compassion and feeling the oneness of all. We could commune with people we don't even know consciously. We also feel animals and plants from the inside. There is a sense of great mystical inspiration that artistically oriented people can use to create sacred works. Beauty is particularly appealing.

Friday, February 12: Mercury trine Saturn (5:36 PM). This is a great day for clearing our desk of back logged work and for doing administrative papers. Serious conversations feel attractive, but we need efficiency. Our purpose is clear. Our communications are structured and serve our ambitions. We seek the advice of people more mature or of higher status whom we respect and admire. This time is wonderful for entering formal contracts, signing important documents and redefining our long, medium and short-term goals.

Saturday, February 13: Mercury opposition Mars (2:25 AM). We should be wary of jumping impulsively to conclusions without having all the facts in hand. Extreme caution should be exercised while operating any motor vehicle or handling sharp objects. Tempers are short today, and people may blow up on a dime. Opinions will tend to be expressed directly, without any diplomacy or much consideration for the consequences. It is best to avoid confrontations at this time.

A WEEK OF TRANSFORMATION

Sunday, February 14: Sun conjunct Neptune (3:20 PM), Venus sextile Pluto (11:16 PM). We are experiencing a dissolution of ego. As we are finding new reference points inside and outside ourselves, incredible new visions are received that inspire us to spiritual action. We feel a passion for life and possibly another, which makes us want to give ourselves fully to the experience of being all that we can be. A date tonight would be imbued with strong sexual feelings and prove to be a powerful catalyst for self-transformation.

Monday, February 15: Mars sextile Saturn (7:20 AM). Our energy is focused, making this time great for endeavors requiring much concentrated energy. Today, we are disciplined and our intent is serious. This is an excellent day to enroll in a new fitness program. Our willpower allows us to withstand even physical discomfort to get the job done. We exert leadership abilities and motivate others to hard work and endurance.

Tuesday, February 16: Venus conjunct Jupiter (6:14 PM). This is a great day for attending an enjoyable social event or outdoor activities such as hiking or camping. Our faith, enthusiasm and optimism attract like-spirited people. We feel the breeze of adventure opening us to new, exciting adventures. Romance is fun and playful while also stimulating our minds and spirits to greater levels of consciousness.

Thursday, February 18: Sun enters Pisces (10:36 AM until March 20, Spring Equinox). During the next month, we are more flexible, going with the flow and feeling like we are in a dream and able to shift our consciousness to create new realities for ourselves. There is a greater sensitivity to surrounding circumstances as well as more compassion. Divine inspiration elevates our consciousness. This time is great for artists who could access new, more subtle dimensions of creativity.

A WEEK OF DREAMS AND CREATION

Tuesday, February 23: Sun sextile Pluto (8:27 AM). This is a great day for self-transformation. We want no stone to remain unturned. In darkness, we give ourselves to the darkest to switch the light where apparently there was none to be seen. Our self-regeneration occurs at a cellular level. We could transmute old, limiting beliefs and replace them with new contracts that much better serve our highest destiny.

Saturday, February 27: Mercury conjunct Neptune (6:04 AM). It may be best to avoid signing important contracts today, as we could miss the fine print. We feel both dreamy and connected to All That Is. This time is great for channeling, meditation, watching a positive film, reading a novel or healing and artistic creation, but it's not so good for endeavors requiring hard work, discipline and logic. Friendships developed today are spiritually inspiring.

Sunday, February 28: Sun conjunct Jupiter (2:44 AM). Our enthusiasm, positive energy and warmth open many doors today. We are at the right time, in the right place, with the right people. Everything seems to magically fall into place. Synchronicity manifests miracles and a day of great financial abundance. Divinely ordained luck accompanies our every step. ✨

An Astrological Overview: Breathing Peace

mar de luz

*Trees have given a voice to me
the voice that sings to you now.
All I am and all I'll be
is inspired by a child and a tree
Is inspired by a child and a tree.*

—Mary Youngblood¹

There is a saying and belief among players of the Native American flute that we are breathing peace back to a broken world. Much like inhaling the communal smoke of a peace pipe, the flute is an instrument that blows the spirit of the human heart back into the natural world. The sound of the traditional wooden flute when heard on the breeze of native people's powwow is said to be the sound of love itself, and it can be hard to distinguish from the wolf's cry or the call of a searching bird. It may seem insignificant to some, but the practice of playing music to nature is as old as Native American tradition, storytelling and medicine ways. The practice of giving back to the Earth Mother, who clothes, feeds and sustains us, is the way it has always been done by her people. In return, she communicates her wisdom through the medicine stones, the talking trees and the singing water.

Medicine stories have been passed down through hundreds of years, through many dialects and translations. They are encoded into medicine belts, weavings, petroglyphs, baskets and pottery. The lessons of many nations have been woven into drummings, ceremony, chants and songs, and many have managed to keep their original teachings intact. It is the wisdom keepers of these nations who, by keeping the oral traditions, keep the sacred realms alive and stir the human heart to remember.

IN SEARCH OF LOST LANGUAGE

The time of Aquarius is from January 19 through February 17, and the sign of the water bearer stands for the communal atmosphere that surrounds us all. This is the time of the morning wind that stirs us to leave our comfort zone and look up and out for new inspiration. There's nothing like a long walk among the trees on a clear winter day to help us feel our connection to the Earth. They seem to reach with bare arms toward the pale Sun, entreating him to come closer.

I have been taught that the best places to live or rest are where the trees are healthy and happy, and that one of the best things we can do as stewards of the Earth is to tear up asphalt and concrete and plant trees. Not only do they provide shelter to us and guard against erosion, but they feed the soil and transform carbon dioxide to oxygen, helping to recover and make green the living Earth. They seem to

intercede to Father Sky and Grandfather Sun, imploring the sky gods for another day of warmth and light. They have the wisdom to dance with the birds and the stars. And there is so much more to the vapors that rise eternally from their heights than meets the eye. There is interspecies, intergenus and interstellar communication in the thermals above us—what we call ESP—but to the “tree people,” the vapors are their sustaining breath, breathing in the light of Creator and breathing out the prayer for peace.

I recently had the good fortune to have a conversation with the “First Lady of the Native American Flute,” Mary Youngblood, who is half Chugach Aleut on her birth mother's side of the family and half Seminole on her birth father's side. Many years ago she visited her birth-mother's village in Port Graham, Alaska—home to the “mountain people,” the Aleut on the mainland before the Aleutian island chain starts. There, she garnered the Aleut greeting of “*cama'ii*” and also “*quyana*,” which means so much more than “thank you.” She has since been able to secure a dictionary and CD-ROM of the Aleut language, which is declining because there are only one or two elders who still speak their native tongue, and they have no young apprentices to hand it down to. Can you imagine what it must feel like to be the last grandmother of your tribe to speak your native language?

When her birth mother's generation attended government school in the early 1900s, they were beaten if they tried to speak their language, and so it naturally began to recede. It broke Mary's heart that there was no spiritual center in Port Graham for her to return to, and she could find no spiritual or medicine people in the village, which she described as “all pretty much Catholic.”² This is well and good in and of itself, but she went seeking the heart of the village of her birth, hoping that maybe there was a spiritual leader there somewhere—someone she could talk to and from whom she could learn more about the spirituality of her people. It hurt her spirit.

Her birth mother's language is very guttural, Athabascan-based (a family of American Indian languages, spoken primarily in western Canada, Alaska and the southwestern United States), and very hard to learn without hearing it in conversation. Of course a language does not retain the heart of a people, and there are many voices that will remain in and upon the land, but native dialects contain the romance and austerity of an original people and we are losing them at an alarming rate. “This is not uncommon,” Mary told me, “and is a very familiar story in Indian country. With so many nations, so there are certainly



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lots of people that are keeping their languages alive," she said, "just not mine!"

Thank goodness the Native American flute (which originated over 100 years ago on the plains of North America)³ has given a voice to Mary and many like her. It's as if the Earth herself has restored and released the voices of the ancestors who sleep within her. Like so many primal instruments, the flute, rattle and drum keep the sacred rhythm and song of a forgotten language alive. When we hear their voices, it awakens distant memories of ceremony, life, birth and reverence. What the mind has forgotten, the heart can remember, so all is not lost here. And as we attune our ears to the strains of traditional instruments, perhaps the greater lesson here is that we need no translation of that which is as perennial as the wind, trees and water.

MAKING THE TREES SING

When Mary Youngblood was growing up in semi-rural Washington state, she often played in the woods and climbed trees. "I have an affinity for trees," she told me. "I've just loved trees since I was a little kid, and now when I talk about making the trees sing, it's that I play the Native American flute with wood from different kinds of trees, and so it's like they get to have one life as a tree and now they get to live as a vehicle for music. So they're still living, still alive, and it feels so honoring to make the trees sing."

Mary, who has the Sun sign of Cancer (the sign of the mother), is often inspired by her relationships. "I've written about my grandmother," she said, "and 'Dance With the Wind' was kind of a calling song for my soulmate. And 'Play With Me,' of course, I wrote for my granddaughter. I was thinking about the similarities between children and trees: We want to raise them with their roots set in the ground, and we watch them grow. And so there is kind of an analogy there, but definitely inspired by my granddaughter."

COMING FULL CIRCLE

"We see things in nature that are round, and natives use examples of the planets, the Sun, the Earth and the Moon. Birds nests are round, lakes are round—even though not perfectly; there's still no beginning and no end," Mary told me. "When we stand in a circle as a group, there are no leaders. Even though we might have a chief of the tribe, he's no more important than anyone else in the circle, and coming full circle for me, in terms of resolution . . . Well, I'm a musician and that's what we do. We come back around, we finish; we tie things together so it makes musical sense. And coming full circle with my birth mother some eighteen years ago, from not knowing who she is to having a long eighteen years with her, and the pain and shame of having given a child up for adoption and making peace with that before she died—well, I put it all into my song, 'Feed the Fire.'⁴

"It was important to me, because we were able to have resolution. We finished our business here in this lifetime. She had not been feeling well when I got to see my sisters

and my family. I had just finished putting together *Feed the Fire* [the CD] but it wasn't released yet, so I had a promo copy of it, and the song is about their [her birth parents] relationship, and it gave it beauty instead of shame. Her passing was very quick and very sudden. A week before she passed, I gave her a copy of that, and my sisters and my niece were saying she was playing it over and over again. She had just that song 'Feed the Fire' on repeat, and she played it over and over, and I know that it just gave her so much joy. I never even cried at the loss of my mother; it was such a beautiful ending. The angst and the resentment against me finding her (she even resented me finding her for awhile because it was so shameful and painful), that went away, and so she was able to leave this lifetime and transition with peace in her heart, and me too. So the feeling of 'full circle,' especially to a native person, is very, very important."

It's amazing to me how Mary's birth mother had lost her voice so early in life, only to be rewarded with the loving voice of her searching daughter in the last days of her Earth walk. There is a rhythm to the seasons that is synchronous to the human heart. However we attempt to express our love and desires in life, there is a circle that returns it to us, like a bowl extended in a mother's hands. It's only contingent upon our first words; said out loud or in secret, danced or sung, the release of our prayer breathes the voice of the mother back to us.

DEEP SKY REPORT

Friday, January 29 is a full moon, 11 degrees of Leo: This is a time of embellishment, creativity and generosity. With the Aquarian sun opposite the Leo moon, it also calls for a touch of eccentricity. We are on the heels of the "cross quarter," "Imbolc" or "Candlemas," which occurred on Saturday, January 23, with a waxing half-moon in Taurus. Why not allow yourself the luxury of ceremony tonight or this weekend and surround yourself in candlelight at dusk, allowing it to burn in silence and near darkness to liken the ancient Celtic, pre-Christian tradition? Immerse yourself in stillness, and set out a bowl of scented water to mirror the Moon and encourage the vision that is born of captured light.

Mark your calendar for a sacred site full moon ceremony date. As our Earth inclines ever more closely to the Sun tantamount to the spring equinox, so do our human sensibilities to the Great Spirit. Please join our fellow warriors in the light in meditation as we send light and healing prayers to Guayama, Puerto Rico—this month's full moon observation recommended by the Grand Maya Itza Council. For a full listing of this year's sacred site meditations and the complete 52-month full moon calendar, please refer to the Earthheal website: earthheal.blogspot.com/2008/12/maya-full-moon-attunements-at-power.html

Saturday, February 13 is a new moon 26 degrees of Aquarius, conjunct Neptune: Cast your bread upon the waters and extend your offering to the skies. Saturn will

station direct the end of May, ending five months of careful planning, supplication and dreaming. With the magical qualities of Uranus and Neptune afoot, our words and actions take on new life. It is important to communicate or demonstrate our commitment to our soul's desire to awaken any sleeping guides or angels. These opportunities abound during the full or new moon lunations.

With Saturn retrograde, whatever renewal we attempt with friends or family will also renew relations with our ancestors and stir the guardians watching over us. It's all part of the same cosmic soup, so ask the morning sky what message the wind is bringing, then ask to be led by your true soul's purpose—that day and every day. When we ask to be of use, we renew our ancient contracts and agreements, gain memory of our true ancestral home and warm the hearts of our family much closer to the Sun.

Sunday, February 28, is a full moon at 10 degrees of Virgo. The Sun is conjunct to Jupiter in Pisces, and the Moon is opposite Jupiter. Tonight's sacred site full moon ceremony meditation is focused on Hathor in Dendera, Egypt. Are you making plans, studying or taking lessons toward that which you truly love? Assuming a work or discipline is tantamount to getting there. Where are the first ten degrees of Pisces in your natal chart, and what does this Piscean decanate influence? The best way to find our path in life is to start taking steps toward it, no matter what the hurdles. Take a chance, humor yourself and start practicing your heart's desire.

You'll know you've found your true calling if it calls back to you. If you feel free and empowered by traveling in one direction, chances are you're being led by invisible forces. The key is to see if you get help along the way. We are all assigned angels, guides and "little people" to lead us toward our soul's purpose. Their evidence is open doors, synchronicities, chance encounters and an occasional talking tree or animal. Listen, as you walk your path: Is there evidence of encouragement and acceleration? These are the clues given to us by those who dare not appear in full form, lest we question our sanity. With the full moon elucidating all of our shortcomings and self-doubt, turn toward the light and trust your dreams tonight!

WORKING WITH SACRED SITES

The Grand Maya Itza Council full moon ceremony calendar is a calendar of the full moons for 2010, given to me by a friend who immersed herself in ten days of ceremony and classes with the "New Cycle of Mayan Wisdom" in the Yucatan, Mexico in November of 2008. It was given to her to share with workers of light around the world by Hunbatz Men, spokesperson for the Grand Maya Itza Council. We all have a unique role in a much grander scheme than we can imagine, they taught her, and they would like us all to know that the Mayan calendars do not end in 2012. Soon after 2012, we on planet Earth will experience the return to the astronomical configurations present when the major Mayan calendar began approximately 26,000 years ago and

we simply experience that day and move on into an exciting new cycle of another 26,000 years.

The council also states that the only way for human consciousness, which has been pushed so low, to evolve is for those of a higher mind to do as they suggest and concentrate with high intent on each of the fifty-two sacred sites, asking that the caretakers of those sites activate the positive energies available from each site. By the end of fifty-two months, on December 28, 2012, the entire planet will have the sacred site grid reactivated and alight. It is suggested that we each join in spirit on these full moon dates to, "do the work of the returning of the Great Spirit in order to prevent our mother Earth from the unfortunate events foreseen to happen in the year 2012."

The council states that the rituals of these spiritual journeys "will be held by five initiate people. . . . Four of the five people must be placed on the four cardinal directions—one on the east, another on the west, one on the north and the other on the south. The fifth person must be lying face up with his or her head pointing to the north. The ritual is going to be held on a full moon night and will last a little more than an hour. The five initiates could be male or female and must be adults. They should also wear white clothes. When they do the ritual, their bodies and spirits must be in complete harmony. Note: If you do not have a group to perform the ceremonies, you may work alone, or with one, two, three, four or many more. The importance is the intent of your meditation."⁶



What secrets is the wind blowing your way this morning—what news, guidance, light or hope? Breathe in the love and radiance that surrounds you. If we could only see the invisible hands that move the air, dance with the trees and extend our tides, we would not feel so powerless, voiceless or alone. And if we could become the silence for a moment as we start our day, we might perceive distant chants or songs that give evidence of living ancestors. Want to breathe peace back into the world? Make an act of faith and help a child plant a tree, and remember that all your relations are watching. Love is life, and life is light; be the light. *Ci'maii* and *quyana*—hello and thank you!

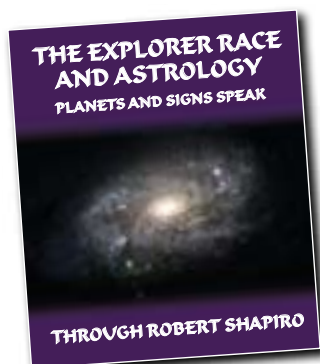
1. Mary Youngblood, "Play With Me," 2006. From *Dance With the Wind*, compact disc, Silver Wave Records, Inc. <http://www.maryyoungblood.com>. "Dance With the Wind," referenced later in this conversation, is from the same album.
2. Mary Youngblood, in discussion with the author, December 9, 2009. Transcribed from audio recording.
3. <http://www.zadjik.com/flutes/history.htm>
4. Mary Youngblood, "Feed the Fire," 2004. From *Feed the Fire*, compact disc, Silver Wave Records, Inc.
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Principles of Abundance

Almine

Comprehension and perception have always been the means of silencing our fears—fears of survival, of a depression or of lack. Instead of succumbing to the fears of the masses and becoming vulnerable to manipulation by those who stand to gain from economic chaos, let us stand in mastery. Awareness of the principles that form the foundation of an abundant and prosperous life will help achieve this. Let us not lend strength to dire predictions of economic collapse. We are the creators of our own destiny. A revamping of our lives away from the debt-ridden sham that our economy has become is inevitable. We can weather the storm and thrive.

PRINCIPLES OF ABUNDANCE

Principles 1–46, excerpted from the online course “Interstellar Mysticism”

1. Acknowledgement of the source of all abundance as ourselves; giving to ourselves increases the flow.
2. The unbalanced flow of abundance is an illusion. We have always had access to all abundance.
3. Let our daily mantra be “I am abundance.”
4. To consider the recipient’s worth when giving is to close the sluices of our supply, for to deny another’s worth is to deny our self.
5. To think of money as a base currency is to forget that all that exists is the one life.
6. The illusion of relationship is a game for the sake of delight. Money is a fabricated game within a game and should also be for delight.
7. Abundance is living within your means with grace. It has nothing to do with how much you have or earn.
8. The viewpoint that money must be earned reduces the possibility that it can come from other sources.
9. Treating ourselves with abundant care and nurturing is the first step to an abundant life.
10. The true currency of an abundant life is elegance combined with grace born of self-respect, and it is available to all.
11. Treat money with respect. It is the thread that weaves together the tapestry of human societies.
12. Send a blessing with the money you spend, that it may bless the fisherman and statesman alike.
13. Money is the fabricated lifeblood of society. It circulates, bringing back to you that which you send out with it.
14. When we see our monetary resources as our security, we deny that our being is our sustenance.
15. When money becomes the measuring stick of our achievements, our desire for wealth becomes an obsession.
16. To desire to live abundantly is as natural as the fish desiring the ocean. Remember, however, that money is only a small part of abundance.
17. Be lavish with yourself through those things that bring you joy. Awareness helps us find joy in simple pleasures.
18. To regret the loss of resources is to deny that we are the creators of our lives and can create as much abundance again.
19. Some feel guilt at having too much and others at having too little. Guilt clogs the arteries of supply.
20. Some acquire to live, others live to acquire. In both instances acquisition has become a need rather than a joy.
21. As the one life, we are all things; there is nothing to become. When we strive for more, we perpetuate impoverishment.
22. Vigorously uproot belief systems that indoctrinate with perceived status symbols and fabricated needs.
23. The weight of comparisons will impede us as we dance with the abundance of life.
24. Comparisons will either make us feel poor or guilty because we think we have more. Each individual has manifested his or her life in divine perfection. Let us honor this.
25. In seeing the poverty of another, we are observing an impoverished part of ourselves. Fix within what is imperfect without.
26. When we bargain, we bar ourselves from gain. The law of compensation decrees that life too will then shortchange us.
27. Spend only what you have so that you do not become the slave of dysfunctional needs.
28. Budgets are sluices that block the torrential flow of abundance. Plan, but hold lightly to your plans and expect abundant surprises.
29. As you wish for abundance, ask for the world if that is what you want. If your desire is not met, no

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- matter—it was not a need, but a preference.
30. Stagnation of resources comes from ruts. Let the adventure of life unfold anew in your life daily.
 31. If you desire flow to come to your life, do not hoard. Donate that which you do not use and throw away clutter.
 32. See yourself as a steward of your possessions. Treat them with respect, and repair rather than replace whenever practical.
 33. Those who take in greed deplete not only themselves but others as well.
 34. Taking resources for granted depletes them. All things dwindle in the face of ingratitude.
 35. When we approach anything with the question “What is the most I can get?” scarcity arises. Let us approach food with appreciation

- rather than a need for nutrition.
36. When we listen to our inner rhythms, our lives become fertile. Barrenness arises when we do not listen to the song of our hearts.
 37. Loss of possessions is viewed by some as equivalent to loss of life. It is often the catalyst to deeper living and vitality.
 38. Simplicity is not more enlightened than a life of complexity. It just removes the temptation of having our possessions possess us.
 39. Find the true pleasures of life. Human beings, having lost touch with what brings them joy, substitute the veneer of purchased sophistication.
 40. Live life as a work of art. Let an attitude of graceful creativity enliven your financial affairs.
 41. Paint life with a large brushstroke, but do not neglect the details—

- so too in financial affairs, where small leakages can drain the reservoir of resources.
42. In times of scarcity, know the situation to be a temporary regrouping that will reveal what really matters.
 43. When resources are scarce, let innovation blossom. This in itself can be a form of creativity shared with others.
 44. Adversity can teach us and our family more than many years of prosperity if only we enthusiastically pick up the gauntlet.
 45. Life cannot take away without compensating us. A hole cannot be made in the ocean. Watch for new areas of abundance.
 46. It is by asking for what we want while appreciating what we have that we live the most powerful law of abundance. ✱

The Shift and the Mastering of Alchemy: How It May Be Affecting You

Jim Self

Time is now going faster. Many people are not aware of the precise nature of the changes they are experiencing, but they are noticing the effects of these changes.

KEY POINTS

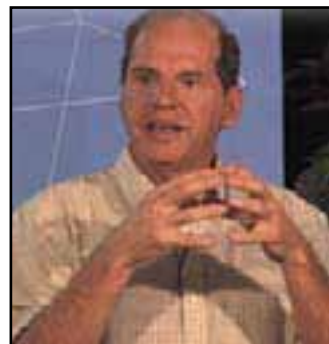
- During the shift, time has been gradually speeding up as we come closer and closer to a concept of time that is truly in the present.
- “As this occurs, all of the memories, thoughts, emotions and beliefs that are not aligned with our higher consciousness of well-being are falling away.”
- This may seem confusing at first, but it is a necessary part of the process as the beliefs that have created our habits shift to better reflect higher truth.

For example, if you ask the question, “Do you think time is going faster?” a great many will say, “Yes, it is as if I just got out of bed in the morning, and before I know it, I’m getting ready for bed again. Where did the day go?” Time is more related to the rhythms and cycles held within our four lower bodies than it is to the clock on the wall. As these two massive waves of light flow within, through and around us and the Earth, the reference points that we have come to know ourselves by are all changing.

COMING INTO PRESENT TIME

The first change that is occurring is in the Earth’s magnetic fields. The waves of light are altering the magnetic fields that surround the Earth, caus-

ing them to weaken, deteriorate and change. As the Earth’s magnetic fields change, the magnetic fields, cycles and rhythms within our spiritual, mental, emotional and physical bodies are also being altered. Some cycles are accelerating while other cycles and rhythms are slowing down. Our concept of time is being altered as the waves of light pass through each of us, changing the rhythms and cycles within. Although the internal sensation is that time is going faster, we are actually losing



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time. Time is not going faster; rather, it is collapsing into a single moment of present time, now.

For example, if it took you five minutes to walk from point A to point B, and you did this every day of your life, you would have a physical-body sense of how long it takes you to cover the distance. But as time collapses, you have less time to walk the same length from A to B, so you now have a physical sense of having to walk faster to cover the same distance, even though your watch still shows the same amount of time was taken. What's happening is that your internal sensory mechanisms are telling you that time is going faster because you had to hurry to get to the same place in the same time that your watch actually recorded.

As the waves of light are changing our internal rhythms, they are bringing us closer and closer to present time. Present time is the only place in which we exist. And as our internal magnetic fields weaken, our cycles and rhythms are beginning to align in a singular flow of consciousness. Our biorhythms, heartbeats and pulses of the meridian system are all beginning to align into a singular rhythm, aligning with the heartbeat of the Earth.

As this occurs, all of our memories, thoughts, emotions and beliefs that are not aligned with the higher consciousness of well-being are falling away. One wave is clearing away many of our memories of the past—all those old arguments, embarrassing moments, and painful experiences stored unconsciously within our memory that have nothing to do with who we are and thus have no value in the present moment. Simultaneously, the other wave of light is expanding the range of possibilities within each of our realities, thereby providing more choice and opportunities in which to experience ourselves to the very fullest.

LOSING YOUR MEMORIES, GAINING YOUR TRUTH

Have you noticed yourself beginning to say something only to realize that you suddenly can't find the words to complete your sentences or that you

can't recall the word for the spoon that you are holding in your hand? If this is happening to you, don't be alarmed. You're not the only one having these experiences. And no, it is probably not Alzheimer's, nor does it have anything to do with your gender, age or culture.

The purpose of this second wave of light is to clear away old patterns, beliefs, thoughts and emotions that we hold that do not support our well-being. Because we did not know what to do with insults or invalidations that we received growing up, we learned to store away the uncomfortable and unsupportive thoughts and emotions that we experienced. In so doing, we chose to give up our own seniority, along with the truths and beliefs that we naturally held in well-being, and instead chose to believe other people's opinions.

As we begin to awaken and remember who we are, many of our old non-truth, non-aligned belief patterns are beginning to fall away. In this process, we are losing many of our memories, our reference points upon which we have built our third-dimensional reality. We are losing these because we cannot take our negative thoughts, beliefs and emotions with us on this journey. The second wave of light is clearing them from our unconsciousness. As these unconscious reference points that support our sense of lack are being cleared, simple words like "spoon" sometimes get caught in the clearing of the patterns. There is nothing broken, it is simply that who we are not and never were is beginning to fall away.

SHIFTING OUR BELIEFS

Simultaneously, the first wave of light is passing through us, expanding our awareness and our understanding of who we are and who we have always been. This understanding is not located in the analytical, rational mind. It is centered in our broader field of perception within our knowingness, within our higher consciousness and the internal guidance system found within our hearts. As we are beginning to remember who we are,

we are beginning to let go of who we are not. And although letting go of who we are not is very desirable, letting go of our beliefs, our thoughts and concepts of the world may not be an easy experience.

The transformation that is occurring within us is shifting our thoughts and beliefs and changing the ways in which we experience the world around us. Until now, most of us have measured ourselves by the outside world. Our beliefs about how we look, what is acceptable, what we think and how we act have all been influenced and established by the third-dimensional world outside ourselves.

Our thoughts create our beliefs, our beliefs create our habits and our habits create our lives. Our beliefs then connect the thoughts that run through our experiences, forming our conclusions. However, many of the thoughts that we think and the beliefs that we hold are actually not our own thoughts or beliefs; they were given to us by our moms, dads, teachers, ministers and the third-dimensional reality outside of ourselves. It's not that our moms and dads or anyone else around us set out deliberately to mislead us; they were simply passing on what their parents and their parent's parents (along with most of the rest of society) had taught them to accept as the truth.

Growing up, many of us may have intuitively felt that what others accepted as the truth did not feel right to us, but consensus opinion is a powerful thing. It's not easy to stand against the crowd or argue with our elders or loved ones. Hence, many of us learned to "toe the line," to repress our intuitive senses and dumb down our feelings. In the process, we became numb. This may be why so many people today are unhappy but have no idea why. It's because they have lost touch with their own inner guidance system.

A GRAND AWAKENING

Now, as we begin to awaken, a new recognition is unfolding within us. As we start to seek our own truth and walk our own unique paths, many of us are

beginning to realize that there is much more to who we are than the outside world has led us to believe. As we look within, we are beginning to realize that we are multidimensional, spiritual beings able to align with a higher truth. As this transformation is occurring, we are beginning to recognize that it is our

own truth that creates happiness, success and balanced health while adding simplicity to our life paths.

In the past, only a few souls have experienced this higher truth. But now this truth has turned into an adventure that is being sought by many. Because of you and the many others who are

now awakening, a new consciousness is unfolding. The third-dimensional world that was defined by the truths, structures and beliefs of those around us is no longer working and is being dissolved. We are experiencing a huge change, a quickening in conscious awareness—a grand awakening! ✨

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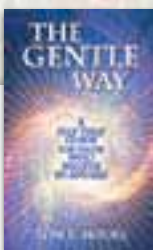


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THE DREAM ZONE

Katia Romanoff, PhD, and Lauri Quinn Loewenberg

"Dreams say what they mean, but they don't say it in daytime language."

—Gail Godwin

Dear Dream Zone,

I had a dream the other night that I was with an old guy friend of mine, and we were all dressed up in fancy clothes and attending some show at an auditorium of some sort. When we got there, my friend left me alone to be with a girl that he liked, who happened to be his ex. I was drinking champagne and the glass I was drinking from broke in my mouth. From that point on, I was pulling glass shards out of my mouth—thin pieces of glass, but painful all the same.

—Lori, 24, Indianapolis, IN

Lauri: Pulling things out of your mouth means there is something in waking life you need to say, even though it may be painful, just as it was painful in the dream. Physical pain in a dream is connected to emotional pain in waking life. The champagne suggests that something is going on in real life that you ought to be in a celebratory mindset about, but you aren't because you must be feeling left out in some way. The broken glass is mostly symbolic of shattered hopes or perhaps a broken heart. Your dream is showing you that you've got to move past the pain so you can partake in the happiness that is around you.

Lori replies: It does make sense. Recently I found out that my office is relocating. It's great news; however, I will be traveling twice as much as I already do and will be the only

employee that is affected that way. I've asked my boss for compensation, as it will be more gas and maintenance on my vehicle. He has told me that I will not be compensated. It's a good move for my company and I love my job, but it's hard to be excited. I'd like to be able to talk to my boss more about the compensation or at least explain the situation it puts me in with an already struggling economy, but I'm worried that it will get me fired.

✱ ✱ ✱

Dear Dream Zone,

I dreamt that my husband and I were in the parking lot at his work place and got into a heated argument in the car. I was dropping him off at his work, and he was getting out. We were still yelling at each other when I took off in the car. He started chasing after me, wanting me to stop so he can have the last word, but I drove off to get away from him. I immediately ran to my kids' school because I'd had enough of his abuse. In my mind, I'd had enough, and I wanted to get my kids and get out of town. I was running through the hallway to get them out of the school when he and some friend showed up. I alerted the principal and another teacher. They told me to hide and that they would go out and talk to him. As I waited for clearance, I got my kids and hid beneath a tree where he couldn't see us.

—Anonymous

Dr. Katia: Well. There are two possible interpretations of this dream, and since you aren't here in my office, I can't ask you the one crucial question that decides which interpretation applies to you. The question is, in waking life do you argue with him a lot and ever feel the need to take the kids and leave? If so, see interpretation B below. If the events in this dream are completely ridiculous and out of character for both you and him, then interpretation A applies, and that is that there is something you and he need to work out that may turn into something serious if you don't pay attention. Right now, it is not that big of a deal, but very soon this unresolved issue—whatever it might be between you; perhaps work-related or parenting, since both those appear in your dream—is going to cause great anxiety in you and the desire to just "run away" and "hide" from the problem.

Now for interpretation B. If in real life you have experienced similar dramatic arguments, chases and the desire to get your kids to safety or if there has been any domestic violence, this dream is a warning to seek help now before another big fight with him. It is time to talk to someone about this, and not your family. Try at your children's school; ask in the principal's office for resources available for families suffering from domestic, physical or verbal abuse. Your kids—and you—deserve a cheerful household, and your kids deserve a cheerful, non-nervous mother. Actually, that last line goes for interpretation A and B and for all households. Whether or not there is actual abuse going on, your dream is a warning that anxiety levels are reaching critical levels that, if not addressed, could be permanently damaging to the children and you. ✱



*Dreams are messages and warnings,
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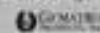
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ESSENCES OF NATURE



MAKING PEACE

Mary Ann Antenucci

How many times have you found yourself obsessing about some wrong or something not quite right, feeling consumed with all the possibilities going on inside your head? Nothing has changed on the outside, but you have spent a massive amount of time consuming your energies with this negative thought and energy process. Did it change anything? Did it make you feel any better? Did you get that ever elusive epiphany? Probably not. You most likely got a headache, a lot of wasted time and a fair amount of self-loathing.

How about thinking or feeling what would it look or feel like if you weren't consumed with whatever was plaguing you at the time? What if you chose to make some sort of peace with it? What if you changed your expectations about what peace would look like? Peace isn't simply "aumming" in a quiet room. Peace is a vital, active process. Peace can uplift you as you make more room in your consciousness and energy field. In turn, you have that much more substance available for your life force and prospects.

WHITE CHESTNUT ESSENCE FOR MENTAL CLARITY

White chestnut essence stops the chatter. How many times have you laid in bed, trying to get some sleep, and instead obsessing over what you should have done, what you could have said better, what you will do to fix it and why do you always get yourself in these sorts of messes? White chestnut essence calms the mind and helps you to discern what you need to pay attention to and what you don't. This remedy gives you an "off" switch.

White chestnut essence works by allowing you to prioritize and discern

your thoughts. This is a mental clearing essence. As this essence takes effect, thoughts no longer have a runaway life of their own, and you feel more mastery over your powers of concentration. When the constant white noise or chatter is quelled, you can use your mental powers for many other more productive uses. White chestnut essence has the added benefit of releasing tension in the head and jaw and is also a "teeth grinding" remedy. It relieves the constant gnawing and unproductive energy drain.

GARLIC ESSENCE FOR FORTIFICATION

Garlic essence is a fortifying formula. When you become too stretched from chronic worry and fighting your emotional ails, this remedy serves to create a field of strength to defend your energy system. It is traditionally used when your subtle energy forces become scattered and torn due to a constant barrage of mental and emotional attacks, leaving your aura worse for the wear and tear. Garlic essence helps by rallying the forces of active resistance, creating a natural defense system that filters out any and all aberrant influences.

Garlic can also be used as an immune booster to repair any tears in the auric field. This remedy restores wholeness and harmony, allowing the energy system to restore, repair and defend itself. Garlic reestablishes the connection between all the energy bodies. Peace comes again from the unifying wholeness and active protection this essence provides.

APPLE BLOSSOM ESSENCE FOR PURIFICATION AND HOPE

Apple blossom essence is a purification essence. It helps by getting to the core of who you are and cutting away noxious influences from the past and clears the contaminants from the energy field. As your system becomes more clean and clear, you have more energy for making new thoughts, feeling new feelings and seeing new possibilities.

Apple blossom essence restores hope. It helps you to move beyond perceived limitations, reminding you of the star qualities you possess. This remedy instills peace in your heart so that you are no longer hindered by your story or the remnants of past lives in this life. You are new and fresh and able as you proceed in peace.

RED CLOVER ESSENCE FOR PERSONAL EQUILIBRIUM

Red Clover essence is important for your current states of affairs. You can easily lose your personal equilibrium with the headlines and how they are affecting everyone around you. If you plug into the fear of the group, you can become carried away with your energy cousins, even though what is going on may not be relevant to what your current state of being is. The key here is to protect yourselves from being carried away by the group mind. Other-



Mary Ann Antenucci

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wise, while you might have a fragile peace, as soon as the group consciousness begins to activate, you tend to lose your balance.

Red clover helps to remind you of who you are in the group. You are not the group; you are a *part* of the group. Red clover essence helps you to differentiate between the two. The more you have an active center, the more you can make choices and decisions that will come from calm strength as opposed to hysterical flux. You make your decisions based on peace and what is the greatest good, not what is coming from the most fear.

NICOTIANA ESSENCE TO OPEN THE HEART

Nicotiana essence brings peace to the heart. Traditionally this is a “stop smoking” remedy, but it is an effective pattern breaker for any type of addictive qualities. It helps by removing the smoke screen or the numbness around the heart. Many of you have hardened your hearts so you can continue to function in your world today. This essence helps to thaw the ice around the heart that numbs out your feelings.

Nicotiana essence reminds you of your natural reverence for life, allow-

ing your hearts to open and embrace your feelings. You become true to yourselves and in turn truer to one another. You clear the smoke and allow for your hearts to feel the pristine energy. You attain peace by being of peace.



Make peace this year. Make it active. Make it real. Make peace with all of your parts. The more peace you make, the more room you have to grow. The more room you have grow, the more room you have to be all you can be. When you are all you can be, peace is a natural state of being. *



Lily Jones

Dear Ms. Lily,

My marine son is stationed in Iraq, and he recently called home crying. I used the “light of God surrounds me” prayer that you recommend, yet it does not seem to be enough. Please help!

—Sandra, Texas

As an empath, I can actually feel your intense fear and separation anxiety for how your son is so far away as he serves our country. It can be quite impossible to describe the magnitude of a mother’s concern and feelings of helplessness when a child of any age may possibly be in harm’s way.

The blessed Mother Mary has appeared to me, however, saying that your handsome son will indeed return home safe. She is showing me clairvoyant pictures in my mind of him happily married with two, if not three, children of his own. We can also call on Archangel Michael with his fiery sword and legions of angels to assist your son’s own spirit guides to protect him and those around him. Archangel Michael is especially effective when we

simply ask him to use his sword to cut all negative cords around us. Another easy exercise is to ask Michael to “vacuum” all the negative psychic dirt up and out of your crown chakras. These two visualizations usually bring immediate relief.

With your permission, I would also like to call in ascended master El Morya to install powerful internal shields—one shield over the heart and a second shield on the backside, covering the spinal area. Additionally, I remind everyone to turn on your invisible armor of sparkling white light each morning as a protective bubble around your entire body. This shields us from negative energies and even psychic attacks. A brief note on psychic vampires. I am not fond of using the term “vampire,” as I believe that the majority of people around us who can be

draining us of our personal energy may well not be aware that they are doing so. Nevertheless, it is helpful to be proactive by using these simple protective exercises.

Your son—even so far away, Mom—is also highly empathic and seems to not only be tightly tuned into your own deep emotions but also very likely of all those serving with him overseas. The angels assure me that it will not be long before they all come home to their families. While modern communication technology makes it possible to keep in regular contact, the angels also show me this is a great opportunity to practice your



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telepathy skills with each other. True inner peace with calm clarity can be achieved when both of you are utilizing your innate telepathic skills to reassure each other in a positive manner in times of need. Unfortunately, it appears to be human nature that it often takes desperate times to remember our Creator God or a higher power in prayer and to become more one with him. However, I do see many positive revelations occurring for your son, as he is developing a vivid and true knowing of the importance of setting priorities and that family and loved ones should come first.

The prayer of protection you mentioned is one of my personal favorites for so many reasons, including the fact that it simply works and usually does so quickly: "The light of God surrounds me. The love of God enfolds me. The power of God protects me. The presence of God watches over me. Wherever I am, God is!" After having read countless books, such as *The Secret* and *The Kybalion*, on manifesting what is desired or needed, I find that I keep coming back to this relatively simple condensed version of what others spend years or even lifetimes studying.

Why we as humans seem to be programmed to believe that things must be rigorously difficult to be highly effective, I shall never know. The laws of nature are overcome by applying higher laws. My angels assure me that the light and love of our Creator God does indeed supersede all other laws of nature.

It is as easy as visualizing God's love and light around any and all life challenges—not only people, but homes, workplaces and even whole cities, the entire country or the Earth itself. This unsurpassed power of love and light brings positive solutions to virtually any issue you may encounter.

I found this prayer of protection used by the Unity churches, but it seems to be used worldwide. Many blessings to you and your family, including the new grandbabies coming your way soon!



Dear Ms. Lily,

We have been in a new custom home over one year, yet we have been seeing weird things happening right in front of the entire family. It has gotten to the point that things are moving by themselves, including a coffee pot falling off the kitchen countertop! We had a psychic come bless the house and cleanse it with burning sage. However, this poltergeist activity seems to continue. Help!

—Tiffany, Texas

Over the phone, you verified that you have two younger daughters, with the older one approaching puberty. University-level researchers over the years have claimed that "poltergeist" activity is usually a result of one or more persons in the household being under extreme stress emotionally who can inadvertently create what is called "uncontrolled kinetic energy." That being said, while I do believe it is possible, I am not convinced this is true in your case.

The angels tell me that you have a male earthbound energy attached to the surrounding properties on which your new home was built. Ghosts do not have to be connected to homes or buildings. Sometimes they can even be attached to individual people. Many times I find that portals exist in the area or sometimes around a person. Portals between dimensions can and do remain open for many, many years.

This is why, for example, when someone has used a Ouija board—even as a youth many years ago—they can experience disturbing events long afterward. This is why even though almost anyone can go out and still buy a Ouija board game at any toy department, my personal recommendation is not to do so.

Use of these boards is not a game in truth to the energies invoked in other dimensions. You are inadvertently granting permission to allow any and all spirits (good or bad) into our dimension. Usually those that do come through are seeking help that most people are not equipped to prop-

erly give. Earthbound spirits or ghosts are not pets!

Keep in mind that our loved ones passed over are not earthbound spirits, even though they have the ability to visit us frequently from the other side—also known as heaven to most. I believe your younger daughter, aged three, is communicating with her guides, angels and loved ones passed, including a grandmother on the maternal side of your family. I feel she is also aware of the noisy visitor as well and can likely describe him.

The angels tell me this earthbound male spirit died unexpectedly about eighty years ago at the young age of forty-eight, due to excessive drinking and smoking. He left behind a widow with eight minor children. I am getting an M name that sounds like "Merle." Census records of your area may reveal his exact identity. He was a cotton farmer with some livestock. The angels tell me that his widow was called upon by locals to do midwife work at a time when babies were usually born at home. "Merle" was originally hanging around to watch over his family.

Spirits actually become earthbound by choice. I agree with the experts who say that there is no Saint Peter at the Pearly Gates saying that the "naughty" ones cannot come into heaven. When the time comes for us to go home, we are given the choice to go into the light. What I have learned is that for the few who do not cross over, it is usually because they are feeling not worthy or not ready to go home to the light. Merle had been warned repeatedly by his friends, family and doctor to cut back on his excessive drinking. He now regrets not listening, and feels tremendous guilt for causing his own early demise. This is why he has not yet passed, even though his family is long gone.

With help of the angels and with prayer and meditation, I have helped Merle to cross over to where his widow has been waiting for him with forgiveness and understanding. A portal in your area that has been permitting negative energies to come and go I

have also permanently sealed for you. Simply put, even over long distances, I can communicate with spirits to tell them, "The party is over, and it is time to go home!" And with help of the angels, they usually do!

It is a blessing to your daughters that you understand them and support them in cultivating their psychic skills in a positive manner. Intuitive skills bring wonderful empowerment to folks of all ages when always used in a positive

manner and for the good of all. One of the best things told to me early on was "Lily, do not be afraid of what you can do." With divine guidance from your guardian angels, you can attain true inner peace. ✨

Ask Rochelle

Stars of Celestial Waters through Rochelle Sparrow

Dear Rochelle:

Early this morning, on November 4 around 3:30 AM, I was dreaming in what is known as the twilight zone and heard a female voice right in my head saying in a sinister way, "We will have them in thirty minutes" or "In thirty minutes, we will have them"—I'm not exactly sure which one it was. So I looked around and only noticed shapes of people who had been with me prior to that time. I then pointed my face toward the sky, which was blue, and asked, "What will happen in thirty minutes?" The same woman's voice—right in my head, but this time confused and somewhat incredulous—asked, "Did you hear my voice?" I said, "Yes, who are you?" and was met with silence. I waited and only got more silence.

I told the shapes around me to leave the area, and I came up out of the twilight zone into my consciousness to try to figure out what had taken place and remembered it all. Could your guides figure it out and tell me who and what it was all about? It sounds dangerous; I mean, this woman's voice was downright menacing and sinister, and it sounded like she was contemplating someone's capture.

—Thank you, David

Thank you so much for entrusting my guides with this. Let's find out what this is about. "You are correct to know that this entity is of problematic nature," the guides say. The sense that accompanies mention of the entity is of a mentally ill, bipolar energy. "She comes to tell you that she is all-powerful on the other side and can

carry out what she feels are dangerous threats to you. In reality, however, she haunts no one, and her power is of no consequence. She is a woman who lived abroad for many years, then returned to an apartment complex in the neighborhood. The complex caught fire, and she died. She is angry about her passing and wants other people to pass over into her world." The energy of revenge comes through here. "Her being continues in mental instability, yet she cannot affect anyone negatively except by frightening them. Talk to her the next time she returns. Tell her quite bluntly that she has no business being present in your home and that you are not able to help her. Remind her that if she wishes help, all she needs to do is ask the entities that offer guidance to her. Then tell her to go. We also suggest that there is nothing to fear, so"—this comes through very loudly—"do not fear her. She cannot affect you. Blessings."

✨ ✨ ✨

Dear Rochelle:

My name is Pamela, and I am experiencing a very difficult time in my life. I have been going through life-changing times over the past two years and have lost my job, house, car and many other things. I was once told, many years ago as

an adolescent, that I had a powerful gift, but I have never done anything to pursue it. I feel this overwhelming feeling lately that there is something that I am holding back. I am not sure what it is, though. I feel very unsure of my future, and I do not know what I am supposed to do at this point. I have been a professional woman and have held professional positions, but I do not see that as my calling and feel very lost. I have tried for some time to get a job, and although I have wonderful skills and years of experience, I am still not getting anything in regards to interviews, offers or callbacks. Somehow, I feel that this is because there is something else that I am supposed to be doing. Can you help?

—Pamela

Thank you so much for sharing your story. I am sure many people reading this can relate to you. Here is what the guides state: "You are correct to move ahead and consider your interests." The energy indicates that these may be as a healer and a writer as well as traveler. "Your tendency is to dismiss what you see as impractical desires to write, to learn more about your intuitive and psy-



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chic abilities and to engage in"—what you my judge as—"bizarre classes that are not fruitful in income." The guides suddenly become very loud: "You are not correct. Your being has countless talents that are continuing to be unrecognized by your sense of judgment and practical life course. It is not correct to dismiss yourself in any regard.

"Think more strategically. What would happen if you began to embrace the change of consciousness that you needed? Would you then need any substance outside of yourself to help you change your sense of consciousness, or would altering your sense of consciousness from the inside out be enough? We see a tremendous need from your true self to validate yourself, to move inward toward recognizing your artistic talents and to recognize that your need for fulfillment comes from within you, not from outside of you. Look inward for what change you need. Do not expect outward changes. They will not come. That is the correct way. Blessings."



Dear Rochelle:

I have endured headaches for the majority of my life, starting at a young age. I recognize that I have accepted the pain as a part of my identity, so much so that it has spread into other parts of my body. In spite of this awareness, I have not been able to separate myself from the pain to reclaim my whole self. I no longer want to reserve a place for pain in my life. How do I let go?

—Sincerely, Anjali

Thank you for contacting us, and it is wonderful that you want to gain back your right to heal yourself. Okay, let's connect to the guides: "You are correct to move into pain in this regard—to understand the origin of the pain in order to clear it. Now, we see issues arising as a small child"—the age of six comes through—"at which point your being was told repeatedly to become a good girl, not a bad girl. Your being was not being bad by asking questions and exploring life, so your being became quite confused about why you were being told that you were bad for your curious behavior. It was

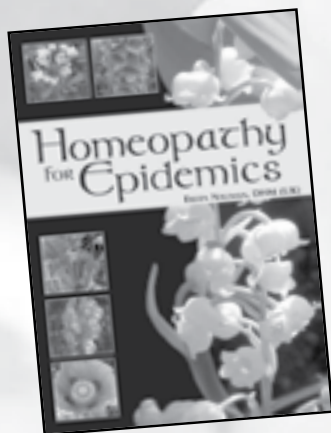
illogical to you and felt odd to you. After a while, however, your being began to feel bad about exploring the world around you (after being told so many times not to), and your being began to shut down your exploration.

"However, your mind rebelled and did not like the self-imposed prison that was now present within your emotional world. Your being became prone to sickness, and your immunity to disease began to become impaired because you felt intruded upon by this false belief that if you explore the world, you will experience something wrong or bad about yourself. Now you must begin to change that belief, we advise, in order to heal the wound of your inner experience. Tell yourself and your mother you are now going to travel, that you want your world to expand and you want to explore your interests in a much stronger manner. You are free to do this, correct? It is in the doing that your health changes and improves. There is one other matter. You are correct to travel abroad to places in the Middle East, such as Egypt. That is the correct way. Blessings." ✱

Homeopathy for Epidemics

by Eileen Nauman

Homeopathy in Times of Crises



Homeopathy's philosophy is *like cures like*. By potentizing a remedy through a series of dilution steps, only the energy signature of the original substance is eventually left in the alcohol carrier. Quantum physics will one day be able to explain why water has memory; similarly, homeopaths know that each remedy has its own unique frequency, whether there are molecules of the substance left or not.

The homeopathic community knows that in the past, homeopathic remedies have made the difference between life and death during global epidemics. It is my hope that you will pass the information in this book along to your relatives and friends. It might be the greatest gift you ever give them—information that can save their lives.

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THE MOVIE MYSTIC

Avatar

Stephen Simon

Landmark films that literally change the face of the art form itself are rare indeed. *The Great Train Robbery* was the first big hit silent film, *The Jazz Singer* was the first talking film and *The Wizard Of Oz* was the first huge family film. *Jaws* became the first summer blockbuster, *Star Wars* was the first science fiction epic of the new technology era, and now there is *Avatar*.

Avatar is simply unlike any other film ever made. The experience of *Avatar* in 3D is a glimpse into the potential of film to literally immerse the viewer in the story. We actually materialize in the onscreen world. Even more amazingly, the spirituality of the story of *Avatar* is on a par with its technology. We truly aren't in Kansas anymore, Toto. We're on Pandora.

Pandora is the distant planet on which *Avatar* plays out. Humans have come to Pandora to mine the most valuable mineral in the universe. Standing in their way are the N'avi, Pandora's blue, ten-foot tall, deeply spiritual indigenous race. To infiltrate the N'avi, humans create biological avatars of the N'avi into whom the consciousness of human beings can be transferred. The

avatars can then interact with the N'avi, even though the N'avi can easily detect the difference. One par-

ticular human marine is sent in as an avatar and falls in love with a N'avi, ultimately transforming both himself and the world around him.

The spiritual metaphors of *Avatar* are truly dazzling. Aren't all of us as humans truly avatars, spiritual beings inhabiting human bodies that our consciousness adopts as a temporary home while our spirits evolve? The N'avi of the film are a deeply spiritual race, fiercely devoted to family and their environment, choosing mates for life and worshipping the beauty and power of their natural world. The concept of "we are all one" is taken to its highest zenith on Pandora. Not only are the N'avi connected to each other, but also they have learned a way to bond both physically and spiritually with the magical and glorious creatures of Pandora. Furthermore, all of nature itself on Pandora is connected in a very tangible and communicable way, something that humans encounter in the denouement of the film.

Nothing can prepare you for the visual and visceral wonder of visiting Pandora in 3D. Fortunately, the film uses none of the old and cheap 3D tricks of scaring you out of your seat, with arrows or bullets coming straight at you. You just feel like reaching out and touching the wonders of the planet.

The genius behind Pandora is writer/director James Cameron, whose film *Titanic* became the highest grossing film in history. As in *Titanic*,

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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.



Cameron gives us a magical love story in *Avatar*—tender and fierce, loving and comical, challenging and engrossing. Cameron has here mastered a new 3D technology that literally catapults us into a new era of film wherein we as viewers truly inhabit a whole new world.

It is important to remember, however, that Cameron also created the *Terminator* films; unfortunately, the final confrontation between the N'avi and the marauding humans is quite violent, as are some earlier sequences. For that reason, I do want to warn those of you who are sensi-

tive to violence on screen that *Avatar* very well might be a bridge too far for you. Normally, my wife and I feel the same way, but we were so immersed in the drama and wonder of the story that we made it through the violent scenes of the film, knowing that the spirituality and goodness of the N'avi would ultimately rule the day. (Not to be a spoiler, it does). Still, I would be remiss in not waving a caution flag about the violence in the film. It's there and it's significant.

The violence aside, *Avatar* has birthed a new method of movie storytelling. Some day, the technology

of *Avatar* will be used (sans violence) by filmmakers to take us much further into the spiritual journey of our souls—into the dreams we call illusion and the illusions we call reality, into the awe and wonder of this majestic, mysterious and mystical adventure that we call life and into a new world of spiritual cinema. And we will look back and thank James Cameron for bringing this new vision to us for the first time.

See *Avatar* in 3D while it is still in theaters. You just may want to be able to tell your children and grandchildren that you were there when everything changed. ✱

THE YEAR WAS 1909 . . . WHAT A DIFFERENCE A CENTURY MAKES!

- The average life expectancy was 47 years.
- Only 14 percent of homes had a bathtub.
- Only 8 percent of homes had a telephone.
- There were only 8,000 cars and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower!
- The average wage in 1909 was 22 cents per hour.
- The average worker made between \$200 and \$400 per year.
- Two out of every 10 adults couldn't read or write and only 6 percent of all Americans had graduated from high school.
- A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.
- Eighteen percent of households had at least one full-time servant or domestic help.



Fuel for this 1909 Ford Model R was only available for purchase at drug stores!

- More than 95 percent of all births took place at HOME.
- Sugar cost 4 cents a pound. Eggs were 14 cents per dozen. Coffee was 15 cents a pound.
- Most women only washed their hair once a month, and used Borax or egg yolks for shampoo.
- Canada passed a law that prohibited poor people from entering into their country for any reason.
- The population of Las Vegas, Nevada, was only 30!!!!
- Crossword puzzles, canned beer, and iced tea had yet to be invented.

- There was no Mother's Day or Father's Day.
- Ninety percent of all doctors had no college education! Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
- Five leading causes of death:
 1. Pneumonia and influenza
 2. Tuberculosis
 3. Diarrhea
 4. Heart disease
 5. Stroke
- Marijuana, heroin and morphine were all available over the counter at local corner drugstores. Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health"
- There were about 230 reported murders in the ENTIRE U.S.A.!
- Ninety-five percent of the taxes we have now did not exist in 1909.

What will it be like in another 100 years?

Self-Discovery ACTIVITIES FOR CHILDREN

Lesson Plans for Parents and Teachers *Lynne Cox*

Home Adventure

Waking up early one sunny morning, you look around and see sparkling lights dancing around your room. Looking closer, you laugh as you notice that the crystal hanging in your window is reflecting sunshine all around your bedroom.

"Wow, it is so beautiful," you say to yourself.

"It surely is!" Angel replies.

"Well, good morning, Angel. I put this crystal up last night, but it really caught me by surprise this morning. Look at all the beautiful colors that shine from it. Do you see the rainbow?"

"I do indeed, and it's just what I see when I look at you. No matter what you are doing, what you are saying, or how you are feeling, you are always reflecting light."

Gazing at the crystal, you take a deep breath and breathe in the light energy. That's when you feel yourself tingling from the top of your head to the tips of your toes. You glance over at your mirror and laugh as you see twice the light shining around you. "I feel like I'm in wonderland."

Leaving your bedroom and walking into your bathroom, you are once again touched by the sunlight. This time, the Sun is streaming through the bathroom window and reflecting directly onto the large mirror. You laughingly say to Angel, "There is so much light that I can't see anything. I've got to give myself a moment to adjust to this brightness." It doesn't take long before you say "I can see again."

Filling up the sink with warm water, you become mesmerized as you watch the sunlight sparkling and dancing on the surface of the water. You slowly place your hands into the water, trying not to make any ripples while allowing the water and light to flow over and around your hands. "This is incredible, Angel; I would call this oneness in action. Right this moment, I can feel my oneness with the energy of the air, light and water."

After freshening up, you become aware that everyone is still sleeping. You quietly tiptoe into the kitchen and choose your favourite cereal from the cupboard. Reaching for the milk from the fridge and also for a glass of water, you sit once again in the sunlight. As you are munching on your cereal, you notice that the Sun has moved once again: It is no longer directly over you. Gazing softly into the light, you notice something you have never seen

before. "Angel, what are those light-filled tadpoles swimming in the air? They are similar yet very different from the light from the crystal that danced around my bedroom this morning."

Angel laughs, "I've often told you that you are never alone and that you are dearly loved. What you are seeing are your angelic friends; we don't need a large physical body like you. We are lightbeings."

"There are lots and lots of them. In fact, there are so many that I can't even count them all."

"Yes, dear one, there are!"

"Can I take pictures of them?"

"Sometimes they will allow it. Respectfully ask them and see what happens."

With that news, you quickly tiptoe into your bedroom. Reaching for your camera, you take a deep breath, close your eyes and ask the angels for their photograph. You begin taking pictures in your bedroom, the bathroom and in the kitchen. "I sure love these digital cameras. I can take as many pictures as I want."

You breathe deeply once again as you remove the chip from your camera, and within seconds, your pictures are up on the computer screen.

"Angel, Angel!" you say excitedly. "What are those large circles in my picture?"



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Angel laughs, "Oh yes, those are called orbs."

"Orbs? What are orbs?"

"They are just another being of pure love energy."

"You mean like me."

"Absolutely, lightbeings are totally unlimited and free to come in any form they wish. Orbs form themselves into energy circles. Look closely, and you will see that some may have been your favorite pet while others are loved ones who have felt very close to you throughout this and many other lifetimes.



They enjoy being with you and often comfort you throughout your earthly journey."

"Wow, I've never seen anything like this before. It's a whole new world I'm seeing for the very first

time," you exclaim. "I know you have told me many times that we are loved and never alone."

"Beyond your wildest imagination, dear one!" Angel replies.

"I'm slowly beginning to get the picture." Laughing, you say to Angel, "You continue to amaze me. I didn't even know we were on an adventure. We didn't go anywhere; we simply stayed home, played and had fun."

"Yes, dear one, you can go nowhere and do nothing and be home!"

LEARNING OBJECTIVES:

- ✧ Children are asked to add their own loving ideas to the oneness adventure story.
- ✧ Children will make a crystal or glass suncatcher for their window.
- ✧ Children are encouraged to feel the sensations of oneness energy with the air, light and water.
- ✧ Children will explore a whole new world of spiritual lightbeings.

ACTIVITIES:

~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experience.

- ✧ What loving ideas would you add to this Home Adventure story?
- ✧ What is it like for you to imagine yourself in oneness energy with the air, light and water?
- ✧ What formations have you seen as you have gazed into the air?
- ✧ Tell me about light formations that you have seen in pictures.

~CREATE A CRYSTAL SUNCATCHER ADVENTURE~

The purpose of this activity is to have fun creating a crystal suncatcher. As lightbeings, the crystal suncatchers help children to see the crystal light as outer reflections of themselves. Ask the children to string together see-through beads, creating their very own crystal suncatcher. Encourage them to become

aware of what they experience as they string their beads together. This type of quiet activity can actually create a meditative-type state for children.

Supplies: crystal, glass or acrylic see-through beads of various shapes and sizes and fishing line or thin wire

After they have strung up and hung their suncatchers, ask the children:

- ✧ What were you thinking or feelings as you strung your beads together?
- ✧ What happened when you put your suncatcher in a sunlit window?
- ✧ How do the suncatchers help you to discover your own light energy?

~ONENESS WITH AIR, WATER AND LIGHT ACTIVITY~

The purpose of this activity is to feel a sense of oneness energy with the air, water and light. Encourage the children to do this activity quietly. This is an excellent outdoor activity, especially on a sunny day.

Supplies: a glass of water and a large bowl of warm water

Ask the children to concentrate on the sensations they feel while doing the following activity.

- ✧ Breathe deeply, filling your lungs with air as you become one with the air.
- ✧ Drink a glass of water and feel the sensations of your body as you become one with the water.

Place a large bowl of warm water in the sunlight and watch the sunlight

dance on the top of the water. Ask the children to concentrate on the sensations they feel while doing the following activity:

- ✧ Breathe deeply and slowly place your hands into the water as you become one with the water.
- ✧ Close your eyes this time and breathe deeply, once again slowly placing your hands into the water as you become one with the water. Ask the children:
- ✧ What feelings did you have as you took a deep breath—breathing the air into your lungs, and becoming one with the air?
- ✧ What feelings did you experience when you drank a glass of water and became one with the water?
- ✧ What sensations did you experience when you breathed and watched the sunlight sparkling on the top of the water as you moved your hands around in the water?
- ✧ What different sensations did you experience when you closed your eyes, breathed and moved your hands around in the water?
- ✧ What surprised you about this activity?

~ORB ACTIVITY~

The purpose of this activity is to see if you can take pictures of orbs. There are many theories. Some theories say that orbs are ghosts, but it's important to remember that life is filled with a variety of interpretations. However,

since all is love, you can choose to come from a loving vibration. This allows the ego fear to drop while love remains. Enjoy taking your pictures of love energy in action.

Supplies: a digital camera or camera with film

Ask the children to respectfully ask spirit if you can take energy pictures of the lightbeings. After they have taken the pictures, look at the pictures with the children and then ask them:

★ What did you experience when you took spirit pictures?

★ What types of images did you receive?

★ What surprised you about your pictures?

★ What have you seen in other pictures?

★ How do you feel about your spirit pictures?

LEARNING SUMMARY:

★ Children have made suncatchers. As lightbeings, the crystal suncatchers help children to see the crystal light as outer reflections of

themselves.

★ Children have been encouraged to feel the sensations of oneness energy with the air, light and water. Each time they talk about oneness energy, they reinforce and strengthen this learning at a deeper and deeper level.

★ Children have been encouraged to ask spirit for photographs of lightbeings. This activity has opened them to a whole new world of the unlimited possibilities of loving lightbeings. ✱

Ask for BENEVOLENT OUTCOMES And Change Your Life

This month, we'll cover requesting most benevolent outcomes (MBOs) for Reiki sessions, requests while looking for a new job or a mate and more! We'll also address whether or not you have to start over in your request for an MBO if while saying a benevolent prayer, you stumble in saying it and whether you should say the request for a most benevolent outcome verbally or not. You'll read many more stories similar to those below in my new book, *The Gentle Way II: Benevolent Outcomes; The Story Continues*, available now through Light Technology Publishing.

SHOPPING FOR A NEW WASHING MACHINE

Kathy writes: "Here's a fabulous MBO that I experienced yesterday. Our washing machine recently began making a horrid sound, and last week the washer technician confirmed that it was time to go shopping for a new one. This was very distressing news, because right now my husband is unemployed, and we surely don't

need to spend hundreds of dollars on a new appliance. In addition, this machine is only seven years old and was an expensive one. We decided to go shopping for a new washer yesterday, and in the morning before we left, I requested an MBO that we find a good quality washer that would cost less than \$700. I also requested that our salesperson be knowledgeable, helpful and friendly.

When we got to the store, there was a waiting line to talk to the only salesperson, so we wandered around looking at the washers.

"After a few minutes, a different salesman walked up to us, and when I asked him if he knew anything about washing machines, he said he'd been selling them for eleven years. He was very knowledgeable and helpful, explaining such things as the typical life span of different types of washers and how much water each type uses on

average. We ended up buying a very good quality machine for only \$611! Thank you, guardian angels, and thank you, Tom, for sharing the technique of MBOs with us."

REQUESTING MBOs FOR REIKI SESSIONS

Annette writes: "I start each Reiki session by requesting an MBO from my Reiki guides followed by a benevolent prayer for the client, and I close each healing by thanking my guides and all benevolent beings that attended and assisted in the healing. I also request a most benevolent out-



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come for my day each morning and then throughout the day for more specific outcomes—like a safe drive to my destination and so on. I also find that I do a lot more living prayer and “I hope” requests during the day. The more I do, the more naturally the doing becomes.”

Keep in mind, everyone, that you can go to my website and click on “Signs,” where you can print out the “Request Benevolent Outcomes Today!” sign as many times as you need. Place them on the refrigerator, bathroom and even your car to help you remember to make requesting MBOs a habit.

IF YOU STUMBLE WHILE REQUESTING AN MBO

Rick writes: “I have a quick question. I sometimes stumble through an MBO. Does that affect the outcome? If so, is it best to repeat it until I get it right? Thanks.”

I asked my guardian angel in meditation whether or not you need to start over again if you stumble while requesting an MBO, and he responded by saying, “No, Tom, you do not need to repeat it. Your friendly guardian angel accepts your request even if you stumble, as you call it, verbally. Benevolent prayers are virtually the same. We can naturally read your thoughts as you say these prayers. It matters not to the ‘prayer angels,’ shall we call them, or your friendly guardian angels, as the intent is there, you see? And yes, some channels say to start over, but that’s your choice. If you wish to start over, that’s fine. And no, you don’t have to wait some specified time. You can still say the prayer or MBO request and we will respond, as there is no time here.”

MBO SURPRISE

Annette writes: “I had the most amazing benevolent outcome lesson today. As usual when I am going to a place where there are parking issues, I requested a most benevolent outcome for a convenient, safe and close parking space. Normally, I never have a problem. Today it was raining and cold, and recently my knees

have been going out on me. When that happens, I literally cannot walk for a several hours; in one case, I even needed to be taken to the ER by ambulance. Since I was going to a holistic health fair, I planned on getting some healing work done, but I was still concerned my knees would give out on me again and wanted a close parking space. Well, that was not to be. I had to park a long way away and walk to the conference center and then all the way to the opposite end of the center three flights down. Fortunately, there were escalators and I didn’t fall, and there were people walking near me all the way.

“By the time I got there, the healer I wanted to see was booked, but he gave me two stones to carry, and I immediately felt relief. I then saw another healer I knew, and she offered to do work at a discount because she needed to get someone on her table to ‘draw people.’ I learned of the healing power of Mother Earth in the stones and the power of a healing message, as I received a message about the cause of my knee problems both on the physical level (my neck) and the metaphysical level (I was not ‘walking my walk’).

The walk back to the car was an interesting experience. While it was not completely pain free, it was much easier, and the walk proved to me that the healing was working. Parking farther away, therefore, was indeed the most benevolent outcome. Sometimes the answer to the most benevolent outcome request is not what one expects, but it is still the most benevolent outcome.”

How true that is!

NEW JOB OUTCOME

Maureen writes: “Hi Tom, this is personal, but I want to ask you about something I did once before. I broke up with someone I was in love with a year ago, by his choice. I had a terrible time getting over it and have found myself lonely and still thinking of him sometimes, although I have worked through most of it. I really want to find the right partner

and have prayed about it almost daily since. Could you ask your guardian angel why I cannot meet my partner and why I have many job interviews but no job? It brings me down, but I am trying hard to be positive and grateful for what I have. I would so appreciate this. Thank you.”

I asked my guardian angel when Maureen would find a new love and a new job, and this was his response: “Tell Maureen, from me and her own guardian angel, to keep requesting MBOs when she meets new people and when she applies for jobs and has interviews. She is in a difficult situation, but if she requests MBOs, it will soon become much easier for her—although perhaps not as soon as she would wish. Her guardian angel says to hang in there and don’t be discouraged, as this time will pass and she will find new employment and someone to share her life with.”

Maureen writes again: “Tom, guess what? The day you sent this, I went to a breakfast meeting of friends who meet once a month to discuss spiritual topics. At the meeting, a man and his wife mentioned they had their assistant leave their investment firm and needed someone. I said I was interested, and they called me in for an interview. Two days ago, I got the job! This is after looking for two years. They run their business from a spiritual perspective, and that is exactly what my belief system is. I am a nurse with a business degree. Thank you so much, and I will keep saying the MBOs and waiting for the right partner to show up!”

So as a reminder, if you are looking for a job, remember to say, “I request a most benevolent outcome for the perfect job for me, thank you.” With each job interview, you can say, “I request a most benevolent outcome for the results of this interview to be even better than I can hope for or expect, thank you.” And of course if you are looking for that person to share your life with, you can say, “I request a most benevolent outcome for the perfect mate for me, thank you.” Have a most benevolent month! ✨

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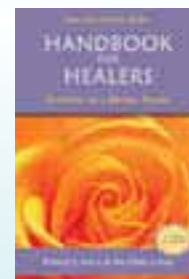
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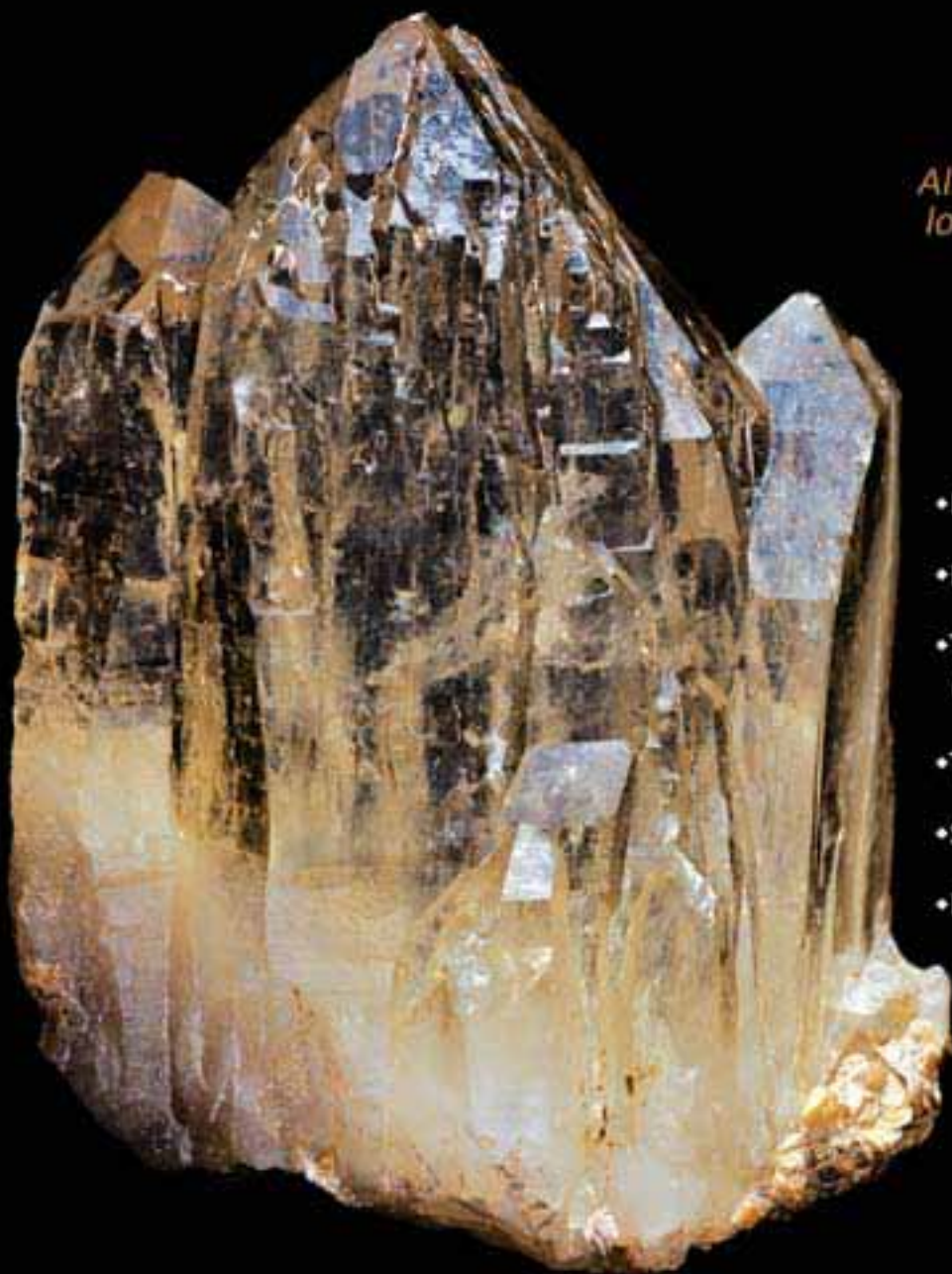
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INSPIRED INFORMATION

from beyond the focus of Earth to guide, teach and help you now, as
you awaken to your natural self and your natural talents and abilities.

You Are the Light of the World

The Council of 12 through Selacia

This message from the Council of 12 is meant to address our current energies and the questions many people have about how to access joy in the midst of so much chaos and uncertainty. As the Council of 12 speaks of here, joy in fact is naturally within us. We will move into increasing amounts of joy as we move through these times and let go of our past.

To do that, we must become fearless and willing to face whatever comes up. The dysfunctional patterns we hold within us—from our past and from our ancestors—aren't really "us." We took those on out of ignorance. We are now becoming aware and awake. We now are reconnecting with our authentic selves. We are now learning to access our inner wisdom, which is the best gauge we have for how to move forward. We really do have the tools for success. The key is remembering to use what we have been given, and to help one another, for we are all traveling toward the same place.

Take a few moments and contemplate these questions: "What is the theme I keep coming back to in my mind that stops me from feeling happy? What do I tell myself I can't have, be or do? What early childhood pain continues to recycle in my life today? What is the key block within me to having a successful love relationship? What within me says I can't have money and be a lightworker?"

The past year was marked by great reconfiguration. You and your society are now being remade, and when the cycle is finally complete, you will not recognize your way of life or how you feel about living on the Earth. As your economy and other structures get an overhaul, each of you is reexamining your values, your aspirations, your relationships and more. With that assess-

ment, you may feel a whole range of emotions, from anxiety and uncertainty to gratitude and joy.

Right now there is an expanded energy present that allows you great spiritual openings to other dimensions. This means an expanded view of what you normally see, an expanded perception of feelings and an expanded ability to move into a higher vibrational state of consciousness. This energy helps you to connect with your multidimensional self. As part of that, you naturally connect more with your heart, your intuition, your courage and your ability to forgive and let go.

RECLAIMING YOUR JOY

Your multidimensional self already exists within the higher frequencies contained in the 2012 window. Claim that self now and recognize that you are the light of the world. You are here now to shine that light. As you hold more light within you and radiate that light out from your heart center, you move out of your pain. This happens because you become more aware of patterns that have kept you frozen in fear. You are able to see these patterns more clearly, and you have less resistance to facing them head on.

As you do that in this next cycle, you will catapult yourself into a life with more joy. Your divine self, residing within your human form, is naturally joyful—it is naturally loving and fearless too. This is your timeless and natural self. It does not need any external thing or circumstance to feel joyful. On those days when you feel unhappy and dissatisfied with how things are, remember who you are at your core.

Remember that your energy field is regularly recalibrating right now, and your DNA is changing and adjusting so that you can hold increasing amounts of light. These changes are happening even faster as you work consciously with your DNA. You are accessing levels of energy and information you could not even imagine before. Changes are happening very quickly, and it is often challenging for you to correctly perceive how much you are shifting. However, trust that you are indeed accessing new levels

KEY POINTS

- The expanded energy present now is helping you to connect with your multidimensional self, allowing you to radiate the light within and to see patterns more clearly.
- Although there may be a certain amount of discomfort involved as you adjust to the ascension, once you address your past patterns and regulate your physical body, you will become more comfortable with your own energetic shifting.
- Remember that you are an integral part of Earth's changes at this time, as you are learning to create through conscious choice.

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of awareness as you progress. Your intuition is heightened and your sensitivity level is expanded.

ADJUSTING TO ASCENSION SYMPTOMS

On a physical level, this often means ascension symptoms. You will get used to these. You will learn to understand the difference between an occasional headache or flu-like symptom and a serious medical condition requiring a doctor's care. Sometimes you will experience physical distress that falls somewhere in between these two categories—for example, a headache that comes from an imbalance in your nervous system or digestive tract. As your body regularly readjusts to the higher frequencies, you may need to make changes in your self-care, diet or belief systems that you hold within your DNA. The shift in consciousness involves energy and awareness. You cannot effectively hold the higher vibrational energies if you are out of balance on any level—physical, emotional, mental or spiritual.

These times are naturally going to bring up your old unfinished business. This means that you may see dysfunctional patterns from your past. A DNA-level pattern involving power issues, for example, could surface and set off a kind of red alert in your nervous system. Since many of these patterns are rooted in past lives and your family's lineage, you might overlook what's really going on and think your symptoms are something else. You might even think you're having a panic attack or worse.

Once you address your past patterns and also regularly update your self-care and diet, you will become more comfortable with your own energetic shifting. As you select your food and self-care, a good question to ask is this: "Will this substance or health regimen support me in raising my energy frequency?" The answer to that question will help you to decide the best course of action. Know that when your frequency is high enough, disease cannot thrive in your body, and you will be more joyful too.

DO YOU FEEL LUCKY?

As you move through your ascension process, you will naturally make different choices than you have before. These will be higher-consciousness choices that come from holding more light. These new choices will often nullify earlier choices you made. This is appropriate because you are now wiser. The key here is to continually update your view of who you think you are and your view of what you think should happen next. This is vital to your ability to be able to make the highest choices in the present.

People often feel as if they have no choice in what happens. This is of course an illusion, for you are always at a place of choice at some level. The challenge to this realization, however, is the ego and subconscious mind. You could consciously say to yourself that you will do something or that you want something, yet another part of you—the subconscious that is really running the show—is choosing something else! This is quite a dilemma. The key is to work

with your DNA and subconscious so that your mind works for you, not against you.

Did you know that there's no such thing as being lucky? You can feel lucky of course, but luck is not really the proper word to describe the outcomes of conscious creation. There really are no random events, no accidental meetings, no chance encounters. You are a master creator in each moment, and the energies you created yesterday, including past lives, will set in motion what happens next. Feel grateful for the good.

On some days you may feel lucky. On other days you may feel unlucky. Learn to have a larger view of these opposites. Discover how to find a balance and a neutral view of what is happening. When you get into the habit of labeling happenstance as good or bad, you are always at the mercy of your last label. During the 2012 window, changes are your key to sanity, and finding peace within is to grow out of your conditioned need for the drama often associated with good and bad. When you can learn to become comfortable with what is and really accept it at that moment, you will have more positive energy to create "good" moments and be less likely to create "bad" ones.

You are living during the eleventh hour of Earth's massive changes. Remember that you are an integral part of the changes. They are not something happening to you, but something that you and others create over time. For a long time, even before you were born, you were preparing to inhabit a brand new Earth. In this life, you are beginning to have a conscious vision of what that world will be.

Learning to create through conscious choice is vital now. You really know how to do it. The ability is encoded within your DNA. The energies you have been used to in the recent past are changing even now. Another phase of the acceleration is underway, and much is going on behind the scenes. You are changing within these accelerated energies. Your shifting is occurring even during times when you feel like you are standing still!

YOU CREATE WHAT HAPPENS NEXT

Do you often feel as if you're in waiting mode? Do you feel like something is about to happen, but you don't know what? Do you feel like you are waiting for whatever that is? Do not wait; be your light now. Remember that you create what happens next. Make that creation something you will be proud of 300 years from now. Know that the great shift of these times is different than any other shift you have been through on Earth. Most likely, you have been here for other ones. Atlantis could be one of them. Don't focus on the past and worry that you will repeat past mistakes. Simply focus on the now and the light-filled future you want to create with the rest of humanity! Know that you are loved. You will succeed.

Remember each day that you live during historic moments on the Earth. The secrets of humanity's past and your own past are coming to light. It's also a time when you have access to significantly more energetic momentum to create the kind of world you have long sought to inhabit.

These two transformational factors make this a very unique time to be alive. As you continue the journey of rediscover-

ing your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

Soul Contracts

The Galactic Frequency Council through Catherine Richardson

Much has been written about soul contracts and sacred contracts. And much of this information resonates highly with our frequencies here on the Galactic Frequency Council. A soul contract is simply this: an agreement you have made with yourself, and sometimes with other souls, to assume a certain energy form at an appointed interfacing. Sometimes a soul contract involves actually doing something—taking action. Sometimes a contract calls for simply maintaining a certain frequency. Other times it involves doing many things over a long period of time.

Soul contracts are entered into all the time. These contracts are also amended often. Most of you are unaware of this happening. Some of you become sharply aware of it. However, no one who is incarnated on Earth at this time is aware of all of his or her soul contracts, and no one who is incarnated on Earth at this time is without a soul contract.

SOUL CONTRACTS ARE TOOLS OF EVOLUTION

You might wonder how these contracts are enforced. The answer is that they are not. Every soul who enters into a soul contract adheres to it. There is no policing structure. There is no need to question the integrity of a soul because, by definition, all souls are the very essence of integrity.

“What do soul contracts do to freedom of choice?” you might ask. Well, nothing really. Unlike many of the legal contracts entered into on Earth, no one is forced or coerced in any way to enter into any soul contract. All parties may amend the contract at any time. And no contract lasts for-

ever. They are just a way of organizing interfacings, nothing more. They facilitate the process of the evolution of the soul. They are merely tools.

You are, in some way, operating within the parameters of a soul contract at all times. This does not mean your every action is dictated by a contract. The soul contract is a channel within which you operate—a channel full of a broad and varied array of choices. For every choice there is an accompanying thought, which may or may not be manifested by you.

Soul contracts are what you think of as destiny. The contracts themselves are formed by completely free choice, and then provide parameters for more choices. This, in turn, forms a grid that contains all of the choices of all beings in the universe. This grid is then anchored in various locations within your biology, as well as within the universe. Every cell in your body—your physical body—has access to this grid in its entirety. If you can visualize this, then you can begin to comprehend how every single thought has an effect on every single being in the universe. In fact, “single” is not really the word for it at all.



We hope this gives you some understanding of the term “soul contract.” For our purposes, all soul contracts are sacred contracts, but not vice versa. Because we see everything in the universe as sacred, the term would apply to legal contracts as well. This does not mean that we take any stance upon whether legal contracts should be enforced. That is, again, your choice.

We would like to suggest that you ponder the issue of soul contracts. You may receive more data regarding the nature of your own soul contracts, and whether they are serving your goals. You may want to consider updating, amending, or even ending some of your soul contracts. The more you question and think about soul contracts, the more data you will receive. As always, we are ready to assist. ✨

KEY POINTS

- A soul contract is an agreement made with the self or with other souls to assume a certain energy form. Often we are not even consciously aware of our soul contracts, although we all have them—they are what we think of as “destiny.”
- Soul contracts are never forced and can be amended at any time. Their purpose is merely to organize interfacings and facilitate the evolution of the soul.
- Soul contracts are formed by completely free choice. A grid containing all of the choices of all beings in the universe connects you to the universe in its entirety. Thus, all choices have an effect on the universe as a whole.

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The Experiment of Being Human: The Power of Choice

Dwahl Khul of the One Life through Catherine Bean Weser

Good day, dear ones; we are here to serve and aid you. First of all, we would say that the experiment of being human is to play with duality, to play with the relative. Primarily, you've incarnated to experience duality in terms of relationship, to really get a sense of yourselves in comparison and in contrast to anything and everything that you would identify as "other." That's the wonder of having a human existence, but it's not the entirety of human existence. To have the body, to dress it, to move through your day, dance and take action and to do this thing and that thing—all of that is the magnificence of having this human existence. And it's a great gift to have this lifetime to play with, but it's not all that it is about.

We are not saying that you're a being of light, that you're pure and you're in equanimity and peace, which means you don't move, you don't work, you don't take action and you don't interact—quite the opposite. Your movements, your actions and your sense of self as unique are enhanced by your knowledge of your connectedness to everyone. This is once again the nature of the paradox: the more you know yourself to be you, different and unique and not like anyone else while simultaneously knowing the "one life" that you and all are one—that there is no separation but simply the is-ness of life—the more you have everything you need for a complete life.

At essence, you are one, unseparate life force, and that is what we call "one life." In embodiment, in choices, in actions and in expressions, you are completely unique. This is the nature of human existence that is to be recognized as so precious, that you really get all of these things in this human life. You get the knowledge of this essential one life experience in which you are everyone, everyone is you—

all sentience simply alive. You get this experience of making your choices, doing your dance, being who you are and moving through life with a kind of experimental attitude, with all of the unique possibilities that configure your life and make it different and seemingly separate from everyone else's life.

FEELING YOUR CHOICES

The choices you make are the things that define you, emerging from points of view that you take. Your life is like a pointillist painting, and every single choice that you've made is like one point in this huge painting. When you see your whole life, you see all of these images and experiences, everything that it contains, but when you separate it out, every single point of view and every single choice is like just one point in the painting that becomes the totality. The points in the painting are simultaneously arbitrary and absolutely predetermined or planned, and that's the paradox.

The opportunity presented to you is to feel the flexibility and fluidity you have with that knowing, to constantly expand your consciousness so that you can contain those polarities and so that you can reconcile, in a way, the paradox of the random nature of your existence with the absolute karmic determination of your existence. You experience life as two expressions of you: The you who is making all of the choices and making everything about your life become you—you're in charge and in control—and the you who has absolutely no control, no understanding and is just going along for the ride.

That is the nature, the natural paradox that we're talking about. In fact, we're talking about bringing that whole understanding to a more practical and useful level so that you—the you who can make choices and be in charge—can actually incorporate some of that knowing into very practical daily experiences. We're using the word "practical" to simply bring the idea back of how you walk through your day and your relative existence.

So you could say, "Well, I'll just make this choice now and see what happens there. I'll see what the ramifications are of that choice," without having it spring from any-

KEY POINTS

- The blessing of duality is that it affords you the opportunity to choose; it is the greatest power a human has in a lifetime.
- The opportunity presented to you through duality is to feel the flexibility and fluidity you have with your choices, constantly expanding your consciousness to contain the polarities of your being.
- In this way, you can reconcile the paradox of the random nature of your existence with the absolute karmic determination of your being.

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thing. This is an appropriate and perfect example of having an experimental attitude. Yes, it is a perfect example of having an experimental attitude in life. After all, which is more likely to encourage the opportunity to rest in awareness: thinking that the choice you're making is absolutely right and you've figured it all out, you've done everything and it's perfect, or thinking that there are no choices, you're just a victim and that you're going along for the ride? Does that make sense to you?

FORGETTING THE POWER OF CHOICE

In a state of addiction, one has forgotten one's ability to choose. People in this state have lost the knowledge that they can take a step back into awareness and that they can be in that aware state, instead becoming absolutely fascinated with desire. Now, desire in its purest state, from our perspective, is simply fuel to get something done. In other words, when it's really working well for you, you want to get something done, you have a desire to do it, and it's the fuel that helps you do it. When desire gets out of balance, it becomes a grasping, it becomes a need, it becomes a compulsion and an addiction, and so there's an imbalance there.

Even with all the psychological understandings and all of the tools that have been created to help people move out of addiction, there has still been a loss of the ability to stand in awareness or rest in awareness and the power of choice has been forgotten. There's been a loss of knowing that there is a pure self that is not addicted. And so even though many programs for addiction and many behavioral transformation techniques are really effective, the primary path to letting go of the addiction would be through the individual having any kind of deep experience with self, any kind of real encounter with their deep self, coupled with an ability to register the encounter. That is a component missing in many psychological approaches to the releasing of addictions.

In a lot of spiritual practices, there is some psychology missing, some basic understanding about the workings of the egoic and personality drives, and in psychology, sometimes there's spiritual science that's missing. Basically, what is necessary to understand is how energy moves. When you're not feeling good because your thoughts are off, your emotions are off or your body is off, the situation could really be simplified by expressing it as experiencing energy as just being stuck. You've lost your fluidity. You don't flow with everything. You're not able to recognize that you're moving through several states of being every nanosecond, that you are experiencing energy in different places and different ways at all times.

You get stuck. You get fascinated. You get glamorized. You get held by the illusions. It is that holding pattern, that stuckness, that lack of fluidity that will basically start to create a sense of difficulty, whether it's anxiety or fear or whatever. If you know that you can feel something or think something and it can change the next moment, if you know that without doubt, you have the fluidity and ability to engage in your choice making to recalibrate the experience, to become what you are in that moment. When the

power of choice is present, there is no stuckness—there are no addictive tendencies.

ENCOUNTERING YOUR DEEP SELF

What we would like to suggest is that all of you have had some random encounters with your deep self. It's just in the realization that it's possible—just in the knowing that it is probable, just in the claiming that it is real and true—that it becomes real and true. Whatever you perceive to be your reality is your reality. Without getting into a huge amount of complexity around that, we would simply encourage you to set an intention and claim at this point that you're going to notice every time that you are resting in awareness.

Do this without making a big deal out of it—without writing it down, without saying “Aha, I'm there”—but instead notice it with the consciousness that is similar to the breath. By that we mean that just like you don't really notice your breath unless you try to notice your breath, just like you trust that it is there, so also you trust that you are awareness—you simply are awareness.

To come into that knowing in an even fuller way, look at the resistances that you have to it. Just start to track in your own mind—right here, right now—what comes up for you. If we were to say you're absolutely, totally enlightened, living in a state of pure awareness all of the time, what are your resistances? What comes up for you when we say that?

Shout out your responses: “Serious and a lot of responsibility.” Is that real, true or resistance? It's resistance. “Well, why do I get mad then?” Is that real, true or resistance? How about, “Well I have to go to work and make money. I have kids, I have a husband, I have to cook and I have to clean. None of that stuff is enlightenment.” Is that real, true or resistance? It's resistance. “I keep repeating my same mental patterns over and over and over again.” Is that real, true or resistance?

PERCEIVING YOUR ENLIGHTENED SELF

As we said in the beginning, whatever your perception of reality is, that is what is real. If it's real for you that mental patterns come up over and over again that just really bore you to no end and make you crazy, if that is real and the reason why you're not enlightened, then what is enlightenment? The answer, of course, is that enlightenment can't be the opposite of whatever is making you crazy, can it? It is. It simply is. It's not that or this. It's not the freedom from all pain, suffering, anxiety, mental patterns and stubbed toes, nor is it being stuck in all of those things.

What if enlightenment were more like the freedom to move from any state of being to another at any given moment? Describing it as such is making it into a something it is not, but how about the human experiment being nothing but enlightenment or, as we've called it, awareness—as having absolute freedom to change so that at any moment you can enter the next moment with absolute freedom, with nothing being dragged along with you. It is the pure power of choice. What if every point in the pointillist

painting that is your life were a completely creative expression of absolute freedom? How would that be? What would that feel like? What would that look like? How would you explore that? That would be wonderful, wouldn't it?

This human experiment is a wonderful opportunity to explore the power of choice. Notice what you choose in every moment. Do you choose happiness? It may be much

simpler than you think to just choose to be happy and know it is real; it is you and the one life, enlightened, aware and loved. The whole point of duality is that it affords you the opportunity to choose. It is the greatest power a human has in a lifetime. It is never forfeited, never completely lost and always available, emerging from the essential self, the deep self—the experiment of being human. ✨

Crossing the Threshold

Davana through Christine Bearse

Thousands of your years have passed since you have been privy to the light that is now upon you. Within the dawning of the 2012 doorway, new opportunities of living will continue to enfold you as you allow the old to drop away—we say again: *as you allow the old to drop away.*

EVOLUTION OF THE MIND

Within the current tides, the pull is strong to stay within your comfortable zones. These may be the zones that you know, but it is what you think you know that has the potential to hold you back the most. The mind is a great deceiver and loves to play games with its preconceived surroundings, creating comfort zones. It is the mind, the human mind, that is experiencing the most powerful of changes through this threshold that has been happening for over twenty-five years now. Your soul is and always will be soul, your heart space is and always will be your connection to All That Is and your body knows how to change and evolve instinctually, but the mind—the place where ego resides—is where change and evolution is potently occurring. Thought patterns and ways of believing that have been entrenched are being stimulated by waves of higher vibration and frequency. Pay attention to your creative urges and create and respond to the feelings that arise from within. The mind certainly may come

forward with the ancient phrase, “But I have never done this before,” but do your utmost to not allow fear or old thoughts to hold you back from being all that you are.

PAY ATTENTION TO THE PRESENT MOMENT

The doorway of 2012 is continuing to allow very pure frequencies of love to permeate your present world, which is why there will be more upheaval in many areas. The door of the golden future is already open, and at some time in 2012, humanity will cross an energetic threshold, gliding deliberately into crystalline love and light. There will not be an instantaneous change, but a continuation of what is already occurring. The threshold that will be crossed allows a heightened frequency of vibration to be revealed within. When that happens, many may feel nothing, and some may feel everything. Each one will react individually, and all responses will be appropriate.

During the current times, stay focused on the days and the nights you are living. Do not attempt to cross the threshold before it appears, for there are currently preparations you are each undergoing in your emotional, electrical and physical fields that are vital. Love vibrations are being slowly ramped up in potency, and there are adjustments that are occurring within all of humanity. Even as you read these words, people everywhere are noticing their new responses to life situations. Their desire for peace and harmony is increasing so much that some who were never previously willing are taking steps in their personal lives to create more harmonious lives within their inner circles.

These are precious days in which you are living, and as much as you may feel the roller coaster, just hang on to the firm foundation that is in place. It does not matter whether you are one that has been awake for years or

KEY POINTS

- Humanity is now on the threshold to a golden future, but remember to stay focused on the time in which you are living, allowing the vital preparations that you are currently undergoing to occur before you cross that threshold.
- The strongest areas of change at this time are in the mind, as thought patterns and ways of believing are stimulated into higher frequencies.
- As you support this shift, remember that your true home is within, and your sense of peace and harmony will increase.

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if you have just awoken to the truth. “And what is truth?” you may ask. It is very simple: Everything that is around and within you is already God. Humanity, the Earth and all of the levels of society are already in a creative state of perfection. The God clock of evolution is on schedule, and you are a vital component. Whatever your relationship is with life, be present with it and—as you have heard so often and have said so many times to each other—go with the flow.

LIVING LIFE THROUGH THE DOORWAY

We, a group that call ourselves Davana, are a group existing within many dimensions, the same as you. It is just that we are not gowned with flesh as you are. We are simply family members who are cheering you on and holding the crystalline space for you, anchoring the foundation of love into your heart and, most especially, your mind. You chose to become embodied in order to remember the truth, even with a cloak on—to push past what appeared to be in front of you, to surge forward into the unknown, knowing all the while that somehow you know the way home—and to remember fully that the home that you have never left is within.

The energetic forms that you see around you—such as furniture, animals, cars, food, colors and so on—are expressions of many, many dimensions and times. Geographical areas on Earth are replicas of areas on other worlds and planets. The Earth is indeed a melting pot on multitudes of levels! You have created for yourselves so many hints and clues about who you really are, and it is not for us to tell you who you are: It is for you to remember. The energy of remembering is beyond words, and the potency of that flow is crucial to the threshold you are in the process of traversing.

We offer these simple steps for each of you as you live your lives through the doorway: Be compassionate with your lives, with those around you and with the world in general. Remember that the picture you see before you is merely energy in form—one that was created for a certain time and is slowly dissolving, like rain washing away a picture on a canvas. Hold a loving directive within your mind that will allow all former mental paradigms to be released, simply giving yourself permission to think new thoughts.

ENERGETIC CHANGES IN FLOW AND FORM

Thoughts in the third dimension are linear in their energetic makeup, and what is occurring as the higher dimensions are merging with the third dimension is that a circular flow is gently being introduced into the process of thought. This is one of the changes we spoke of that is occurring. As you feel this, it may be your experience that you are mentally confused at times. You may think that you are losing your mind, when in truth you are simply allowing it to be receptive and revived within a more harmonious flow.

This change is represented in the outer world as “old structure” that is falling away. One of the ways this falling away will be evident is through architecture. Even now, circular inspiration is and has been received and soon will be increasingly visible in the world of form. If you feel the need to tie up loose ends with people or places as these structures change, do just that, in whatever way feels right for you. Simplify your life as much as you can; we know you are already feeling this urge. As you release physical objects and former spiritual tools, you allow the energetic adjustments to birth from the codes within and reveal new ways of living to you.

Remember your dear planet Earth as well during these changes. She is certainly crossing the threshold right along with you and is undergoing her own changes and shifts. As much as you are changing, so is she, for every time a mountain heaves or earth is washed away and rearranged to another location, the Earth feels all of this in a deeply personal way. Imagine your own skin and blood being visibly altered—sometimes very violently. How do you think this would feel to you? She is you and you are her, and this interaction between you and her will continue to increase in the years ahead of you. Become one with the Earth, allow your fields of perception to expand and simply be aware of your surroundings.

SUPPORTING THE SHIFT

So many of you are here as time walkers and have returned to incarnate now so that you can assist in humanity crossing the threshold that is the year 2012. Each one alive has a purpose and reason for being here. Some are seeding scientific energies, while some are lighting the way for improvements in human health and well-being. Some are here now, having not incarnated on Earth for hundreds of years, for they were studying and learning on different star or planetary systems.

There are so many that walk and live the energies of peace and harmony in their everyday lives, without fanfare or disclosure. Some have walked in or merged with their human mirror to support the flow of the dimensional shift that is occurring. Many of you are caretakers of the animals and are also communicating and learning from these dear companions. They too are here to be here—just as each rock, stone, fish, tree and insect is here by divine design—and they are just as vital as every human. Respect all forms of life, whether you perceive that they are animate or not.

Lastly, and perhaps most importantly, take one day at a time and deliberately create a time within each day to be in silence. Silence is the doorway to the infinite—the entrance to remembering and the pathway of the threshold on which you are now living. Remember that you are living on one of billions of worlds and that the evolution that is occurring here on Earth and within you is occurring across and within all of creation. Enjoy the ride and allow your mind the grace to change. Peace. ✨

Empowering The Will of God

The Blue Ray Beings through Shekina Rose

You, my dear beloved, are from the rays of the spectrum of light. You are the portal from which creation comes forth and makes God alive! Born on Earth, you came through a specific ray of creation that would best suit your purpose, soul and planetary evolution. It is time for the dispensation of the blue ray light of creation that carries the sacred divine feminine of balance and healing for the planet. The violet fire has released limitations and paves the way for the blue ray, as they work very closely together. The violet fire will continue to transform lower vibrations. Many blue rays have violet in their fields as part of their sacred mission and purpose of transformation through grace.

It is important that the spiritual beings in hiding who carry the encoded frequency of the sacred divine feminine take back their God-given right of sovereign power. You are part of the support and foundation of the great shift that will bring the Golden Age. You know within your soul and being if you carry the healing encodement frequency of the sacred divine feminine. You need not be a woman or a blue ray, though many are.

TAKING BACK YOUR DIVINE POWER

Many beings have soul scars and group-soul-energy imprints of fear of being the embodiment of their sacred divine power. You have soul memories of being put to death, isolated, imprisoned or excommunicated from society for being found out as the true shining light that you are.

KEY POINTS

- The blue ray light of creation carries the sacred divine feminine of balance and healing for the planet. Those who carry the frequency of the sacred divine feminine are part of the foundation of the great shift.
- The energetic imprints of fear are now being transformed, bringing about greater harmony with Gaia. A return to the sacred ways is at hand through the energy of the sacred divine feminine.
- Taking back your power is the path to ascension. The power of the blue ray invocation will increase your divine power vibration in a gentle way through the sacred-divine-feminine essence of love and gentleness.

These memories and encodements were put into place to prevent the same pattern of misuse of power here on Gaia. These energetic imprints and frequencies are now being called to be transformed. They have served you; they are part of your alchemical equation of your heightened state of becoming your Christ consciousness.

Most of the power structures and systems here in the Earth reality are not in peace with the sacred divine feminine and Gaia. The sacred-divine-feminine-encoded frequency of the blue ray has a holy power that is in complete harmonic alignment with source creation and creates balance on the Earth plane. The emergence of the blue star—foretold in Hopi prophecies—the 2012 shift and the blue ray dispensation of light work together in a synergetic field, bringing a return to the sacred ways and unveiling your true essence through the sacred divine feminine.

When you are truly in your sacred divine power, you are in unity with your I Am presence, overlit by your Christ self. To be fully aligned in your divine power through the sacred divine feminine is a humbling and holy experience. This is where you receive your ascension halo, the Christ light. You have vast resources of source creation serving you completely, as you are aligned in your heart to creation.

Taking back your power is the path to ascension. It is done through the light of the sacred heart. The power of the blue ray invocation will increase your divine power vibration in a gentle way through the sacred-divine-feminine essence of love and gentleness. The time of being in your divine power in holy alignment with source creation is now!

BLUE RAY INVOCATION AND PRAYER

The blue ray invocation will assist you to:

- Awaken your purpose and creativity
- Raise your frequency of light
- Provide energetic protection and support
- Be centered and balanced
- Speak up your truth in love
- Heal addictions



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Align yourself to your inner divinity by feeling the intuitive place of God within the sacred divine feminine. Once you have experienced your center, use the power of creation in your spoken word in unification with your spirit essence—your I Am power. [33]

Reaching out with both hands, then bringing them to your higher heart chakra, begin:

Archangel Michael, Archangel Gabriel, Saint Germain, Keepers of the Blue Flame, Lords of the Blue Flame from Sirius, Legions of the Blue Lightning Angels, El Morya, Angels of the Will of God, Shekinah, Gaia, and my higher Self, please direct my highest good. Gathering all parts of my core essence in my sacred heart, in holy reverence of the sacred divine feminine of grace in me, I invoke the blue ray of creation to strengthen the

power of the will of God in my body and being. Power of the blue ray, anchor my full expression of creativity and purpose. May I glorify and serve the divine plan of unconditional love and light. Awaken my voice, that I may speak my truth in the harmony of my radiant I Am presence. Empower my super-sensitive nature that it may serve as my beloved master guide to discern and commune with the energies of creation. May I be the place of peace, a gift to God in the joy of living.

Blue Ray Elohim, wrap me in your enfolding love of light of complete protection, for I Am whole in my absolution as a sovereign being, one with creation, in perfect unity, an instrument from which God flows—I Am.”

We have much to share and give to you, the whole of creation. Star sisters and brothers of light, we are one! ✨

The Garden of My Heart

The Divine Mother through Sally Jordan Austin

There is a place of quiet, of divinity, where you may rest from this world—a place of love and of the deepest knowing, a place of infinite peace.

This place rests within my heart, an inner terrain where the effervescence of the divine flows and where love is always given. This is your shelter from the storm of the experiences and the uncertainties of your life and existence. It is a sanctuary of peace where everything is given and where our love, the light of your divine Father and I, is always present. We love you and we touch and heal everything from within this sacred sanctuary, where our souls meet your soul and where our hearts are found within your own. It is a picturesque place of such loving and healing, and it is that which you are seeking and have always been seeking through the many experiences of your life. It is a love that you always need and that is always found in the garden of my heart.

As this world changes and continues to change, both within and around you, you are increasingly feeling the need to find a point of stability and centeredness that lies beyond this world of impermanence and illusion, where false images of yourself and others are continually being torn down, and where the reality that you have known can

be no more. The anchor that you are seeking is the solution that has always been, and it exists here inside of the garden of my heart. This center of truth and love within provides a respite from those things that you struggle to change and feel seemingly powerless to transform.

THE RIVER OF LOVE

Inside of me—in this garden of reality that is heaven waiting inside of you—you can begin to flower and be renewed in your strength and power as you seek to create change. Within this place of the sacred, you come to seek from the well within, rather than struggling to be fed from the outer realm that contains and reflects only emptiness. The well of divinity holds the deepest level of love for you, this well that is my light held ever present for you. I am the ever-flowing river of love from which you may drink and take your fill, so that you may create an existence that comes to reflect this fullness of loving.

All change arises from within and is fed from the soul who has need—the greatest need—to drink from the love within my soul, my light and this garden of divinity. This soul—a magnetic, feeling body—needs to be fed and to return to the true Source of its loving, which is the light that exists inside of you within the garden of my heart. As your soul truly receives here and as your heart is filled with heaven, as all wounds of struggling

KEY POINTS

- When your experience in the world becomes overwhelming or stressful, know that you can always find a place of rest within the quiet garden of the heart of the divine Mother.
- Refreshed at the river of the Spirit's love, you can find a respite from your struggles, revitalizing your soul at the source of All That Is.

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and trying, in separation and aloneness, are healed, then your connection to divinity is restored and transformation naturally occurs.

Through this connection to the place of divinity within, you finally realize that all that you have ever wanted is love—a love that is intricately connected to every part of your heart, soul and being—for love and the need for love is underlying every other need that you have: emotionally, mentally, spiritually and materially. As love is found and received from within me—the unified Spirit that is both Mother and Father, essence and form—then you simply see and feel your existence in a different way, for you have come to see the light. You come to rest upon the truth of love, and this truth in turn conveys to you that everything is created from the light within and that is, of course, fed by the river that is our light and loving for you.

So as the cup of self is filled, as your soul's need becomes fulfilled, then every need is fulfilled through our loving, and you are freed and your existence becomes an outpouring of the love, the light and the divinity that you have found within. This divine essence then flows outward into your existence and creation, thereby fulfilling every need and desire and transforming every situation in your life. All this arises as you come to deeply realize that everything rests within our love—within this garden of everything that is the divinity within you.

AN EXPERIENCE OF INTEGRATION AND MEDITATION

I offer to you the opportunity to experience this reality of heaven within you and your life by truly surrendering and opening your energy field to receive from within the garden of rest, the garden of my heart and your divinity. This place is awaiting you and is always welcoming you to come and to drink from the well of Spirit within.

Begin this process by taking a few deep breaths and connecting into your body, your heart and feeling centers. In the next few moments, you will visualize this garden of everything, of divinity and loving, and you can connect to this in any way that you choose. Simply allow yourself to feel the loving that is present here for you, from Spirit and from my Spirit as your divine Mother. As you open your energy by breathing into your feeling centers, you make your connection to the loving place.

Now imagine a sacred place, a paradise, a beautiful healing garden with the loving river of your Mother and Father God and of Spirit just flowing to meet you in this place. Image and feel that in this sacred place there exists all the loving that you could need and that is here for you now. This loving is truly the answer to everything, every want or need that you have, and you recognize that as you fill yourself with the limitless love that is available to you from this divine center, this fullness can then become the river of light and loving that flows through you into your life.

Take the time in this imagery to truly be nurtured, to be fed by peace and know that you are a daughter or a son of creation, and that you are never left alone—for my love,

our love, is always with you. As you come home to this garden of divinity within, so you are made whole. There is no more reaching or struggling for things on the outside anymore, for the external is but a mirror of the creation and existence inside of your soul and inside of your heart that you are now filling with the love of All That Is. It is time to see and to feel this realization fully within yourself now so that you need not struggle any more.

DRINK FROM THE WELL OF OUR LOVE

Come to see yourself in this landscape of heaven, the place of loving inside of you. Come to feel that you are always loved and healed here. This inner sacred place is your sanctuary, where you are always wanted and fully received. Come sit beside me and the healing waters of heaven and drink your fill. Come to this place often, turning within to find the love that exists beyond form, for the answer to everything is love.

Know that as you come to me here to rest and receive from the garden of heaven inside of me and your own heart, then things will become far easier for you in your life and your existence. You will come to realize that you are not alone and to deeply know that everything is created from within this place of heaven's light inside of you. Therefore to create the opportunity to receive, as part of a daily meditation practice, can create profound change. The transformation of experience, of self and your life truly can occur at a moment's notice, for as you drink from the well of our love within, then love in all of its forms and manifestations can truly begin to flow in your life. Blessed be. ☀

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AMMA THROUGH CATHY CHAPMAN



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Angels and Teachers of Light

Archangel Raphael through Athene Raefiel

Angels are the emissaries of the divine light. They were created as a vehicle of the divine to assist and help the other realms of form. The divine light itself has no form; it designed these great beings of light to be of service by appearing as emanations of itself. The divine hierarchy's operation is a mystery that students of the occult have pondered and written about for many centuries. The story of creation is probably the most disputed tale in history. I will let Raphael give you his dissertation.

In the beginning, there was no beginning, for all things already were. From what already was came a human known as spirit. This man had no form that was intangible, but he had thought. Through this thought, he was able to create form. The creative principle did not create form, its creation did. We, the original thought, did create form.

We are what are known as angelic beings. Our being-ness exists due to the divine thought that we are. We invented form, just as your scientists discover and invent. In a manner of speaking, we are God's scientists. Our purpose is truly the purpose of divine awakening and understanding. This became our purpose as a result of us becoming your creators and the creators of other realms of existence. We are responsible for all that we have created. That responsibility entails us bringing that which we have created to the unlimited potential of understanding how it is divine.

GOD'S CREATORS

We serve the divine through our purpose. For us there is only divine awareness and understanding. This was not always the case. In our infancy, when we were first born as God's thought, we too were young in our awareness. We made many mistakes, and also had to learn through trial and error. Our creations were imperfect, and had to be reconstructed many times before we could develop a strong being of form capable of the ascension process.

We created other beings of form before your species. These other beings of form do not have mass as you do, but are capable of directly communing with the creators at will. They live in different planes of awareness and assist us and you in the ultimate plan of evolution.

We, God's creation and God's creators, know only our own role in the process of that evolution. We do not claim to know more, nor do we need to know more. We do what we are instructed to do, because for us there is nothing else that could be done. We trust in the highest order of things

KEY POINTS

- The angelic beings created humanity as part of the ultimate plan of evolution. They have a responsibility to their creations to assist them in returning to divine awareness.
- The creative principle drives the divisions of creation to serve the greater whole. Humanity chose to serve carnality before serving the greater whole and must choose now to turn away from carnality in order to ascend.
- To alter the course of negativity, humans must take responsibility for past actions and be willing to change. The angelic beings can assist in guiding humanity back to its true purpose.

and promote that order. We are as amoebas and think as one mind thinks.

We have the ability to take on any form we have created, and can subsist for short periods of time as that form. We have the ability to be seen by all or any in every plane of our creation. To see us is to experience us. To experience us is to experience one's true self. When you pray, pray to us, for we are truly the ones who can greatly assist you. We are the ones who, with you, determine your true destiny.

SEPARATION FROM DIVINITY

The creative principle that you call God has given us this duty to you. The creative principle instructs us as we instruct you and as you instruct your young. Within the creative principle, there is no separation, only division. Each division works hand in hand with another, as does any good unit. Each division has focus and purpose to serve the greater whole. The greater whole, being the union of all divisions, comes to the same awareness and understanding of the creative principle, so it can become the creative principle. Humankind is one of these divisions.

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Because your species was given free will and the power to create, they separated themselves from their divinity and chose to serve their carnal nature. Humankind's carnal nature is insatiable, thereby keeping humans from evolving at an accelerated speed. Humans continually choose to be guided by their carnal nature. This allows their powerful thought creations to guide others along this same path.

There are other species of material form beings that have spent time on Earth, but have chosen to come into the fold of their divine awareness. These beings now exist in what is referred to as the parallel universe. They still live in form but have overcome their carnal nature and have taken their place in the divine order.

HUMANKIND MUST CHOOSE

All things are moving to a culmination period for all species of creation at this time. There is a great movement within all created divisions to achieve the desired result. The Earth plane must soon choose to excel or be lost forever.

The planets in your solar system are shifting the Earth on its axis because the planetary system has chosen its divine process. Humans as a species must also soon choose. Humankind has a warped sense of its own greatness. They measure their greatness by their mundane, temporal accomplishments rather than their evolutionary soul accomplishments. They know their life is temporary, yet they do not prepare themselves for death and what lies beyond. Because of this, they learn little in the afterlife of the truths I impart.

The life that you are now experiencing is an inevitable one. You have seen the Earth change begin to happen. You have seen what carnality has done to humankind. The criminal element of your societies and world surpass anything that we could have expected. The greed for money and power is overwhelming, the despair is sickening, and the "I can't do anything" attitude spreads like plague. Disharmony and disease are flagrant, the denial rampant and the destruction of nature horrendous. The mass response to this is to blame one another.

All these things have been created out of the souls of humans; each action is recorded in the collective whole and brought to bear upon all in life. All these things operate globally and add to the karma of the planet. These types of actions have accumulated over the course of eons. To change this course, humans must do it collectively.

TAKE YOUR PLACE IN THE COSMIC WHOLE

As individuals, you must take responsibility for your part in all this. Do not feel guilty, but instead become aware and change yourself. Learn to see the larger picture and know that you too are God. Take your place in the cosmic whole; learn the truth about yourself and your creators. Do not feed the carnal mind. Rise above the smog and see the light of truth. Call upon us to assist you—we will! Learn to soar

and fly free. The cycles of cosmic change are upon you, and time grows short.

You have all been upon the Earth plane for many eons of time. It is no longer necessary for you to live in this manner. Earth was created to be a reflection of the creative principle with all its awe and majesty. Earth's nature was to teach you to respect what you could not control or dominate, not to destroy. The beauty of your Earth was given as a gift for you to see the magnificence of mysteries much greater than yourself, so you would seek to know them with awareness and understanding, not brute strength. However, humankind's carnal nature is strong, and they easily give into it.

Perseverance gets old quickly, as does patience and understanding. Humans say they want to be unconditionally loving beings, but have no follow-through with taking the necessary steps. No one but self blocks one's own understanding of divine awareness. You can always choose to reopen your channels and make the changes necessary to follow through.

We are your parents and are here to assist you, but it is you who must first make the appropriate choices to activate the changes. You must be willing to account for past mistakes and ignorance as well. Remember that the journey is one of soul and spirit and that the physical body is simply a receptacle. You are eternal, not temporal. Remember also that thought creates and that each thought is a creation stored and received by many others in your plane. If malice and avarice are continually thought of and manifested with feeling energy, they are continually received as such by the masses. It is the same with fear, hate, envy and so forth. They then accept these illusions as themselves and take them on as their truth.



How often is love and harmony the thought of the day with feeling energy put behind it to manifest it? How often are there thoughts of goodness, happiness, contentment and sharing? With so many negative energies filling the space called Earth, it is unlikely these spiritual thoughts find much room to manifest on a large scale.

You must, yourselves, become love. You must control your own thought processes and your desires. You must learn to take the time to discipline yourself to do just that. Learn to meditate and go within yourselves to find the truth of who you are. Find your divine self and you will find the natural you. Save yourselves and your species. *



Your Soul's Evolution

Higher Self through Nansea Lee

It doesn't matter what season it is, winter, spring, summer or fall. No matter where you are or what you are doing, your inner emotional and mental healing work is the key to your freedom and inner peace. All of us have emotional and mental imbalances. One way to help yourself to evolve, to live in a higher vibration, to feel more love and light, is to do your inner emotional and mental healing and transformational processing. When you take action, old patterns will be unlocked and dissolved from your auric fields and chakras. You will stop these repeating patterns forever. Your soul came into this life with many imbalanced emotional and mental patterns. We all did. Then, while you were growing up, they were reinforced and more patterns were developed. These imbalanced patterns hold dense energies.

TRANSFORMING YOUR BEHAVIOR

Humanity and Mother Earth are evolving. Each one of us can help humanity and Mother Earth by working on ourselves. We all reincarnated to do it better than in our previous lifetimes. One way to help yourself to evolve is to transform some part of your behavior. Are you one of those individuals who always feels that you have to be in control? Or maybe you seem to sabotage yourself and never obtain that promotion or go after that dream. We all brought into this life many behavior patterns that have followed us from lifetime to lifetime. They are in our energetic fields. When you continue playing out these old unconscious, repetitive patterns, your life at some point just seems to stop working magically for you. It may feel like you are not in the flow with the universe. Maybe it shows up in your life when you are unable to successfully complete your goals. The universe is trying to get your attention. Something surely needs to change.

Through your frustrations there is an opportunity to transform a part of yourself. It is easier than you think. It

just takes a little time on your part to start looking within. Give yourself reflection time. Setting an intention is helpful for transforming whatever issues you may be confronting. You can say, "I am choosing to heal and transform these issues. I choose to stop them now." When you set an intention and choose to do some transformational processing, new insights will begin to flow into your mind. Your mind, body and higher self will be in alignment with you and begin assisting you. Start observing your patterns. Your mind may show you when they started. You may receive new insights and understanding of an old situation. Reactive emotional buttons can now dissolve due to these new insights and perspectives. Then, as you use a little discipline and bring more conscious awareness, you will be able to catch yourself prior to going into old reactive, habitual, unconscious patterns. You will be transforming yourself. Again, it is easier than you think. It takes the desire, a little effort, some discipline, and your steps of action.

If you choose not to heal and transform a part of yourself, you just go back to sleep while the universe is waiting for us to wake up. You will keep yourself in a myriad of unconscious patterns that can create unnecessary stress and frustrations in your life. These patterns will remain with your soul and follow you through each lifetime until you decide to take some action. These patterns are held in your aura and chakras. If you have chosen a spiritual path and desire to bring more awareness to each moment of your life, your soul and higher self are waiting for you to initiate some action.

A FAMILIAR PATTERN

Here is an example of an old behavior pattern. Let's say that in many of your past lives you experienced a lot of abuse. It could have been emotional, mental or physical abuse. Sometimes abuse is not so obvious—it can be subtle, but it is still abusive behavior. Open your eyes. Are you aware of this pattern?

This theme follows you into this life. So of course you continue to attract abusers in this life to play out their roles. But they are really trying to wake you up. They may show up as your mother or father, a friend or even in a job situation. Until you understand this theme of yours, until you choose to

KEY POINTS

- We all have behavior patterns that are carried over from previous lifetimes. Working to change your behavior is the beginning to raising your vibration. By doing this work you help to raise the vibration of humanity.
- If you had abusive relationships in your past incarnations, you will continue to attract this pattern. Learn to appreciate yourself to dissolve this pattern.
- You chose to incarnate to have an opportunity to work with the emotional and mental bodies.

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heal this imbalance within yourself, you will continue to attract these abusers into your life and create unnecessary upsets, frustration and stress for yourself. It's the law of attraction.

Your low self-esteem and feelings of unworthiness will continue to follow you until you have had enough. Healing yourself from these patterns is easier than you think. You can do it yourself, or find a practitioner that can support you with this process. First you need to see the pattern in yourself very clearly.

With an abuse theme, your soul desires for you to learn self-esteem, self-worthiness and empowerment. Your soul wants you to believe in yourself and to love yourself fully without criticism. Father/Mother God, your guides and angels love and believe in you. They know how lovable you are. Your job is to heal this imbalance and truly appreciate yourself in every way, never allowing anyone to abuse you again—even if it is your mother or father doing the abusing.

ASTROLOGICAL PATTERNS

Your astrological birth chart also reflects many of these imbalanced patterns. Let's say that in many of your past lives you always had your birthday in the sign of Capricorn, from roughly December 22 through January 19. As a Capricorn, you were very ambitious, materialistic, disciplined and focused. Yes, you are probably thinking, those are nice qualities. But that was all that you had. What happened to feelings, emotions, sensitivity, intuition and having fun? With those repetitive Capricorn lifetimes, your mental body was very strong and overused. You were so ambitious and only focused on your goals. You had no idea about your emotional body. So you came back into this life and you decided to be born as a Scorpio. Scorpio is a water sign—water signs reflect emotions and intuitive qualities. In making this choice, you realized that to be in balance it was time to learn about your emotions. So now throughout this new lifetime, you realize that you need to listen to your hunches and not to overanalyze a situation.

Your logical mind wants to lead, but now you use a little discipline, slow down and listen to your initial instincts. This assists you in being in touch with your feelings and intuition. You realize that every decision you make while listening to your hunches gives you successful results. When you have created more balance between your mental and emotional bodies, the old habits and energies begin dissolving from every energetic layer of your being. You are helping your soul to evolve and create a lighter vibration within your body.

COMMON PATTERNS

We all share many of the same imbalanced patterns. Can you identify with any of these: jealousy; obsession with work; being a perfectionist or highly critical of yourself or others; being defensive; impulsivity; laziness; impatience; allowing yourself to be abused mentally, emotionally or physically; co-dependency; ignoring your emotions; self-sabotage; feelings of insecurity or control issues.

One reason you chose to incarnate is to have an opportunity to help yourself. When you are without the human body, you are limited and unable to work with the emotional and mental bodies in this way. Earth is our school-house. You do have the power to change many of your unconscious, outdated patterns. As you transform some of these old patterns you will create a larger space for your soul essence to reside in your life. More love will pour from your heart, you will be able to hold more light and you will be amazed how good you feel. This is the first time in history that we have so many healing modalities and practitioners readily available to help us. We have more freedom in this life than ever before.

When you choose to do some of this transformational inner healing work, you are helping to increase the vibration of humanity. All of these old habits hold heavier, dense energies. With your new vibration, you will be affecting the collective and Mother Earth. Each one of you is so important for humanity and our planet to evolve. Blessings to you all. ✨



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You Are an Animal Communicator

Marcia Reeves Thrasher

A confirmed case of H1N1 virus in an indoor cat in Iowa once again emphasizes the connection between people and animals and the connection we all have to each other, demonstrating why it is important to respect and love and have compassion for each and every being on this planet. This is not something a competent animal communicator or channeler would take for granted.

So why would anyone take for granted that humans are far superior than their animal counterparts? Why would a human being or spirit want or feel the need to be superior over all other species on the planet or even the universe? I ask these questions and pose many others, but I feel it is through the asking of these questions that we assess our views and come up with reasons why we do or don't, for example, hold certain beliefs. Everyone, myself included, needs to continually question and review beliefs and prejudices. Change is constant unless one becomes stagnant—and in that case, change is a must.

KEY POINTS

- As human beings sharing this world with other species, it is important to remember that we are connected to all other beings on this planet.
- "This connection to the animal spirit world is and has been there. Don't be afraid of what you may find."
- Communication between species is not only possible but vital to our understanding of our place on the Earth.

WE ARE ALL CONNECTED

Viewed from afar, Earth would resemble something similar to a globe with tiny particles or specks that dot the planet. From afar, there would be no distinguishing animal, plant, human or rock. But the closer you get to the planet itself, the more distinction there is. And the closer you get, the more closely you realize the connection between all. In order for the whole ecosystem to thrive and exist, there must be a symbiotic state, a state in which through some link or communication the whole resembles the one and the one is dependent upon the whole for survival.

Earth has a love relationship with humanity. Science and the scientific community have theories of evolution of humankind and use eras and ages to denote where humanity has made significant leaps of growth, but none of those is as significant as the present. The metaphysical has always existed with its own theories of that relationship between humankind and all kind.

The Earth doesn't wish to kill humans, only to make them more aware of this symbiotic state that must exist for all to exist. When there are too many people on a coastal area, too much industrialization in a region, hazardous waste accumulating here and there, the Earth does what she does best: she moves, she erupts, she changes and shifts her oceans and lands. She grows. She also asks humankind to grow with her. She doesn't wish to harm, she just has to grow in order to be more accommodating.

Just how did the cat in Iowa get the viral infection? The cat in question lives indoors and comes in contact with its companions and any visitors. It is also confirmed that the two companions of the cat developed symptoms and contracted the H1N1 virus before the cat became ill. In order to transfer a communicable disease from human to animal, there must be a connection, and that connection is DNA. DNA connects us all.

If disease is communicable from one species to another, then so is communication. Interspecies communication is possible, and there may even be other possibilities we haven't even thought of. What if we took away the illusion we each hold on to—that we are human, cat, horse, tree or crystal—and looked beneath the layers, beyond the façade and to the root of each cell that composes this wondrous planet?

MAKE A CONNECTION

Telepathy is the most viable form of communication I know of. Through it, there are no language barriers, and I do not have to pay any number of landline or cellular carriers for this connection. It is there already. I can make the connection. All I need is a focused intent and sincerity of purpose.

You too can make a connection. You can make a change, a difference. Take



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a small amount of time each day—your time. Devote five minutes each morning to nothingness. Still your mind and allow spirit to enter. Listen. What do you hear? I'll wager that within a few weeks, if you look at the clock, you will have spent ten minutes, fifteen minutes, maybe a half hour. Why? It's fun! It's enlightening. It's possibly something you never thought to do, but once you do, you come to know something about yourself you never even thought could happen to you. You have just made your first connection. How did you feel? This is your life. Make the most of it now. It is imperative you enjoy this time on planet Earth. It truly is. While driving a car, be grounded, but while in your domain, feel connected to spirit.

This connection to the animal spirit world is and has been there. Don't be afraid of what you may find. People are drawn to animals. Most people have a cat or two, dogs or a bird. I know people who have more than one species of animal who coexist and get along well with each other. In many situations with two or more humans, a cat, a couple of dogs and maybe a few farm animals—goats, cows and horses—all living within the confines of a few acres or less of land and living space, people and animals exist in harmony. What is the bond? Love. Do they communicate? Yes, they do.

You pet your dog each morning before going to work. She or he knows you are telepathically saying: "I love you; have a good day. Take care of the place, and I'll be back." That dog patiently awaits your return, probably even knowing when to nap, awake and wait for the sound of your car. You rub or stroke the cat and possibly say the same. That cat also knows your intentions by your voice inflexion and by the way you gently rub her fur or nudge her. She knows your heart. She too takes a nap and knows when you'll be returning. She knows your schedule.

COMMUNICATING WITH DOGUE

See, you've been an animal communicator for a long time now and probably didn't know it! And you thought

I was daffy, didn't you? Well, you may be right there, I'm sure my husband, Bill, might agree with you at times, but he'd still defend my right to be a little daffy. One of the first signs of my daffiness was right after we married and were still getting to know each other. The quirks, idiosyncrasies and just plain individual nature of two people can be the bond that keeps a relationship alive or destroys it. It's the time put into that relationship that keeps its positive and positively enjoyable.

One day, we stopped at a local service station on our way home from shopping. Bill was raised around animals but wasn't owned by any particular animal at that time. Knowing I wanted us to have a cat, Bill was coming around to the idea of having what he calls a "furball" in the house. We go back to this particular incident a lot now, considering that we are now owned by many "furballs," birds of feathers and a dog.

Bill pulled up to the pumps, and there sitting between them was a beautiful Siamese cat with clear, blue eyes. Before getting out to pump the gas, Bill turned to me and said, "If you can get that cat in the car, he can come home with us"—famous last words. I opened my door said, "Here, kitty, kitty," and the cat promptly came over to my open side door and jumped into my lap, ready for the ride home. What happened? We communicated.

Bill went inside and asked if anyone owned the cat. "No," the attendant said, "He's a stray." Bill pumped the gas and paid, and we drove home—Bill, the cat that Bill named "Dogue" and I. Bill had never been owned by a cat and couldn't tell his buddies that he had a cat, so he decided to call the cat Dogue. Dogue and Bill became bosom buddies, eating, playing and taking naps together.

THE GIFT OF AN OPEN HEART

Dogue stayed with us only a short time, but in that short time he managed to accomplish his goals here in this lifetime—something I envy him still. Humans take pathways that lead many places in order to have many

experiences and accomplish goals. Sometimes it seems that we hem haw around, doing things we shouldn't and having experiences that in no way cause growth, but Dogue knew his mission. He had a grand time while he was here, and he was loved by all. This love we shared between us all causes us to dig deep into our pockets to feed just one more stray. "Just one more," I say and Bill will say to me, as he always does, "I guess a few more hours overtime won't kill me."

Gina, the young girl next door, loved to catsit and play with Dogue while we were away. She even taught Dogue to fetch a ball! A ball of twine, a rubber ball—anything Gina tossed, Dogue would fetch. Bill had gotten his dog in the form of a cat named Dogue who would fetch and fumble and play until he was tired, and then it was time to take a cat nap. On Sunday mornings, Bill would read the daily news and Dogue inevitably would take a running leap through the paper onto Bill's lap. Bill would say that Dogue was just illiterate and leave it at that. I missed a lot of news during that period of time, but I learned by living and experiencing life, not just reading about it.

Then one day he left us. Bill and I still tear up to this day when we think of Dogue. I still can't bring myself to write about that day that Dogue left us. It wasn't pretty—it never is—but he made a grand entrance into our lives and into our hearts and left us as he came, with a grand exit. A painting of Dogue the Cat still hangs in our living room area where Dogue can oversee the newer cats who have come after him to give us their love and companionship. And we all experience growth through that love and mutual companionship.

The sacrifices one makes for others make us all more human, more compassionate and more connected. They allow us to feel the bond with all kind, not just humankind. Spirit only asks that we love each other. Taking the time to make that connection will make your stay more enjoyable and even a little more prosperous. ✨

The Evolution of Fools

Jim Larsen

If you hope to reach enlightenment, the best way to make that happen is to become a fool. Not a fool that would be synonymous with “idiot.” To me, an idiot is one who is caught up in the traps of the ego: that part of the brain that needs control—control of everything, that bit of being that is unable to surrender to the natural flow of what is and what was always meant to be—what you figured out for yourself before you even incarnated for this go-around on the planet. The ego: This is the greatest foe of the fool. The ego is what separates a fool from an idiot.

What is this word, “enlightenment”? It’s a word people like to use a lot. I hear it all the time—people saying things like, “get deeksha blessings and you will be enlightened,” or “do kundalini yoga a few times a week for so and so many years and then you’ll be enlightened.” Do these things really work? Is deeksha the blessing of enlightenment? Is kundalini the yoga of spiritual empowerment? I don’t know. Maybe they are. They certainly help improve the human condition if nothing else, but enlightenment? Really, it depends on your definition of the word. “Enlightenment”—I can answer for myself what it means, but you have got to come up with your own definition based on what you need it to mean.

KEY POINTS

- There is no one correct path to enlightenment. Finding your own path begins with the question, “What am I doing here?”
- Becoming a fool means not letting the ego weigh you down. The fool trusts that intuition will show the right path.
- Don’t fear the journey. Follow your intuition, and others will learn from your example.

“IT SHALL BE”

For me, enlightenment means to have figured out the grandest and best way to live your life based on what is in the highest and best interest for yourself. In other words, what are you doing here? Why were you born? For what reason did you choose to spend a little time on the Earth right here and right now? It means to become aware of the unique purpose of your life, or to simply realize that yes, you do have a unique purpose.

Maybe you don’t exactly know what that purpose is. That’s okay. Don’t worry about it. Just the awareness that you do indeed have a unique purpose, that you came to the Earth to accomplish something special, is a form of enlightenment in itself. All you can really do is follow the synchronicities and your intuition and know that somewhere in it, while following your bliss, your purpose will be somehow, someway achieved. Trying to figure it all out and pinpoint the exact purpose really only serves the ego. The ego needs to know the how, the when and the why of everything. Spirit simply says, “It shall be.” And it will be. Put the ego on the back burner and let your spirit fly.

A NOBLE AND DIVINE ROAD

A freespirt is an unburdened spirit—a spirit without weight or shackles, a spirit that is not bound to that which saddens or angers it. This is the spirit of the fool: a spirit not made heavy by the ego’s weighty cargo, a spirit made light by the setting free of that which does not serve its highest good. When all that does not serve the spirit is cast off, what remains is your truth. Follow this truth. This is your path to your personal enlightenment.

This is the fool’s path, a noble and divine road that will take you to where you need to go, wherever that may be. It may be an uncertain road, but it is not a scary one. Any fear simply indicates new horizons are being reached. Maybe you can’t see your feet when you are on this road. A true fool, a true wanderer of light, would not be concerned. Just trust. If your intuition tells you—and you wouldn’t be on this road if your intuition didn’t tell you—then that means you are headed in the direction you need to go, as far away from the ego as you can possibly get. Remember, the ego is the foe of the fool.

To put the ego in your rearview mirror as you travel along the fool’s path to enlightenment is to become an example to others, proof that it can be done. Proof that the spirit knows better than the mind what the body needs. Trust me on this. Undoubtedly you’ve experienced this too. Would a rational person quit a high paying job, get rid of pretty much everything they own and move to Hawaii just because they feel like that’s where they should be? Do you know how many times I have heard from those in the outer world that they are envious of me? That they wish they could do what I did? Well, they can! But their egos don’t allow them to see that. Their egos, their minds, tell them that they must remain the same, that change is unattainable, that they must remain



JIM LARSEN
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as they are. But to be a fool is to be proof for them that they are wrong, that they can change. In this change, just understanding that if they don't feel right in their life, they should re-examine, readjust and redo, then enlightenment can be found.

BE AN EXAMPLE

When stuck on a problem, ask, "What would the fool do?" The answer is truest and most pure wisdom, for the fool will see right through into what is real and honest in the situation. The fool will not be taken in by the masks of ego and expectations. The fool will see the heart of the situation.

So be the example! Be willing to make mistakes as you figure it all out. Understand that you need to be a complete fool to ever achieve enlightenment. Be willing to set out on a path not knowing where the path leads or even why you are on it. Be willing to trust your faith and your inner voice. Know that even in hardship there are lessons that are being learned. Know all in the knowing of nothing. Value silence as well as noise. Be sure of your steps even when you can't see your own feet. Know that nothing happens for nothing in the universe. Everyone and everything has its purpose even when no logical sense can be made of it. Don't fear the journey. Don't fear

the idea of the journey. Be an alchemist, transforming fear into opportunity. Be willing, if necessary, to go it alone. Never be blind to the humor of it all.

Be a fool for others! Show them the way! As the fool, it is up to you to remind people of the amazing and infinite possibilities that exist for them. When they are in doubt or feeling uncertain, help them to see things clearly. What would a fool do? Remember, the fool approaches the situation without a preconceived notion of what it is or what the outcome should be. The fool will, without a doubt, offer a fresh perspective every time.

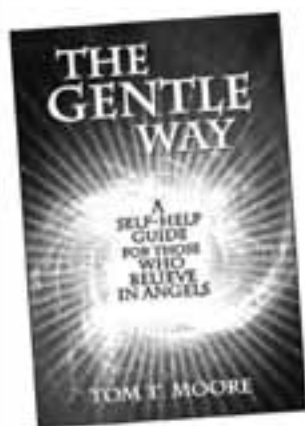
MARCH TO YOUR OWN SONG

The fool's heart is a divine heart. No one told the fool's heart what it could not do, so the fool did it. Or maybe someone did tell the fool's heart the things it could not do, but hearing that, the fool chose not to listen and did these things anyway. The fool is capable of a great many things that are undoable and unknowable to others because he is unaware of the things he cannot do. This makes the fool divine.

Where thoughts are rigid, so are attitudes and your perceptions. As a fool, keep a soft and flexible mind. This will help you to see through the

cracks of rigid thinking to see the situation in a new light. Follow no prescribed spiritual path. Create a path, blaze a trail that is your own. Watch. Observe. See what fits for you and incorporate these things. Answer to no one but your higher self. Share what you know but do not preach. If what you know fits another's doctrine, that is wonderful. If it does not, that is fine as well. Seek no controversy, only acceptance and understanding. This is a fool's spirituality. As a fool, be a friend to all and share your genius. This will not only help but will also inspire others to embrace their own inner fool and allow their inner light to shine.

That is something this planet needs—all the fools it can get. Think about it: So many fools, all escaping the traps of the ego and social conditioning, marching down the path to their personal enlightenment, their own songs playing in their head—not the song society says they ought to be listening to, but the song that brings them the most joy. Perhaps this is what it takes for the human race to evolve. It needs all the fools it can get, all elevating the vibration of the planet through the achievement of their own bliss. This is the evolution of fools. Be a part of it and be proud. It can be a glorious thing. ✱



THE GENTLE WAY

TOM T. MOORE

This book is for all faiths and beliefs, with the only requirement being a basic belief in angels. It will put you back in touch with your guardian angel or strengthen and expand the connection that perhaps you already have. How can I promise these benefits? Because I have been using these concepts for over ten years, and I can report these successes from direct knowledge and experience. But this is a self-help guide, so that means it requires your active participation.

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