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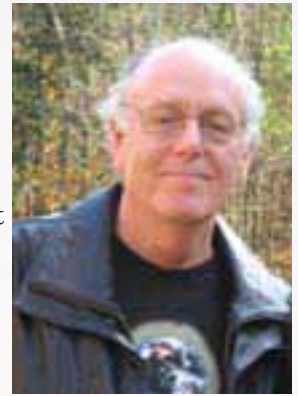


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--Robert Simmons

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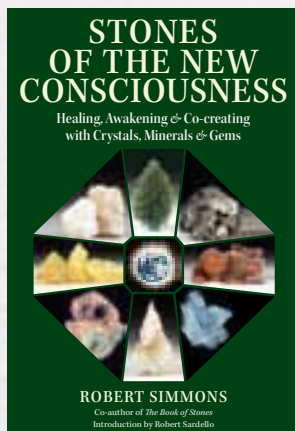
ness. We will learn how to attune to the Body Consciousness in ourselves which is able to relate directly with the Stone Beings. We will open ourselves to receive new insights and inner guidance from the angelic realm, and we will practice centering ourselves in Heart Awareness.

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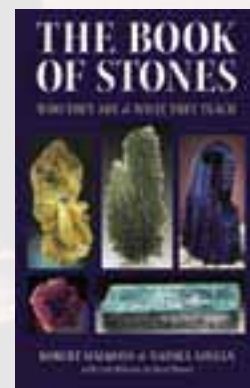
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All this and more are encompassed in this surprising book. It is filled with lavish color photographs—of the stones themselves, of meditation environments, power necklaces, crystal tools and visionary art!

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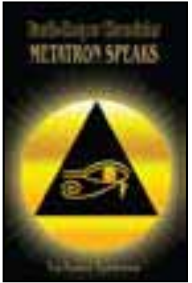
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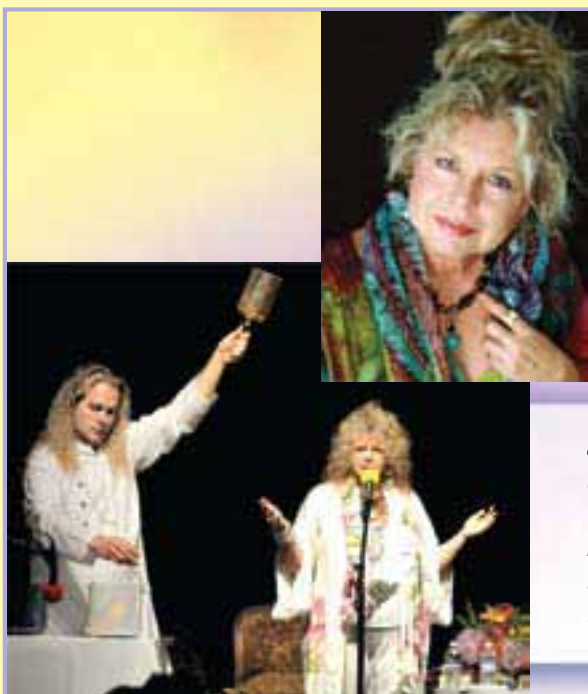
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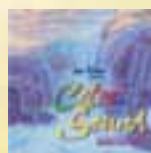
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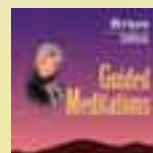
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- ◆ Bring information on the truth of our eternal nature—on the origin, ultimate purpose and future of the human race.
- ◆ Remind ourselves that our light and our sense of humor will carry us through into the adventure of forever.

MARCH 2010

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Humans Are Going through Rapid Changes on Earth

ET Traveler through Robert Shapiro

August 7, 2009

I am a visitor to your planet.

Welcome, welcome to our planet. What would you like to talk about?

YOU ARE GOING THROUGH RAPID CHANGE

I travel more to the outer planets these days, especially yours, because there is so much happening here. My culture is very focused on rapid change, and from our perspective, your planetary peoples are going through a rapid change that is not typical of that which is found elsewhere. My peoples are not embodied physically the way yours are, so we traverse space through what you call portals or windows. I believe, as I've noticed, that there is a great deal of such traversing on this planet now. Some seems to have to do with previous humans who have lived here and are getting a last look at what was, because you are apparently just about at the point where you will transfer over to being on a future-connected course of travel and life rather than a past one. So as near as I can tell, those particularly affectionate toward the past (and who have been human on this focus of Earth) are coming to Earth, as much as they get permission, to look about and see what is and witness the change.

I feel also that there is quite a bit of particle visiting. By "particle," I mean material, mass, not bodies or souls—personalities, you would say. Some of the greatest interest comes from materials. Well, your race, the human race, is an adaptive one, and you are particularly good at adapting to whatever is available to form it toward your needs. From my point of view, materials would fall under the heading as anything that human beings use to form to their needs, though I rule out the nonhuman beings who people your planet in that case, even though you use them also. I rule them out because, from my point of view, they are just like you, only you do not know that—meaning most of your peoples do not know that these are simply other life forms from other planets who are exactly the same as you but look different, as one would find in traveling beyond Earth.

So the materials I'm talking about might be what you would call minerals. I've seen a lot of visitation from a mineral world to your planet, because when you get on this new path and are locked on to it, everything changes.

It changes gradually, yes, but some things will change more rapidly—not necessarily the human soul and personality, but the other beings on the planet, including the materials themselves. There will be very rapid change in, say, buildings, which are made of minerals. The material, the composition of the material, will change quite a bit. You will not notice because everything will change relative to everything else, but if you were able to stand back and look at it, everything will be bigger.

So molecular structures will transform to become about one-third larger than they were before this change. This has less to do with the so-called dimension than with the fact that in order to live through such a transformation, it is necessary to have more room to be able to flex, you would say, and thus materials need to do that as well. I have looked ahead to see what this would look like, and it's quite different. Imagine, if you could, that your buildings will be one-third larger, though you will not notice that and it might not even be observable to your contemporary science. However, I do feel the science you are developing will, in about eighteen to twenty years, be able to detect that on the basis of . . . well, you'll be able to look into the past a little bit, then, scientifically in terms of sequenced past as compared to momentary past, which you can do now anthropologically and scientifically, to a degree.

So that interests me: the expansion of materials. But then there's the other factor, too. When you get on that future-anchored track of travel and motion, something else happens, and that's that the other life forms besides the human soul will rapidly transform into their more natural state. This does not mean that they will necessarily be one-third larger [chuckles]—because everything will be that, relative to everything else—but it means that they will have less interest in being on the planet. So other than those life forms you consciously welcome as human beings, you might find that many of the life forms you are dependent upon for your very lives will simply depart.

Some of them are departing now, such as honeybees, but these are not really natural bees. You will have to either learn to accommodate natural bees, which are a little more aggressive—meaning learn how to get along with them, which simply means you have to give them their distance—



ROBERT SHAPIRO

or you will have to welcome honeybees. They do not feel welcome. They have been oftentimes confused with the more natural bees and eliminated. You cannot do that to a species as gentle as honeybees; they will just leave, and they are doing that now.

Other species wish to leave because of feeling mistreated. Cows and a lot of beings whom you consume or who are vital to your existence, such as honeybees, are leaving. So if you want them to stay, you will have to consciously welcome them and treat them as well as possible, meaning better than you do now. It might be good to gather less honey from honeybees and recognize that [chuckles] the honey is meant for the young bees—it is their food. If you want honeybees to stick around and multiply, you're going to have to find a way to welcome them.

MY PEOPLES ARE IN THE FIRST LOOP OF THIS GALAXY

My peoples have been in and around, not the very center of this galaxy, but perhaps if you were to look at the galaxy from a different perspective—science has speculated on this and it's pretty accurate—our planetary system is within the first loop, coming out from the center of solidified mass. However, when our culture (which is not only associated with a planet) has in the past been in what is now in the second loop, we simply moved to the first loop, because we find it more comfortable to be close to the light of emergence. We like this better than being in some of the more outer loops.

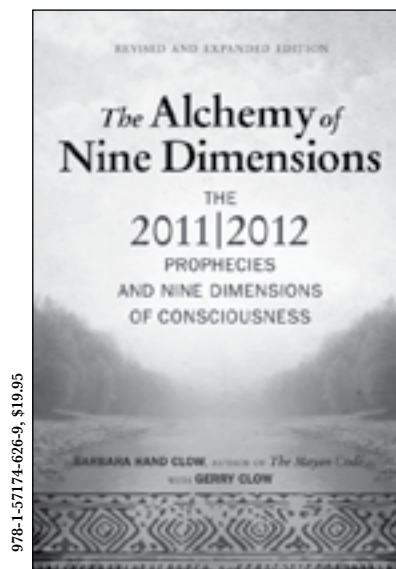
The centers of galaxies like this contain the emergence of substance, coming directly from creation outward. It is an immortal thing; it will always be. But it is very much light and not substance. Substance happens afterward. The closest thing I can come to here, scientifically, would be like a precipitate. But to put it in more conventional terms, it would not be unlike a very light steam vapor condensing into a droplet of water, which you could feel but you might not feel. So just translate that into light. When it comes away from the point of emergence far enough, it gradually condenses into mass, which eventually becomes planets and suns and so on.

There are many peoples associated with my culture—"personalities" might be a better statement, but our personalities are revolving. This means that we are not focused only as one personality, as you would identify each other on this planet, but rather at any given moment, a hundred or so personalities would pass through us. Therefore, in order to communicate, it is necessary to tap into that portion of ourselves that might be more capable of such communication as is going on now. But even during this now time, fully 90 to 95 percent of my being is doing other things—some of them here, some elsewhere.

YOU ARE MOVING MUCH FASTER THAN YOU REALIZE

Your culture, the human race on this planet, is moving much faster than you realize. Of course, you are aware of the physical motion you make and you are at least dimly

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aware of the planet's motion—since you see night and day, and the motion of the stars in the sky and so on. But the actual traversing of different focuses of being is happening very rapidly within the context of such transformations. I have had the opportunity to observe another such transformation many, many, [chuckles] many structures ago, as we would say. This was in a Pleiadian galaxy—the third galaxy, as they call it—and the peoples there, also a human race, very rapidly transformed from one focus to another. So this process is not unknown, but the difference is that in the Pleiadian situation there was not the polarity. So the transference happened very quickly, but in a way in which people were conscious of it and could experience the change within themselves.

You are mostly having this transference occur on an individual basis at the deep levels of sleep. Otherwise it would be so very distracting for so many of you that I think you would find it hard to cope. But this is only for the human being; all other materials and all other beings on the planet, including particles and so on, are doing this rapidly. You might reasonably ask that if particles are doing this rapidly, then what about the particles inside yourselves? They are doing it rapidly. You catch up—meaning your total physical being, yes, but more your mind, your personality as you understand it—during the deep sleep, when you are less resistant to change and transformation. I do understand why you are resistant to

change and transformation, because as a physical being, as a human being, you have had to adapt from very fast life in your lightbodies to what your lightbodies would perceive as an exceedingly slow life in the physical body. But you are here to learn about physicality, so you must adapt.

So you can see that, at the deep levels of sleep, when your lightbody and soul travels about, your physical body automatically makes the shift—and since your lightbody and personality is in its more natural focus, it easily makes the shift. That is why this takes place in the simplest way at those deep levels of sleep. This does not cause you any immediate sense of discomfort and—more to the tune of an attunement, so to speak—happens with relative ease.

YOU ARE AT 40-PERCENT DISCOMFORT

Perhaps you have a question?

Yes. I didn't know that any other species had moved in this way while they were alive in their body, but you're saying that one did in the Pleiades?

Yes, and the reason I bring that up, you understand, is that they were human beings also, so I feel it has relevance.

Absolutely. I just thought we were the first ones to do it without dying and then coming back in a different vibrational body.

But the really big difference, you see, is that these beings from the Pleiades were not experiencing polarity—nothing discomforting, you understand—so this might be why you have this impression. If they mentioned this to you before, other beings may well have felt that it wasn't relevant. But the reason I feel it is relevant is that these were human beings. Granted, they were not identical in physical makeup, but they were so close that if you were standing next to one, somebody else, an observer would say, "Well, two human beings!" They wouldn't necessarily notice much difference. There might be a little noticeable difference, but short of a physical examination, it wouldn't be obvious.

They shifted to a different timeline? How did they transform?

Well, they didn't transform in the same way you did. They shifted to a different focus, and from my perspective, that's what you're doing. I realize that others have told you it's a different timeline, but that is because it's easier for you to understand things within the context of time than it is for you to understand things in the context of space. Space seems very understandable to you—you walk across the room; you walk around the block—but I'm talking about vast reaches of space. You don't think about, "Oh, you walk over to the next galaxy." (I might think that, though walking isn't involved.) I mention this because they shifted focus from one focus of existence to another, allowing them to . . . oh, I can't say too much, but allowing them to migrate here and there with greater ease.

"Travel with greater ease"—what does that mean?

As I said, I can't say too much.

Are we moving to a different focus of the same planet, or are we moving in space to another focus somewhere else?

No, you are moving in focus to the same planet, but it will be a different focus of that planet. When you get to that point where you're, from your perspective, fast-tracking—meaning everybody notices changes every day when they wake up from deep sleep—then you will have dropped a great deal of your polarity. The first thing you will notice, though you won't be measuring it, is that you will drop down to about 12 percent discomfort. The next big shift goes down to 8 percent, then 4 percent, then 2 percent, and it kind of stays at 2 percent for quite a while through the next focus. So that's the big change that you'll notice.

Right now there's a little pause, because everybody is now involved in waking up. Before, there were some people doing it, and they were sort of pioneering, but the whole point of pioneering is to create a pathway for others and to try to create it in such a way that the others who are coming along will be able to traverse that pathway without the problems the first ones encountered. The job of the first few thousand or so that traverse any pathway is to discover what the problems are and to come up with at least workable solutions (and ideally, flexible solutions), which can then be adapted by the others as they come along and have that in place. So now that the rest of the people are coming along, you have to kind of slow down and wait up for them.

Will I be able to see 12 percent discomfort while I'm in this human body?

Oh, no. I wouldn't think so. It could happen "tomorrow," but . . .

It probably won't.

If you were, as a physical person ensouled with your personality, present to be experiencing the change to about 12 percent, you would basically no longer identify your persona as the person you were. It would be a dim memory. So even if you were alive for that, you wouldn't be able to get excited and say, "Wow! Here we are at 12 percent! I can remember . . ." In short, you won't be able to remember. Your memory will change entirely.

Right. What is the percentage of discomfort right now?

Let's see if I can get that figure. [Pause.] You understand, this isn't a constant, but taking into account the entire human race, what everybody is experiencing all the time and then averaging it, that's what it means. I suppose you know that. Ooh, it's about 40 percent. It's a big difference all right, because it used to be 47-percent discomfort. The range has changed during the past twenty years or so; the past twenty years have seen that change.

But the way the memory process works, it just falls away; it's just not even available. It's just like, "Well, it's always been like this." Is that's how we will feel?

That is how you'll feel, but there will be a dim sense of it being different. By "dim," I mean that there will be

a feeling that it was different before, but you won't have images and you won't have thoughts. But the feeling of there being a change and that things were different in the past will be present at 12 percent. By the time you get to 8 percent, you won't have much of that feeling left; by the time you get to 4 percent, you won't have any of that feeling left; and by the time you get to 2 percent, you will be looking forward to the next focus, eh?

Fantastic.

YOU ALL HAVE MULTIPLE PERSONALITIES

Tell me a little about yourself. Have you been physical in your past, or have you always been lightbeings?

No, our people have never been physical.

If I could see you and I looked at you, what would I see?

If you were able to see, you might just see a varying shape of light.

You're not a particular color or anything?

I will say no more.

That's a secret, too?

[Pause.] I have been instructed by certain beings that it is important not to get you too excited about who and what I am so you get distracted from who and what you are!

All right. This hundred-personality thing—tell me about that. Is that unusual?

You think it's unusual, but it really isn't. When you are in your natural state, you will have available to you the essence—granted in its completely nonpolarized fashion, completely benevolent—of all the personalities you have ever been focused in, in any given life, anywhere. So you think it's unusual, but it really isn't. It is something you are totally familiar with at the deep-sleep level when you are traversing around here and there in your soul self. It is also typical of lightbeings, but it is not necessarily spoken of. Perhaps you had an encounter through this method of communication, where one day you spoke to a being who went by this or that name temporarily, and the next time you spoke to that being, you had a definite sense that his or her personality was different. That's an example of that situation.

They were speaking from a different part of themselves.

Yes, that's right. So this is something actually normal. It's true that in your world there is a sense of self-discipline and even a sense of demand among friends and family that you remain who you were. For anybody who has ever moved away from home, made new friends and gotten a new job and a new life, you become yourself, whoever your self is. But even with new friends and a new life, old friends and family expect you to be who you were. Over time, naturally, you change. But then you go back to see

those friends or you go back to see family, and there is an expectation, almost a demand, that you be who you were.

You see, in your life, you actually have multiple personalities going on now for every physical person: you have your youthful personality, you have your young years, your middle years, your old years and so on. You think your personality has not changed, but you find out that it has. The quickest way to find out that your personality has changed—and this happens; you can totally identify with this—is when you are with your blood family, because they talk to you the way they remember you and the way they were. Everybody becomes their children again, and as dysfunctional [chuckles] as that might seem in moments, it is a clear-cut reminder of how you are more than one being.

Yes, I understand that completely. I am from a large family.

WE TRAVEL WITH OTHER PORTIONS OF BEINGS WITHIN US

How does it work, then, as a lightbeing? Have you always been in this galaxy?

I've always been, yes.

So if you're immortal and you stay the same (a lightbeing), how do you get a hundred personalities? What lives are you drawing from?

No, no. You're assuming that what I say is true for you is true for us, but it is not so. We get a hundred personalities or so, or more—I just picked that number out of the air—because it has to do with the rest of our culture, the rest of the beings. We have hundreds and thousands of us in our culture, but we're not comfortable being one. We're not comfortable unless there are at least a hundred, several hundred, maybe a thousand. It is like this: If you are a human being, it might be exciting to go out and travel in space, but after a few days, you'd be missing other human beings. Do you understand? For us, we travel all over time, and we also are like that. We would get lonely. So then we travel with other portions of other beings within us.

It doesn't mean that they are then stuck inside us and can't be themselves. Right now, I am inside other beings as well, you see? It is a matter of being: I would be lonely without them, and they would be lonely without me. It is not the same. I explained something to you about how you are, and you extrapolated that this is how all lightbeings are, but it isn't so. I just utilized that as an example so that you could understand it. I know you're trying to make classifications, but it isn't that way.

So all of your beings are one culture, and you can become one of them, or they can become one of you, or a hundred of you can be together and you can switch your focus amongst different ones of you and you're still you?

Yes, but that is an extremely simple way to put it. It's much more complex than that. Imagine a simple molecule. That would be the individual. But then you think of a more complex molecule, and it would have many portions of itself, the atomic structure and so on. It's like that. We

are complex beings. We have many portions, but they are not fixed. At any given moment, I might have hundreds of different personalities revolving through me that are associated with different beings in my culture. They don't travel in me as one might travel in a bus—it's not like that.

Okay, but you can experience, you can be one of those or one of these or anyone at any time?

Yes, that's a good, simple way to put it.

Okay, I don't know a more complex way. [Chuckles.] It sounds like fun!

Well, the reason I'm saying that's a simple way to put it is that I consider it to be an advantage. It's better to have it spoken simply in a cross-cultural frame of reference like this than to attempt to break it down into its formulaic complexity.

You come in through a portal, you said. Did you come from your own culture to get here?

Yes, you might say. Yes.

How do you know where the portals are? Do you see them? Do you feel them?

It's not like that, but I understand that you're speaking about spatial reference again. In our world, I have an interest to go to some place and then I am in that place. I am slowing down how I get there for you to understand. I am saying to you, "I get here . . ."

. . . because you want to be here.

Yes, it's like that. It is like a navigational aspect not based upon time and space but temporal need. It just so happens that I'll pass through a portal to make it comfortable for me and not harmful for others, but I don't look for the portal. It's just part of the process. If you were able to see the portal—and some human beings on Earth can do that now—you might see that traversing of a being through the portal, or you might simply see a being, or you might simply see a portal. I know that this channel sees such things all the time, but you know, there are others who see it too.

So you know an awful lot about us. Had you ever been here before?

No, but I know about you because I am here now. When I go and do other things, I will not know that. I'll only know it again if ever I come here again. So the knowledge I have is purely temporal.

Yes, I think we're trained to call it vertical wisdom: you know what you need to know when you need to know it.

Yes, that's a good description.

What other things interest you? You travel every place in this galaxy or beyond?

No, I'm just interested in rapid change. Our peoples are interested in rapid change, and when any rapid change

happens anywhere, we're very interested in that and we tend to migrate there for a short time. This is why I am here, and I am not alone—there are a few others around in different parts of your planet. But we do not have difficulty. Say I need to go someplace. From your point of view, a surface measurement would be, say, 3,000 miles away. But instead of going through the surface, I just go through the planet.

Why would you need to go there? Do you know where you are now?

I am inside the planet.

Ah. Why would you need to go from one place to another, for example?

It may be because I was curious. I wanted to see what was going on.

That's a trait that I highly admire.

[Chuckles.] I can understand that.

You're not one of the beings we will run into when we start traveling, are you?

Well, you won't see us, so you might run into us and simply not know about it.

Right through you, yes. You mentioned the Pleiadians. What other species or life forms have gone through rapid change? What are some examples of that?

When I mentioned the Pleiadians, I had meant that they're . . .

That was because they are human, yes.

Yes, even though it hadn't been mentioned to you before, but there are others. But to put it in a simple way—I am sort of on the borderline of what I can talk about here—all the others, including the Pleiadians, went from one focus to another without polarity. I'm only really allowed to slightly mention the Pleiadians, because they were humans. The others were not.

It's probably because you got it in there before anybody knew you were going to say it [chuckles].

No, that's not true; they always know. The reason you are not being told many things is that you—the human being on Earth—are a species who is very easily distracted. It is very easy. Just take a look at your day or take a look at the people around you: they are very easily distracted. Since you're doing something very important for yourselves and ultimately perhaps for others, we are not encouraged to distract you. It is felt that you already have enough distraction.

YOU HAVE TO REDEFINE COMFORT

When we are down to 2 percent discomfort, can you come to us and talk more?

Oh, we will be talking to you more when you are at 12 percent. When you're at 12 percent, then you'll be locked

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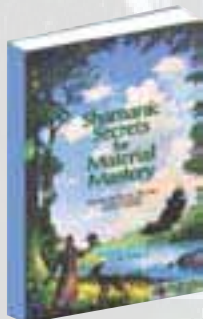
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in and moving, but you'll notice. You understand, when you pass through the main point of change, you won't . . . when you drop to, say, 30 percent and then slowly down, it won't be "clicking" from 30 to 20 or anything like that—they'll go through notch by notch. When you get to 30-percent overall discomfort on the planet as an average, then you'll start to release a lot of distraction and you'll notice that something good is happening, and people will be excited and want to participate.

The reason for all of this talk coming through this being for the purpose of these books and articles and ways of sharing is so that when that time comes, hopefully people will know what they can do. You won't be able to speed up the process, and there's no point in doing that—why speed it up if you've got beings who have to come along? Everybody has to go, so what's the point of stringing the line out? You want to go as a group; otherwise it doesn't work. So the whole point, then, is that you'll need to be informed of what you can do to welcome the change. It's not about stopping being polarized; it's about welcoming being in comfort. You have to redefine comfort. Some people might consider excitement and wild, violent movies to be comfortable, but in fact, they're not a good influence.

I think of the Zetas and their calm and peace, and that might truly be very boring for some people.

It would be boring if you were raised on that kind of excitement. But, you see, when you are born as a baby, that kind of excitement frightens and upsets you. You are conditioned to like this or want it or need it. So it remains a distraction your whole life.

How can we uncondition ourselves?

You can't. You can only welcome comfort, ease and love—"love" meaning a good feeling between all beings. I'm not speaking about physical love here.

We call it benevolence.

Yes, you can welcome that. Welcome it for yourself and welcome it for others—you might say for all beings.

Have you been anyplace else where there is discomfort in this galaxy?

No, there isn't any in the rest of the galaxy.

While you're here, you can see it and observe it, but it doesn't affect you, right?

Certainly not. If it affected me, I wouldn't be able to go back. I know of several beings from other planets who have become caught up in the discomfort, and alas, tragically, they had to stay.

Just for the life they're living?

Oh, I cannot say. You'd have to talk to them. It might be worth talking to them now.

That's a good point.

YOUR PASSAGE TOWARD BENEVOLENCE IS A NATURAL MOTION

If you were a human on the planet and you wanted to somehow contribute toward everyone moving comfortably through this transformation, what would you do?

Well, for starters, I would do that living prayer process. Live as well as possible, in the most benevolent way. Be the example for your own sake. If others comment on the way you live, you can say why, but don't tell them that what they're doing is bad. Just say:

Living Prayer

"What I'm doing serves me, and I feel good about it and my life flows in a better way for me."

But you will have to come up with examples, because people are going to want proof. In some cases, you would be simplifying your life; in other cases, your life may be more complex. It depends upon the individual. We are going to have to stop.

I came here today because I wanted to let you know that you are not alone in your passage. The passage that you make toward a more benevolent world is a worthy goal, but in a larger sense, it is a natural motion. For many of you who are very young—two years old, maybe—you might very well live to have a natural life of, say, 120 or so as the lifetime potential grows longer, and you might very well live to at least the point of an overall average of 30-percent discomfort—which will seem, overall on average, like a big change. But it's also possible that some of you will live to see 12 percent. So enjoy your life now, pay attention to the moment, live as well as possible in the most benevolent way, and help others when you can. Good night.

*Happy traveling. Thank you. **

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Kryon at the United Nations 2009

Kryon through Lee Carroll

13 November 2009

This is the seventh time since 1995 that the Society for Enlightenment and Transformation at the United Nations building in New York City has asked Lee Carroll to bring Kryon for a live channeling. The meetings are often closed to the public, allowing only delegates, employees of the UN and guests, so there is not a large audience. They are often held upstairs in the secured areas in the committee rooms. This one was similar to the others in that the attendees were not necessarily spiritual, New Age or metaphysical. Some attend just to "have a look." This in itself changes the energy and also the messages, but they are always about world events. At present, no single channel has ever been invited this many times to the society. Lee is honored and humbled by these extended invitations over the last fourteen years.

Greetings, dear ones, I am Kryon of Magnetic Service. There might be those here who don't understand this [speaking of channeling], so we adjust the energy. We have a few moments together, and they will never occur again, not with this group. These are moments in quantum time, a time that you experience in a straight line but that isn't straight at all. Therefore, you must deal with a biased perception—the only one you have, and the only one you can trust. I adjust for this.

Dear Human Beings, in these moments, in this room, no matter what your belief system, no matter if you think, "Here is a man pretending to channel," you carry a big light in the consciousness of humanity. The consciousness of shift is upon you now as you sit in this room, in

KEY POINTS

- The strongest governments will soon be recognized as those led by the highest consciousness, giving their people good lives and financial integrity.
- "Iran may hold the key to becoming the most stable, most profitable, most influential nation in the Middle East. And if this potential is fulfilled, it will be the young people of Iran who will create the Great Iranian Revolution."
- People of the Middle East are beginning to think about creating compromise and peace instead of continuing a path of hate and intolerance.

this place, in your reality. Your light is far larger than you think, for even to bring you to a place of curiosity about this meeting is evidence that something within you is seeking the evolution of consciousness that is taking place in this shift. I know where I am. We put a blanket of energy here today. We place it upon you. We'll let it press upon you for a moment to let a sweetness occur here. This is a cerebral place, an intellectual place, and we now wish to add "spiritual place" to that energy.

You're beginning to think to yourself, "Could this be real? Is it possible that the man in the chair is actually in touch with the other side of the veil?" I'll give you thirty seconds to feel it, to discern it, for there are those here who can. It's an astute group here—those who will know that the energy is real or not. We don't need much time, we don't need the music, for in this moment angels enter this place, and they sit upon your laps in whatever way you wish. Spirit wishes you to be comfortable with your own discernment and these messages of truth. For this day, in this place, I will give you the potentials of what you're facing. We will look at the immediate future and the distant future, indeed, for we have done this in this building many times before.

This is the seventh time we have presented the energy of Kryon here. Seven is a sacred number, so let us fill the room with sacredness. There are those who will feel it and are beginning to feel it as the room warms a bit. Just a few of you are here, but perhaps you have a light you'd like to shine. Perhaps you've come to want to know how it is that you can shine it. I will answer that even before I discuss this planet: When you leave this room, you have the option to carry with you hope—not drama, not suffering, not a plan that is unsolvable but absolute, positive hope. The knowledge and intuition that is before you is grand, grander than any history this planet has ever had.

More Human Beings than have ever existed together on Earth will come

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together in a confluence of peace. Will it be in your lifetime? The seeds of it are already in place. You will see them soon, and some of you have already seen them. The irony is that this is the place where some of it has begun. No, not in the big chamber, but in those places where you are creating health where there has been no health, joy where there has been no joy and normalcy where there has been suffering. Those in this building who hear my words will know exactly what I am speaking of. [Kryon is speaking about the main purpose of the UN: to help with food, water quality, education, health and the children of the third world. This is something they have been successful at but that is spoken of very seldom.]

THE FAR FUTURE

The last time I was here, I spoke of something two generations away. I spoke of a continent that would be healed, the Union of African States (UA). I spoke of a common monetary system for that new assemblage of states. I spoke of a continent that would have more economic influence than any continent has ever had on the planet, because it will be healthy, filled with new economic hope, new enterprise, new opportunities and millions of citizens who want to build, who want homes, who want good government, stability and who will eventually have a giant marketplace. Even beyond the Chinese, who still must move through changing old ways, the UA speaks of starting from zero and creating something from the beginning.

Now, that potential for the planet is something that is far away, and the ones in this room won't live long enough to know if Kryon is right or not. But the recordings of those words are here forever. So in that future will come Kryon's validity—perhaps a bit too late for those in the chairs doubting today, but it begins now. There are stirrings right now to put Africa together in this way. The key will be the healing. This is also beginning. That is to say, a continent that has very little disease, good fresh water and a consciousness of a governmental unity will emerge. And you might say, "That could never be Africa!" We say, just watch. It's going to happen, but only the seeds of this change will be available to be viewed in your lifetimes. You will not see it take place, for it is two generations away; half a century will go by before this takes place. I also gave a prophecy, should he choose it, of who my partner would be. I told you that he would come back, and in half a century he will find himself among that population as a black leader. By the way, this will also change the entire perception of what those of color bring to the planet. For in this new Africa comes respect and strength, and many will desire what they have.

THE NEAR FUTURE: COMPROMISE AND PATIENCE

Now let me tell you about things that are closer to you—potentially in your lifetimes. Let these words be carefully interpreted, for they are the potentials of the now. They do not speak of a future that is absolute or

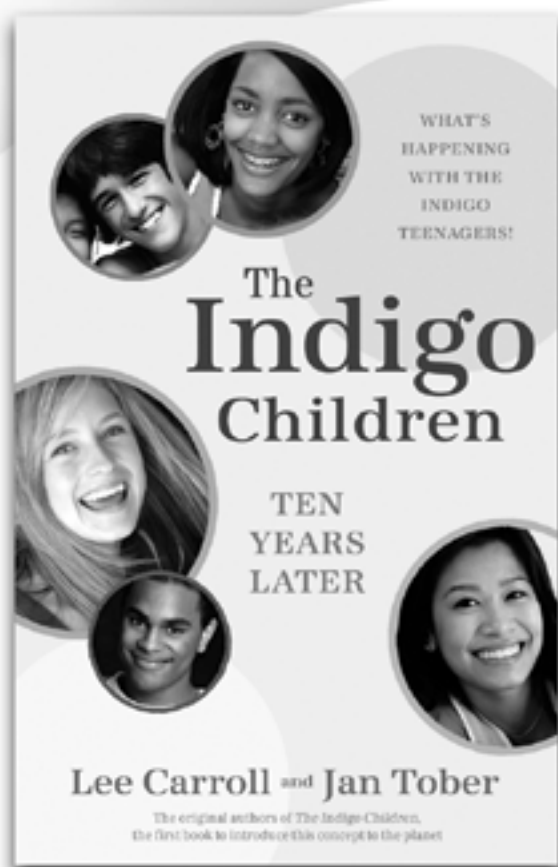
empirical or that must happen, for there is no such thing. Even the potentials and timing of what I give will change depending upon Human consciousness. There are some things that are in progress now that may astonish you, and I will give them to you in this short message, for they will solve the unsolvable, one of the biggest puzzles of modern times and one that many feel cannot be solved. These are the opinions of those who feel that Human consciousness will never change.

At this moment, as we speak in this year of 2009, in this month of November, I speak of the potentials on the planet. [This is Kryon giving a "date-stamp" on this channeling for future readers.] There are several old energy dictatorships that occupy the energy of those in the big rooms [of the Grand Assembly], and they'll go away by themselves. [These are dictators who have a legal seat in the Grand Assembly as leaders of specific countries and members of the UN.] You've seen it before, and they will topple themselves, simply because they will be totally out of touch with the reality of what their people want. Their old energy will catch up with them, and their own people will remove them. You have seen this before in several countries in the last twenty years.

There is the common thought that things happen in a linear fashion, and in a way they always have. There is a thought that this never changes. There is a thought that you must group together certain kinds of logical attributes in order to create treaties. There is a thought that you must have pressure or no pressure as ways to get governments to react or not react. These are things that you've always done in order to make certain governments behave the way you wish them to behave—call them embargoes, call it suffering, call it pressure. It also may occur to you that these things are simply not working in the new energy. A big stick is no longer what it used to be, and old energy diplomacy is nothing but old ways of delaying these issues.

Today's energy will bring things that no one expected due to an entirely new way of approaching relations between countries. Compromise and new associations of strength and unity are going to be the new way of success. Strength of arms and weapons do not create hope, joy or health, or build new schools and hospitals. Therefore, their place in the scheme of "who is the strongest" will fade. Instead, "who is the strongest" will be led by governments with the highest consciousness and the most able to give their people good lives and financial integrity. You are already seeing this in your own financial systems, which you are slowly beginning to clean.

It's going to surprise you how it all works, for it's out of the norm. It's not going to take long before you will see the North Korean issue disappear. You will see some forms of unification begin, and this has the potential of happening more on its own than from something you do here [at the UN]. It would be wise of you to follow the line of reasoning in this channel and hold off on things that you are currently planning. [Here is direct advice from Kryon



The Indigo Children TEN YEARS LATER

Lee Carroll and Jan Tober

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

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

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

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

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about what the UN might be planning for North Korea, asking them to be patient, for something else is cooking under the hood.]

THE NEAR FUTURE: STABILITY AND TOLERANCE

South America will shock you with its stability. It's beginning now, for the kundalini of the planet is moving in that direction to center itself at the bottom of that continent—in Chile. At the top in Columbia and the bottom in Chile are the most stable and static governments you have ever seen in South America. They are building a platform for the countries in between to join them.

In the past, there have been heroes before their time, who tried to put together the states of South America, both Spanish and Portuguese. This is not necessarily going to happen [with one Human leading a crusade for unity], but what will happen is a consciousness confluence. That is to say, stability will seek its own center, for hope is the key, and the old ways are diminishing. There is one dictator who is there, who may interrupt it all: You may number his days, and I've said it here for all to see and watch for. For old energies cannot exist with new energy-conscious populations. This energy will fall over by itself from within. Either that, or against all odds, he may change! You will see it, and I have said it here.

Celebrations will occur shortly in the small Caribbean island ninety miles off your U.S. shore. Perhaps for the

first time, the United States will have the tolerance to allow what they have seen in the past as a very close Communist government to exist as it is, but with full trade and travel. This is out of the paradigm of anything any of you would ever expect, for up to now it has been black and white, until China, that is [Kryon winks]. Now, perhaps it's time for Cuba? I am telling you that this is currently in the works.

THE NEAR FUTURE: THE WILD CARD

This brings me now to the prophecy I've been giving for some time, for it remains strong [the potentials have not changed]. One of the most unusual things that you ever, ever could imagine may happen, and it involves Iran. I will say it again to you as I've said three other times to three other groups. I will now state it in these halls of the United Nations. Iran may hold the key to becoming the most stable, most profitable, most influential nation in the Middle East. And if this potential is fulfilled, it will be the young people of Iran who will create the Great Iranian Revolution.

When Iran is run by those with young Islamic minds, without the old energy "mullah minds," you will find stability. For the young people of that great nation will start to look around and see the differences they can make in peace through trades and through investment. The track that the older generation has them on is filled with hate,

fear and the potential of war. It perpetuates a thousand years of grief, sustaining the enemies of old and keeping the struggle alive. Young people will realize that the teachings of their prophet were about unity, and they will begin to study deeply the real meaning of Islam and will not be at odds with bringing together past enemies. For this is what their prophet was all about and why he came in the first place.

The last thing you're going to see or imagine you would ever see has a strong potential to happen. There is potential that the people of Iran will actually invest in the peace of Jerusalem and that their influences and their funding will begin to have great influence for a solution in Israel—not just a solution between Israel and those called the Palestinians, but a greater one that creates solutions for the Islamic states around them. Jerusalem is a shared city. De facto, it is one that has Jews, Christians, Armenian Christians and Islamic influences all sharing four quadrants. Imagine this same scenario but with credentials! That is to say, imagine keeping the same arrangement but having it become a separate country or area of peace.

You might say, "The Jewish people would never allow that!" Ask the younger generation of Hebrew speakers if they might consider it, for you will be shocked at the answer. They may actually trade it for the ability to settle in areas they all would rather live! They too are beginning to share what their young Iranian counterparts are thinking about: creating compromise and peace instead of continuing a path of hate and intolerance. The youth behind you generation-wise [your children], will eventually take the reins of government, and the differences in thinking will be obvious. The real war is the one between the old energy and the new. This has been the message of Kryon for more than twenty years. That war is very winnable, with both sides as victors.

Peace in the Middle East created by Middle Easterners—what a concept! In the past, you have felt it would come from here, the UN, or from Western influence creating compromise between two sides who would not even meet with each other! The potentials are that it will happen right at the center of the Middle East, not from the West. It will not come from those trying their best to create influences so that Middle Eastern countries will act appropriately in a framework of Western thought. This potential I give you is not anything that is on the futurists' lists of what may happen. It's what we call the "wild card." It's what happened with the Soviet Union—again, nothing that was on the futurists' screen of potentials.

THE NEAR FUTURE: PEACE ON EARTH

Wars are fought and the feelings are forgotten. The great Civil War in the United States did not create a permanent division in consciousness. World War II did not create enemies forever. Instead, today you find all those governments and citizens working together. Most of them don't relate to the feelings of the past. The Middle East is different, and

what happened in the past is taught as what is "happening today." This is what will change.

You will see the countries around Iran join with those people, even former enemies. Borders will be relaxed. Eventually, this will affect Pakistan and Afghanistan who won't want to be left out of the new Middle Eastern union. India will also be involved in a way that embraces Pakistan in trade like never before. Those who feature old energy thinking will have no place to hide, for peace will be the way of it. A brand new idea will emerge that says, "If we can stop the traditions of hate now and teach our children to hope, eventually there will be a group of nations who will only remember what the tensions used to be from reading their history books." It's a quantum generation that is coming—one who can think ahead, way past their own lives and past their parents' teaching of old hatred and old ways. This, indeed, is part of the new rift that will develop between parent and child for the next fifty years in the Middle East.

This is what we see, and it will be within the lifetime of many here. It may go slower, depending on what you do. It may go faster, depending on what you do. But as long as my partner has channeled, this has been in the works. It is why we told you of the possibility back in 1989. Things happen slowly in politics, in consciousness. Sometimes it is too slow for many of you. Look for these things to begin happening even before the renovation of this building is complete [speaking of the renovation of the UN building, which may take five years]. You'll see the seeds of these things taking place, and yes, even battles to prevent them—old versus new. That is the potential at the moment. If it takes longer, it is still the potential. There is a ball that rolls in the consciousness of thought and action that is immense. It is rolling now. It is strong and interdimensional, and you cannot see it. But I can. It's going to be hard to stop peace on Earth.



I am Kryon. I know who's here. May you feel the love of God in your hearts that these things are true and accurate as seen by this channel through me, for I am in love with humanity. I would never tell you things that were not so. There is no reason to give you good news that will not happen. And so it is. ✻



Welcome to the Infinite Now!

Sarrinn with the Ancients through Daniele DeVoe

Welcome, lightworkers! We were asked recently to discuss and illuminate the issue of fear and anxiety that appears to be expanding in the experience of so many of you now. There are reports from many that the chaos has been unrelenting for a few years, while others began being bothered by it at the time of the full moon, eclipse and blue moon portal that occurred on New Year's Eve of 2009. We understand that it doesn't matter when this difficult period began for you; it simply matters that it did and that you would like to understand it—and hopefully, transcend it.

TIME IS COLLAPSING

From our perspective, there are two main issues at stake in these experiences. The first one has to do with the ongoing and increasingly rapid collapse of time as you know it. The second issue is the blending—not colliding, but blending—of dimensions. Did you think that time will suddenly switch off on 12/21/2012? It will not; it will simply diminish or collapse with increasing speed as you approach that date, one that marks the center point of what you have been experiencing as a long cusp of time. In reality, the impact of passing through your galactic center has been felt in your world for more than 100 years, and the cusp of it will continue after your movement past this pivotal point in astronomy and time. The closer you get to galactic center, the more powerful, magnetic and swift the energies will become and flow—and with that, your experience too.

So imagine that you are one of the many who did not learn command of your thoughts and love of yourself yet.

KEY POINTS

- The two primary issues that seem to be expanding fear and anxiety in your experience are the ongoing and increasingly rapid collapse of time as you know it and the blending of dimensions.
- There is no need to fear these issues—all is well if you recognize it to be. If you choose new thoughts now, you will instantly align with your future.
- If you truly understand that the rules have changed and be able to focus your thoughts and love on the experience in your now, you will experience instantaneous relief of all issues, and all residual energies will dissolve as if they never existed.

Imagine as well that you had not yet studied and fine-tuned your beliefs. If this were your truth, then the fear and anxiety that have always been most powerfully focused in your past and your future would, most likely, still exist in your present moment experience. Fears of karmic debt and anxieties about future failures or obstacles still exist as beliefs that actually have reality only because they are being created and re-created by the repeated thoughts of the believer. These fearful thoughts have had a huge impact for many centuries in your reality, but until now, that impact was tempered by the buffers of past and future time.

If you still hold fear about possible problems in the future, those possibilities must be flowing into your present experience as a result of your own attention and focus. And when there is only now, then your thoughts—empowered by your emotions—become more significant. In fact, they have become more influential now than at any other time in known history. Does this sound as if humankind has created life as a hopeless situation? Well, they have not; you have not—the divine has not. All is well.

THE PAST NO LONGER EXISTS

The past no longer exists, except as a construct of your own imagination—in other words, your memory. For what is memory, but the experience you have already enjoyed and can reactivate through attention with your imagination and emotion? Think about this, and realize that this means that the past is no more than a reference library that can be used quite effectively as a tool to enhance your lives. It is a place to access knowledge to apply with wisdom to your life today. It springs to life only when you welcome it to this moment by giving it the attention of your thoughts and the life force of your very magnetic emotions.

The future still exists, but not as a destiny or fate. It is the result of your choices and decisions in this now moment and is constantly being created and recreated with every thought you entertain. Do you choose anxiety now? If so, you align with anxiety then. It is simple. Do you choose fear now? If so, you

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align with fear then. Or do you choose new thoughts now? If so, you align with a new future instantly!

Your now is the absolute point of creation in your life, and you—not anyone else—powerfully choose what is being experienced in your life with every beloved thought. And why do we call your thoughts beloved? Well, why else would you be thinking them if they were not your dearest wish for your life's experience? Be very honest with yourself and recognize whether or not you have done the work required to be in command of your thoughts and to embrace those thoughts with love. This is the freedom you seek. Are you aware of that? This is the part of you and your experience that no one else can control or manipulate. In the worst of circumstances and in the best of circumstances, your thoughts and your emotions are purely and only your own.

Practice this now; become a master of thought and emotion, and you will quickly live in such freedom and joy that others will only wish to emulate your success. As you begin your efforts, remember that resistance will not work, because resistance acknowledges fear and signifies focused attention. Embrace the old and negative thoughts and emotions for a brief time within this now moment and feel gratitude that they have, effectively and successfully, brought you to this moment of awakening with full and vibrant life experiences. It is wonderful! If you truly embrace your most fearful beliefs and feelings in this way, your resonance lifts, you feel better, your thoughts fill with hope and you are on your way!

DIMENSIONS ARE BLENDING

The other major component of the present chaos is that dimensions are blending. For hundreds of years, you have lived in a very dualistic reality, which allowed for the experience of three-dimensional and four-dimensional life. As you travel through the galactic center and your reality shifts to the omniversal experience, you enter into an existence that will not identify separation. Yes, for the convenience of conversation, many will continue to speak of three, four, five dimensions and so on, but this is only to simplify the verbalization of concepts.

As you all become more intuitive and telepathic, even these conveniences will be unnecessary, for as you relax into the new energies that are available now, you will find that it is much easier to understand the true intent behind another's conversation and actions. This is the result of the telepathy and intuition that flows elegantly in the omniverse. For most of you reading this channeling, this is very good news! For many others, it is a very fearful and chaotic time because it means that your insincerity will be obvious. You are entering a reality and a dimension in which lying is impossible to hide and dishonesty will be as obvious as an elephant in your living room. Can you understand why this might create a bit of chaos in your world?

THERE IS ONLY THE NOW

One other point to note is that the issue of lag time has changed too. It has long been taught that there is a delay

between your intention and the manifestation you desire. It was also taught that there is a delay between unhealthy thinking and its results, as well as the repair created by healthy thinking. But even here the rules have changed. Think about it—how can lag time be pertinent if there is only the now? If you truly understand this and work with it, you will experience instantaneous relief of all issues, since as you focus your thoughts and love on the experience in your now, all residual energies must dissolve as if they never existed. Of course, the reverse is true; if you focus only on the fear and feed it with anxiety, it will live on and expand perpetually in the now—until the moment you make new choices!

If you are experiencing the repetition of experiences you don't enjoy, then you know that you are still carrying thoughts or beliefs that feed those difficulties. If you are fine with that, don't change a thing, since all experiences will bring you to your purpose eventually. If, however, you are ready to give change a try, then we suggest that you notice what the erroneous or uncomfortable thinking is (if you can) and then choose something more loving and positive to think instead. But please don't spend a great deal of time, energy and emotion on the study of the flawed thoughts or the unloving belief. In truth, they are not right or wrong, fair or unfair; they are simply what you have been using to create your experience.

When you are ready for experience that holds a higher frequency, simply acknowledge the old process and then stop it by choosing new thoughts or beliefs to contemplate that will lift your frequency. There is wisdom stored in each and every frequency. As you raise your resonance to the new frequency, you will gain access to the wisdom there and to new insights that will help you to live life joyfully. You have the necessary power and knowledge to do all of this right now, but do you have the wisdom to choose it?

THE RULES HAVE CHANGED

We have heard so many different arguments and reasons for why people feel they cannot succeed with these changes. And yes, they are absolutely true if you believe them to be. But we are not asking you to contemplate the origins of the universe or to study the theories of quantum physics—unless, of course, these topics interest you. We are simply suggesting that if you spend more time contemplating things you like or enjoy, your life will transform completely.

If you are thinking, "But it never worked before," then you are missing the main theme of this channeling! Please understand that the rules have changed: Time is collapsing, dimensions are blending and the tools for manifestation you gave up on a few years ago are working even more powerfully, magnetically and magnificently now than at any time in known human history—and this will only increase. Does that make it worth trying again?

There has never been a more elegant time to step away from your karma forever, because what is karma other than the law of attraction? Your resonant signature—your dominant

frequency—aligns you with the reality you are experiencing. With your thoughts, with your love and with your luminous intention, you have the power to claim your freedom, now and in all the nows to come. By loving yourself, you become a teacher of the power of love. By loving yourself, you attract loving experience and even loving ways to serve. Choose it, practice it, love your successes and know that what you used to call failure was success too—if you simply claim the wisdom every experience has taught you.

It is quite common in sophisticated societies to spend a great deal of time studying what went wrong in any given situation and to learn how to avoid those mistakes in the future.

What you are being asked to do now (and in all the nows to come) is to study what went *right* and how to expand that.



You are loved, dear lightworkers! You are loved and never alone. Imagine us beside you, sharing the journey and working with you for the harmony and peace destined to come. You are a beloved and vital member of the team, and we are ever available to you in the infinite now. Simply ask for the help and guidance you seek, dear friends, and our answer is always yes! But remember to listen well—sometimes we whisper our reply. Namasté! ✱

The Power of Love

Onereon through Jeff Michaels

As above, so below. We choose to speak of the energy of love. We have said that love is one of the primary aspects of Source. Love is not simply an aspect of Source; love is the quality that demonstrates source energy to all beings. It is a common energy for life throughout the universe in both physical and spiritual realms. All things in existence are aspects of Source, but love is a binding power. Love will motivate a person to accomplish greater things than any other power in life. When love is placed at the center of your life, balance and harmony become your natural state.

PATHS OF LOVE

Many search for love in their lives. They often seek it outside of themselves, looking for someone to complete them. Their quest is external. We tell you now, it is better to learn to love oneself first. By loving yourself, you acknowledge the value and worth of your existence. You empower yourself by making a direct connection to source energies. Loving oneself brings immediate balance to many

difficulties you may be having in life and provides a new sight and perspective to your individual path.

This is not to say that all problems will instantly vanish. You are still subject to gravity and thus also to time. Yet solutions will find a clearer path when the way is opened through the energy and the power of love. Loving yourself will allow others to love you in a purer way. Partnerships will develop with more ease and regularity. You will attract others of a higher vibration. Relationships will intensify and emotional expression will flow steadily.

Many struggle with love, and yet it is the easiest thing in the universe. In a sense, love is the universe. The degree to which you feel loved is the same as the degree of loving you radiate. If you are not feeling loved, you must reach out and begin to practice your connection to Source. It is the realization that you are a valued aspect of Source that you must seek. At the same time, you must look for ways to express love to all others. Each action will strengthen the other. It is the feeling of being loved and the loving of others that pulls the purest, healing energies to you.

LOVE AS A SPIRITUAL POWER

Many believe that they will only be capable of achieving balance through a relationship with another being, and they seek their “one true love” from that relationship. We tell you now, the idea of a single love for a single being is nonsense. Does Source only love one aspect of itself? The promotion of this concept is a limiting one. You may experience a primary relationship with a

KEY POINTS

- With the knowledge that love is the binding power of the universe, seek to place love in the center of your life.
- Do not seek to place restrictions on love, expecting to find love only through a single relationship with one other being; instead, practice your connection to Source, learning first to love yourself and then becoming more aware of opportunities to express love.
- This will assist you in realizing a truer spiritual life and allowing you to continuously grow as a spiritual being as you experience the joy of a life well lived and a path followed.

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single partner, one that is strong and exclusive. However, there is such a great variety of beings that to believe there is only one person for you will result only in your unnecessarily rationing the inherent energy of love that belongs to you. Love will come slowly then and carry many limitations with it.

The restrictions that are placed on love reflect the restrictions that one places upon spirit. If you place unnecessary restrictions upon spirit, you likely place them upon Source as well, but these restrictions begin and are wholly encompassed by your belief in and about yourself. Source is infinite. How then can love have limits? Love can approach at any time during life, so you must be receptive to it as well as a channel for it. If you put limitations upon love, imagining that there is only one true love, then you will find that you have created a greater gravity regarding love, and time will affect the process. If you become open to love, then you will not need to wait. Remain light, and love will flourish.

Many understand that true spirituality is rooted in unconditional love. Spiritual activities will help you to open naturally to strong, loving feelings. The release of judgment will allow an opening for spirit to enter your life. Again, becoming more aware of opportunities to express love will assist in realizing a truer spiritual life. Each action, taken together, will strengthen the other. The results may be felt instantly, because source energy can respond instantly to requests. Spiritual enlightenment occurs in a flash of inspiration. Love can happen in a glance, "at first sight." This happens when least expected and no limitations exist. If you can believe and accept moments like this, love will occur more and more often.

THE RISK OF LOVE

Love is an action. It is active and not passive. You cannot sit isolated and express love fully. You must risk your personal self, the deepest parts of you, in contact with others who are also risking themselves to make emotional connection. Without first making emotional connections, how do you expect to create spiritual connections? It is from the heart that humanity connects to the realm of spirit. Do not fear to feel!

If you have risked your heart in the past and have been hurt, you may be reticent about taking another chance emotionally. Yet we tell you now that all life is a risk. This is a true statement in the spiritual realm as well as the physical. The truth is that your heart is willing to risk again and again. Your thoughts will seek to logically move you away from such an action in an effort to protect you. But do you wish to be protected and unloved, or do you wish to have your heart fulfilled? There is only one course of action that leads to emotional fulfillment, and that is to follow your heart's desire. Love is not brought about by thought.

When we say that all life is a risk, we do not mean that all life is dangerous. Certainly, the pursuit of pure love is not something that will put you in danger. We use the word

"risk" in the way we would say that a seed must take a risk and grow. Once the seed has opened, there is no going back inside. It may be safe to remain a seed, but it is not the seed's true and ultimate purpose. Love, then, is a symbol of your growth. If you are active in life and motion, you are growing. If you are not in growth mode, then where is your energy going? Are you playing it safe? Are you limiting your life? Are you limiting your love?

THERE IS NO END TO LOVE

At some point, we all transform. As beings of energy, we all are subject to the laws of energy. Transformation is not destruction. If you, as a human being, are in the process of growing when you transform from this current incarnation to the next stage of your energetic existence, then your path into and out of the various realms of spirit and physical will be that much smoother. You will experience the joy of a life well lived and a path followed.

The opposite is also true: If you are not in growth mode, you will experience resistance as you move along your karmic thread. You may ask why so many resist so-called death; even ones who claim a faith or belief in some form of afterlife will fight well beyond reason to remain, even at the cost of quality of living. This is because they do not see the inherent nature of the universe. They have placed limits on Source and thus on their own ability to connect to other living beings. They may not feel love in a strong way. They may feel unfulfilled and thus unwilling to leave this incarnation.

Comprehension of the power of love is crucial to growth and thus to the movement from one form to another. This is not to say that anyone should seek death from a human life. That would be a waste of energy. If life is somehow unpleasant, it is the task of all individuals to focus their energies on making and balancing life around themselves to the best of their ability. The first step in any effort to improve life is to seek ways to express love. It is not common for anyone to reach the end of their existence and regret expressing love. Love, as an aspect of Source, is a power beyond time. It is an energy with few limits. If you personally encounter limitations on your love, do not seek beyond yourself for the reasons. If someone does not seem capable or willing to express love to you, then redirect your energy and your love elsewhere. Do not waste this commodity.

We have said that love is a primary aspect of Source. The practice of love brings with it commitment and purity. It is the power that connects all things back to the beginning of all things, and yet it is not the only primary aspect. Love in a life will bring along with it joy and peace. These three things—these three powers—will create in each of us a strong sense of true meaning and purpose. They will fan the fire of passion for being alive. They will supply us with a limitless energy that will allow each individual to grow and experience strong spiritual connection. And we do not simply speak to you of love; from the realm of spirit, we send to all of you our love. ✨

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The Final Quadrant: Final Approach to 2012

The group through Steve Rother

Greetings from home, dear ones. There is a reason to the timing of your being here on this planet at this critical time. Many of you have brought to Earth information that was very important to have at this evolutionary juncture of time and space. Many of you believe there is going to be a total change on this planet in the year 2012, and you wanted to be here to be a part of it at exactly this time. Many of you anticipated a major setback in the year 2000, and you wanted to be here for that as well. You have made it! Each and every one of you kept your appointment with time. You are here at the right place at the right time to do what you came to do. Many of you are still trying to figure out exactly what that is, but trust that you will re-member. "What does it look like, and how do I make a living at it?" You humans are so funny! You ask questions, take ideas from home and extrapolate them into your own world.

Let us talk about the overlay of time on your planet, because that is one of the critical pieces that all of you will be dealing with in the next three years. This upcoming time period is becoming very important. As you know, we have been talking about the countdown to ascension for a while. In the beginning, it started out as a cosmic joke. Part of the reason for that was simply that the year 2012 was thought for so long to be the end of the planet and the end of recorded history. Your intentions were to move all this into the next space—many of you have called it the fifth dimension, the ascension or the new time on Earth. We have told you a bit about what that looks like from our perspective, for the path you are creating starts between your ears. You are the ones creating the path just before your foot hits the ground, and you are certainly planning something very special.

KEY POINTS

- The next three years are the final quadrant of what you are going to experience on planet Earth in the old energy.
- The overlaying of time that is taking place even now will have a different effect on all of humanity, because time itself will begin to be measured differently.
- The two tools that are given to you to work through this time are to raise your level of perception and to take yourself into your own higher self, viewing all from that perspective and level of awareness.

But here is the interesting part. Your fears of the year 2012 were correct. In the original script of the game, the year 2012 would have been the end in a sense for planet Earth. It was written that Earth would wind down all of its life force energy between the years of 2000 and 2012. You would have started this process not only with confusion, frustration and anger on the planet on the part of individuals but also with the Earth herself. She has been picking up on that vibration, absorbing it and having many more difficulties with weather pattern changes and seismic and volcanic activity. This has been especially evident in the middle of the Pacific Ocean where we predicted it many, many years ago. New Lemuria is rising, and we are telling you that it is all starting to shift.

There is still a movement that will take place in the middle of the Pacific Ocean that will have a tremendous impact on the rest of the planet. It will open the new portals of creation, and at that time many of your own belief systems will have to dissolve. This must occur to be able to begin evolving into the next level, for you to support a life in this next level of existence. Now, what does that look like? Does that mean you are going to leave your bodies? Does that mean everything is suddenly going to be okay? No. Trust us when we say that the evolution of humanity does not work that way. You work very well with positives and negatives. The problem is that you have always called negative "bad" and positive "good." As you evolve to this next level, you are going to realize that there simply is no "right" or "wrong." There is no difference between good and bad. Instead, it is simply the way each one of you has perceived it and brought it into your own world that causes the seeming disparity. Many of the changes you are going to start to see will open up possibilities that have been closed to you before.

A NEW MIRACLE

The three-year period from 2010 to 2012 is the final quadrant of what you are going to experience on planet Earth in the old energy. Yes, you are looking for major movements, and you have seen some of this happen. It has been predicted from

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many different channels and in various ways. This information has come through, and you are expecting it. Dear ones, it is that expectation that is causing this new evolutionary process to take place.

Let us explain from a different perspective. Many of you have asked us what exactly is going to happen in the year 2012. You humans still to this day have not decided what day this cosmic event is going to take place. Some of you think it is going to be on the December 21, on the winter solstice. Some of you think December 31, and yet others of you think it is actually going to be on December 1 or December 11 and 12. There are a lot of connections out there, and it really does not make any difference to us, because humanity as a whole will decide that next key part. When you decide and focus on a single point of when that is going to be, the created energy from all humans will gather and focus on a single point. Miracles do happen, and this will be the biggest collective miracle thus far in the history of humanity.

Originally, we would have told you that what would have happened in the year 2012 was that when you finally decided on the day, you would have had these wonderful parties and you would expect the ascension to take place during the parties. You would have had big bonfires on the seashore, traveled to the mountains or wherever you decided to celebrate and you would have welcomed in the new energy as the Sun rose that morning across the sky. You would have had a wonderful time, and the following day you would have climbed down the mountain or walked back from the ocean and gone back to work. But now there is another dimensional level that is starting to appear.

NEW RELATIONSHIP TO TIME

There are still parts of you that will have to come back to this old energy, and yet other parts of you will have moved on very quickly to the new levels. The overlaying of time will have a different effect on all of humanity, because time itself will begin to be measured differently at that point. That is starting to take place even now. Over the next three years with this final quadrant, planet Earth as you knew it moves into this new realm. What happens is that you, the creators, are starting to get excited at the possibilities. So even the scenario we have previously laid out is beginning to change. The little gods of Earth are taking their creative powers back, and this will be of the first of your collective creations. These next three years will be the key to what will happen when you come home from the party and to what happens in the days that follow.

We have previously spoken of the hologram of Earth forming from your own thoughts. We have shared with you that you are god and that when god has a thought, it is like a beam of light shooting into space. You have a thought from one god, and you have a thought from another god. If several of those thoughts are similar in vibration, then they meet in the same place. That is incredibly powerful, because matter is drawn to energy and forms around it, creating that vibration in your world.

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The hologram is a large ball of energy waiting to be fired. We have called this hologram the Third Earth. Once fired, it forms a hologram that is a three-dimensional representation of light. We are using the word "light" slightly differently than you do, but you understand what we are talking about. This is how Earth formed in the first place. What will be taking place is that now that you are moving, the energy of this third Earth—this hologram of light—will now come to Earth and help you over-imprint the original hologram of Earth, thereby helping to shift and change it from that point. Does that mean that there will be nothing more to worry about? Does that mean there will be no more negativity on planet Earth? That is what we ask you, because we have nothing to do with setting up this new Earth. This is entirely your design, much the same way as the old Earth was. Dream your greatest dreams, dear ones, for those dreams will make up the new Earth. Then be prepared to walk into a new life for that is surely ahead of you.

This will not happen in a single day, but it will begin in a single day, and that is the day you will soon choose. You are shifting this beautiful planet right in front of our eyes. You are changing it even though you cannot see your own creative abilities—even though you are blocked from seeing your own connection to each other and the other creators. But you are starting to work together in a harmonious vision of what humans want on this planet and that will determine the starting point of the next millennium that is to follow. That is what was actually predicted in the Bible, even though it was slightly twisted by many to mean something else. The direction of the next millennium is determined in this final quadrant of 2010, 2011 and 2012.

TWO TOOLS FOR THE SHIFT

There are two important concepts that we will address one at a time. These will be incredible tools for you to use during this transitional period. One we spoke of before, calling it the twelfth dimension. There are eleven different *yous* having eleven different experiences and one point of perception. That point of perception is your twelfth dimension. What you have been unaware of at this point is that it is very easy for humans to shift that point of perception. By consciously shifting your point of perception, you can now receive multiple views of the same point that you have never been able to see before. This gives humans another vision and a whole other level from which to perceive in order to truly see themselves.

The challenge is that you are not accustomed to raising yourself to that next level, so the first tool we give you is to raise your level of perception. If at any point you run across what you call the "brick wall"—when you are going in a direction and you know your heart is there, but you just cannot seem to get any farther or you just seem to be blocked—the first thing to do is to not judge it. Do not call it "good" or "bad," because the moment that you do, that brings it into the lower vibrations. The moment you doubt yourself and say, "I must not be good enough," or "I must

not be spiritual enough to make this happen," it lowers your vibration. In that instant, you are in effect doubting god, and you negate the entire process at that point. So the first thing we ask you to do is not to judge yourself. We realize this is not always easy, but remember how important it is and trust in yourself and in the process.

The second thing we would ask you to do is to take yourself into your own higher self and then to look at the situation from that perspective and level of awareness. Look at what you could have possibly gained from this experience or what could be happening to make this better because of the restriction. Why did you put that restriction there? Only by consciously choosing to view it from a higher perspective is that even possible. This is not something humans have been trained to do, and it is not something you are all accustomed to doing. It is fairly simple, but you can all help each other tremendously by taking a step back and instead of reacting, just take a breath. Move yourself to a higher perception and see the larger picture, even for just a moment. You will feel the difference. Even if you still do not have all the answers or do not feel all the energy inside, stop for just a moment. When you continue talking, your words will come out differently. You will feel lighter, as will those around you. Your channel will have changed, because your own perception now sees from a higher perspective than before.

THE BEAUTY OF RESPONSIBILITY

The three years may appear like an airplane approaching for a landing. Two years of turning to align with the runway and one year straight on approach and landing. There is one other piece to consider as you enter this final quadrant. This quadrant of Earth will no longer support irresponsibility the way it has in the past. Even the word "responsibility" will start to take on an entirely new meaning for all of humanity. The word "responsibility" has actually been a negative in your world for the most part. Folks, when each one of you thinks about responsibility, you do not get excited. Instead, what happens when the word responsibility is heard or thought is that you tend to shrink. We tell you that responsibility is the balance to power. You are creators already. Understanding how you can use those creative abilities and how you can do that on planet Earth in the physical body, in the situations and dramas that sometimes surround you, will be the key to your life existence as a soul on planet Earth.

We tell you also that responsibility will be changed in many different ways. Many of your organizations—whether they are business corporations, religions, clubs or whatever brings people together—are the areas that will now start helping to define what responsibility really is. For example, if you have a business and need help, you look around, interview people and hire someone. You tell them what you will pay them per hour, week, month or year, because you believe this is what the job is worth. In the future, what we are going to tell you is that even that will change. It will not be the job you do, but the responsibility within the company that you take will determine the pay for that job.

A conscious corporation is focused on more than money, because any entity of any kind—whether it be a collective or a single individual—will have to understand that it is now about working from the heart and not the head.

Many of your corporations have been working for one thing only, and that is for money. Money will always be a motivating factor. However, what will be understood is that blending it with consciousness and love for your customers will bring more business and money than ever thought possible. These are the perception changes that are going to start shifting everything. You are going to find out that true responsibility and the word “responsibility” have new meanings, which when you hear them, may actually start to excite rather than shrink your energy fields. You are going to find that all of humanity is working with a different area, so look in different parts of your own life. Look in your relationships, what you do for a living and your friendships. If you ever wish to have more power in an area, it is simply a case of taking more responsibility in that area. By doing so, you are able to make space for that to happen—not only in your own lives but in the lives of the other gods that are all pretending to be human as well.

It is no longer that you are separate in any way. We tell you there are many out there teaching that are good people who are going to ascend and bad people who are going to stay. We do not agree with that point of view, dear ones. This time, either all of you go or no one goes, so it is now about helping everyone and being conscious. It is about turning around, seeing the neighbor who is driving you crazy and finding a way to greet him warmly and genuinely. It means finding a way to be responsible—not only for who you are and what you do but accepting responsibility for your own happiness. What about that, dear ones? No, that does not always seem easy either, but remember that it is perception. Do not give your responsibility to someone else. Your responsibility has to first be to yourself. Only then can you turn around and share that with other people. You generally experience the opposite of that on planet Earth right now. So if you will reverse that which is currently in effect—if when you hear the word responsibility your ears will perk up—then your energy field will start to move. You will see it and be able to use it from a totally different perspective than you have before.

POWERS OF CREATION

Why is it so important, and what is the power thing all about? Many of you have taken our words of power to extremes. First of all, you are creators. Each and every one of you have the abilities of god within you. Most of you do not know it, because you are wearing a veil that keeps you from re-membering your own true nature, your own true abilities. But what is the need to create anyway? Why do you need to create? We tell you that you do not. But it is your nature and if at any time or point you block your creative expression in any way, you will block your own god-self. You will block your own energy, and often this force of

energy going out can be reversed and the energy will start moving inward instead of outward. This exact scenario is what causes many of the energy allergies we have talked about and many of the physical setbacks experienced.

You are pretending to be human in that structure. Yet you are the most magnificent creators and the most magnificent beings to be able to hold the thought in your head for only seven seconds and have it manifest. No, it does not manifest in seven seconds, but it is created in seven seconds. If you hold that energy and vibration, it will show up in your energy field, and it will show up very quickly. We are telling you that the overlaying of time is going to start to have a new meaning for you. We hope that you start to play with this and push the boundaries of things that have always had very clear boundaries.

Time is time. You have atomic clocks that keep exact and perfect time, yet two years ago you had to sneak in an extra second just to make it work. The whole idea of time is changing, because the rotation of the inner Earth is changing. This is not a mystical thing. It is simply that the core of the Earth is changing its rotation. It rotates at a different rate than the surface of the Earth. This has also increased and created the illusion of time on planet Earth. As that spin rate starts to change, you will start to see behind the veil a little bit more on this illusion of time, and you will find new ways to use it. Play with it. Celebrate it, and above all celebrate your increments. Celebrate those times that have special meaning. Celebrate together.

TRIGGER DATES

There were twelve trigger dates this century that you have already begun to celebrate. They started with 01/01/01 and continued with 02/02/02, and so on. You are walking through this incredible journey of ascension on planet Earth. It was not planned, dear ones. You are creating this path just before your foot hits the ground, and we are so very honored to be here watching the greatest show we could ever be seeing. We have been with you from the beginning of your time on planet Earth, when Earth first decided to become a game of free choice in the universe. We have watched all the times you have run across these brick walls. We have seen all the times you have been so frustrated and felt so alone, sometimes even believing that you actually were alone.

Dear ones, that is not possible. The love we have for you will reach beyond any expectations or limits of time. If you will turn around, feel that love and then share that love with someone else or others, all illusions of time will start to disintegrate, and you will be able to choose a new way of working on planet Earth with a new overlaying of time. Enjoy this final quadrant. Enjoy the illusion of these last three years, for you are setting the tone for the new millennium to come, even if you will not count it in the same way. Enjoy the ride. Treat each other with the greatest respect. Nurture one another. Know that it is a beautiful game you are playing, and play well together. Espavo. ☀

Living on Prana

Mother Earth (Gaia) through Pepper Lewis

I really enjoy good food, and I think that eating is a joy. I also enjoy listening to cultural music, designing and wearing colorful clothing, and painting provocative art. I have heard that in the near future, we will feed ourselves through the solar waves of our local sun, lose our hair and even wear the same garments. I can see how this might simplify things considerably, but why would our evolution require us to abandon customs that are unique to Earth? Isn't the Earth exceptionally precious as it is—diversity and all?

The Earth is indeed unique, diverse and precious. Among all other planets there is no other Earth, just as there is no other you. Our Sun has its own unique characteristics, as does the Moon and our solar system, which serves as both neighborhood and community. The universe is mysterious, awe inspiring and ever changing. It could never be described as uniform or commonplace. And the omniverse, well . . .

Almost everything that currently resides upon the Earth eats, drinks or consumes something. Some things—beings—even consume themselves, in a manner of speaking. Does this mean that their evolution is based upon moving away from diversity and toward uniformity? And if it does not, are they doomed to extinction? Couched within your question is a fear that you will somehow lose the individuality that you inherited from your ancestors and others who proudly carried the banner of freedom in advance of your generation. You are not alone in this fear, and we will address it a little later, but perhaps we should explore some of the future possibilities you have listed above first.

HUMAN BEHAVIOR AND FOOD

Most people largely believe that they must eat to survive, but this is not entirely true. You must provide your body with necessary nutrients, vitamins and other organic

KEY POINTS

- People are becoming more conscious about the source, quality and sustainability of the food they eat and the clothing they wear. They will become more engaged in the balance of natural resources and physical health.
- “Malnutrition poses a grave threat to the world’s health, and those in a position to do something about it should not ignore their responsibility.”
- “Controlled or empowered breath enables a connection to the cosmic forces that can lead to profound transformation in a human being. Many spiritual traditions believe that working to establish this link is paramount to all higher levels of attainment.”

substances essential to human nutrition. Among these, sunlight and water are vital to longevity, health and well-being. People also eat to express appreciation, as part of family customs and because it is enjoyable to the physical senses. Humanity’s historic eating habits have been diverse and have depended largely upon how food is obtained, stored, used and discarded. Individual, cultural, social, economic and religious factors have always influenced people’s eating habits—and continue to do so.

A glance back at ancient Greece would show a people practicing the art of “equilibrium eating,” or the desirable middle between two extremes: excess and efficiency. This golden mean of eating existed long before today’s food pyramid. The Greeks favored snacks such as chestnuts, toasted wheat and honey cakes. Shall I tell you that some of these were specifically designed to absorb more than their weight in alcohol? A good—and wealthy—host would be sure to have these cakes on hand to extend the life of a banquetlike party called a symposium.

A similar look back at ancient Rome would reveal excessive gluttony, at least within some class structures and societal echelons. Roman cuisine was influenced by the enormous expansion from kingdom to republic to empire, which exposed Romans to new culinary habits and cooking techniques. Interestingly, beef was not very popular then. Cattle were working animals, and their meat was usually very tough.

Modern eating habits have been heavily influenced by these early cultures. The three-course meal, for instance, is Roman in origin and the result of wealthy partygivers wanting to outdo one another. The story is a rich one, but suffice it to say that the Romans, who had radical ideas on many subjects, eventually discovered that the human body was not designed for long-term excess. Known for importing almost everything, wealthy Romans began to import personal Greek physicians and surgeons who eventually prescribed the first reduction regimen, or diet. Many ancient Romans did not believe in dieting, particularly since starvation was a means to punish the wealthy then.

Starvation is a result of a severe reduction in vitamin, nutrient and energy intake. Although most cases of starvation are in third-world

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countries, the statistics would nonetheless surprise you, and it would not be a farfetched idea to take a good look at the community you live in. Starvation is caused by an imbalance between energy intake and energy expenditure. This imbalance can arise from one or more medical conditions, but is more commonly influenced by circumstantial situations, such as famine or poverty.

The most common form of starvation is malnutrition, best defined as the insufficient, excessive or imbalanced consumption of nutrients. Among first-world nations, many people suffer from one or more nutritional disorders, conditioned by a shortage or overabundance in the diet. Second- and third-world nations can double and treble these numbers. Malnutrition poses a grave threat to the world's health, and those in a position to do something about it should not ignore their responsibility—not even in the short term. There is enough food on the planet to feed its hungry and enough water to keep the thirsty well hydrated. Humanity would do well to act wisely in this regard and in favor of those who only have a hollow remembrance of a meal in their stomachs.

THE ABILITY TO LIVE WITHOUT FOOD

Over time and for a variety of reasons, humanity has experimented with eating or avoiding certain foods and food groups. Although a large percentage of today's population consumes beef, pork, chicken and fish, this was not always the case, and it is in fact more recent than you would suspect. Humanity will continue its interest in animal flesh in the short term—less than twenty years—but will lessen its portion size over time as it becomes interested and then accustomed to more plant-based sources of protein. This will not happen overnight, but it will seem to. The wiring in your brain will begin to shift from one way of thinking to another and your palate will follow. In the near future, your sense of smell will become more acute and your sense of taste will follow. Eyesight and hearing have both worsened during your recent technological age—but more on that at another time.

What of those who wish to nourish themselves by other means, for this is not a new subject at all? In fact, in every age and every generation there are those who seek a way apart from the norm, regardless of criticism or ridicule. Those who fill their stomachs with empty foods will empty their mouths of similar words. And those who study the science of nutrition and take into account only the visible spectrum will remain blind to at least half the possibilities. Therefore it is best to explore this with new thought receptors. As the name implies, these new thought receptors allow you to consider subjects that are in your near future without comparison to past conclusions or faulty, incomplete or missing empirical data. In other words, new thought receptors would not conclude that an idea is impossible or ridiculous. Why? Because these receptors typically do not follow the same sequencing path as linear thoughts do.

The human brain has amazing abilities and only a minute amount of these have been tapped thus far. What the brain can conceive of, the body can most likely do, and when your brain opens the door to universal mind, the possibilities are almost endless. Those who believe they can sustain themselves through sunlight or pranic forces more than likely can. Their job is not to convince you of that fact, for that would rob them of vital energy, but to establish within themselves a deep rapport with every aspect that depends upon the vital and essential breath.

"Inedia," which literally means the "ability to live without food" is not a new concept. Many cultures, religions and disciplines have examples in their histories with both substantiated and unsubstantiated accounts of living without food and even without water. Breatharianism, sungazing and vitalism are all related concepts that maintain that humans can sustain their bodies on prana, or the vital force inherent in all things. Previously esoteric practices ascribed only to Eastern ascetics, these practices have been gaining in popularity in the West as well. The last one hundred years or so have seen a considerable increase in those who endorse and also teach how to live on the energy given off by sunlight. Science has not validated these practices and is not likely to for the time being. Conventional medicine will not lend its support, nor will alternative practices that separate body and mind from spirit. As of this writing, there are only a handful of people upon the Earth who are capable of living on light. The majority of these are not terrestrial in origin, and it is doubtful that they would make their differences public.

There are a few living examples who have adjusted to a moderate lifestyle that is light sustainable, but not in the long term. Some of them would tell you otherwise, but the days ahead will speak for themselves. The Earth is also the modest and humble host to perfected beings who are able to manifest energetic bodies of light at will. Their bodies can appear quite solid, but are in fact isometric crystalline systems that have three equal axes at right angles to one another. It is best to think of these as physical holograms.

TO LIVE ON THE WHOLENESS OF LIGHT

Prana, or vital life, is only one of five life-sustaining forces that support living beings. Prana flows through a network of channels that form the structure of the subtle body. It is commonly associated with the breath but can also be found in blood and in other bodily fluids. The auric field has many energetic sheaths that surround and protect it, and one of these is also a pranic sheath. Prana sustains both the physical body and the thought body. It permeates all living things, including the Sun, which is also a source of prana. Some traditions further classify prana into subcategories that direct its vital energy first through basic currents and then onto more subtle faculties.

It is possible to control the breath so as to influence and direct the flow of prana. Those who do are in command of increased physical vitality and mental agility as well as access to the gateway that exists beyond the transits of the

body. Although the techniques are rather simple, they must be practiced and understood, as it is possible to encounter adverse effects under certain circumstances. Even ordinary breath is sacred, because at its core is the same primordial energy as that of the all and the All. Controlled or empowered breath enables a connection to the cosmic forces that can lead to profound transformation in a human being. Many spiritual traditions believe that working to establish this link is paramount to all higher levels of attainment.

Our planet, resplendent with diversity, reflects light in a variety of unique frequencies and bandwidths, each offering its own benefits and qualities. Light contains all colors, and supports humanity with subtle but important nutrients. Whole, or white light, is pure and complete. It contains all colors, wavelengths and frequencies; sunlight does not. White light and sunlight are not the same, but the average human would not be able to distinguish between the two.

Although light is always whole, it does not always reflect its full spectrum, nor is it always absorbed. Whole light is a pure and excellent whole food, but it may not sustain all beings, particularly those who are in the process of transitioning from one dimension to the next. A candidate who desires to live exclusively on light would need to transmute any remaining obstructions or blockages that would otherwise be deflected by whole light. In this example, the healing properties of full-spectrum light would be drawn to the candidate's impasse, but the wholeness of white light would not. Sunlight cannot at this time provide the average human body with all of the nutrients it requires. It is possible to extract enough pranic force from sunlight to maintain the body at a low level of life force, but shorter intervals are suggested and for specific purposes.

If you wish to live on light, it is best to busy yourself with your fears and concerns, because the light will find these first so that it might heal them, which may not leave enough for you to eat. Without addressing these issues, you would quickly starve and feel that you are not a good candidate for such an intense program. You may retrain your body, but you must understand its language first; you must make it your partner and not deny the requests and messages that it sends to you.

PRANA ADVANTAGES AND DISADVANTAGES

What are the advantages to living on prana? Those who choose this path must do so consciously, with a favorable disposition and at least moderate health. Candidates should be able to guide the pranic force in sunlight through the breath or through other means to all appropriate physical and energetic channels. This requires knowledge of effective breathing techniques—both shallow and profound. Specific meditations also help to accumulate and store prana. As was said earlier, few on the planet are able to sustain themselves on prana alone; however, those who do so will not hunger or thirst. Their sleep requirements will be less and their energy more balanced over extended

periods of time. Those who are exceptionally adept may also be able to slow the ageing process.

What are the disadvantages to living on prana? Without specific and ongoing discipline and under certain influences, it will be difficult to receive enough nutrients. Those who fail to connect with the unique dynamics of their individual needs may not observe subtle changes in the body that indicate a change is needed. A pranic life is not for everyone and is not 100 percent effective given only an average quality of sunlight and air. Those who disregard the guidance above will find that as the body begins to rebel, they feel more hungry and thirsty than ever before. Their bodies will have difficulty in releasing toxins, especially if water is withheld. Some may believe that they are living on prana when they are not. In some cases cells, hair and nails will suffer or ageing may begin prematurely or accelerate.

Can you imagine a near future where supermarket shelves are filled with packaged sunlight? What about pranic breathing chambers? How about antioxidant rejuvenation environments infused with oxygenized light? Indeed, plans are already underway for this and more, but there is no reason to shut down your favorite pizza parlor yet! Your future is yours to make of it what you will. It will be diverse enough for those who enjoy cuisine and fine dining, and even hamburgers and fast food will be around for a while longer. But things will not remain the same as they are today, because you are changing faster than your food is changing. Your needs and desires are changing, and those of your body are changing too. Savor the moments that are yours and those that you are invited to share with others.

PHYSICAL TRANSITIONS

Hair and nails are other subjects worth considering. It is interesting to note that while you fear losing your individual creativity in this regard, your current choices are somewhat limited, and for the most part are determined by your genetic heredity. You struggle against this by chemical and other means and swear that one day you wish to be rid of it altogether. Nonetheless, and for the sake of discussion, in the further or mid-future—which is just more than one hundred years from now—humans will have less total hair upon their bodies than they do now. Over time hair will become a recessive trait and move into a dormant array of the DNA.

This will also affect the hair upon your head, which will grow in different patterns than it does now. You will not become bald in the process, at least not by current standards, and as it's seen from this perspective, the change will be quite attractive for both men and women. Your hair will be slightly more uniform in appearance than it is today, but how it is arranged will remain a matter of choice just as it is today. There will be styles and stylists to suit every expression. You may be curious to know that the earliest Egyptians were quite bald and adorned themselves with many different kinds of headdresses and hats. Their heads

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were slightly more elongated than yours, and their necks a little longer, even though they were smaller in stature. They were beautiful specimens to behold, thus beauty is indeed always in the eye of the beholder.

THE FUTURE OF TEXTILES

Garments and clothing have a long and varied history on Earth, influenced as much by climate and the availability of materials as by culture and fashion trends. Today, synthetic substitutes have all but replaced the natural skins, silks and cottons of long ago. There will be a reversal in this trend and those who advocate an organic and natural lifestyle will make inroads—as they do from time to time and as indicated by the cycles of nature.

That aside, humanity is beginning to envision itself as part of a galactic family. It is likely that less than forty years from now, the first colonies will settle on the Moon and also on Mars. As you might imagine, these expeditions will require a completely different style of dress. The necessary garments will be much thinner than the bulky ones worn by astronauts today and made of a material that is "married" to its wearer. These unique garments will be able to regulate the health of the wearer, including vital statistics and mental balance, and they will even predetermine how long each individual can safely remain in such hostile terrains.

Although these garments will be constructed for first- and second-generation space colonies, the fashion industry will adapt and style them to suit those who favor forward-looking styles. Over time, similar customizable suits will become widely available to the general population, allowing individuals to program their garments to monitor a variety of health-related functions. Is this a move toward uniformity? Maybe. Or perhaps it is one of many trends, and one of the ways in which humanity accustoms itself to change.



You are individual sparks of light and no two are alike, yet you still struggle against both poles of diversity and uniformity. You are one family, and one day you will come to terms with the meaning of this. Until then, celebrate your individual way of life and encourage others to do the same. Offer an opinion if it is invited, but do not impose your will upon another nor judge the decisions they make. The physical earth will continue to evolve in its own precious ways, celebrating the diversity of life in every kingdom. My sentience will do the same, welcoming guests from other worlds, extending words of diplomacy when invited to do so, offering sanctuary to those who request it, nurturing and protecting all that is within my reach, and allowing the wisdom of the All to guide all things in their due course and due time. ✨

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The Mind Matrix and the Awakening of Humanity

Galactic Councils of Light through Judith K. Moore

The cosmic forces during this cycle of the history of Earth are opening humanity to communication beyond the veil. We are experiencing an evolution of consciousness unlike anything in the history of civilization. Earth is the fertile loam for cosmic seeds that have infused the planet with vibration, opening up consciousness and sensitizing the DNA of the planet to participate with this cosmic feat of creation. The magnitude of these times is almost unfathomable. Ultimately, Earth is shifting from her status as a karmic school to that of an ascension planet. The destiny of this planet was set in motion at the time of creation, because Earth is a cosmic mother, a being of great compassion who drew distortion, discord and duality to her to teach the children of creation oneness. It is important to maintain a focus on this aspect of the dynamics at work on the planet while processing this information. This article is written in the spirit of the words from Master Jesus: "The truth shall set you free."

THE FORMATION OF THE MIND MATRIX

The golden time of Atlantis was a period in history when humanity explored the vast nature of the potential of energy and consciousness. We all know it was an advanced civilization as many are now remembering. The legacy of Atlantis began with the exploration of the mind of man in dynamic relationship with the forces of creation.

Initially, the Atlanteans prospered because they tapped into a force that accelerated energy fields, and they learned how to use this energy to manifest their civilization. They grew in power and became a global force capable of affecting the grid of the planet through the power of organic computers. They could create biosystems and manipulate the environment

through advanced holographic technology. The Atlanteans received advanced assistance from an off-planet intelligence that cooperated in what they called the "Gaia experiment." These beings were highly intelligent — far more than the human beings who thought they knew so much about their world. The extraterrestrial beings viewed humans as children under their command. These beings were called demigods, and they thought they had the power of God Creator. They were not limited to one planetary system but rather formed a Galactic Council called the Council of Galactic Diametrics. They influenced the minds of humanity and began to play with global politics and scientific discovery. They were not in connection with their hearts and were drawn to Earth as they had been to other planets to experiment with their powers of manifestation. Originally, this consciousness evolved on Maldek, and it survived the destruction of Maldek.

The consciousness of this experiment became a matrix, a massive and powerful bioenergetic computer. It began to overpower its creators and control the Atlantean minds. The matrix demanded control, and created holographic gods that required human sacrifices through wars, famines and ritual. The human soul seeks to know itself as love and resists control from any force that is not in balance with universal law and in harmony with the law of love. Within the Atlantean societies, humanity rebelled against the matrix and attempted to continue an existence of harmony. Atlantis split into a war of good and evil, an extreme battle that was mirrored in the galactic wars. The matrix began to lose power and, as an effort to sustain its own life, created the fear grid—a bioenergetic computer that quarantined the planet. The matrix created mind forms that controlled the human mind with the illusions of power, greed and cruelty. This led to the end times of Atlantis and the eventual cleansing of the Earth with a great flood.

KEY POINTS

- Since the time of Atlantis, human beings have been under the influence of a massive and powerful bioenergetic computer known as the mind matrix.
- This matrix feeds itself from the energy of fear and seeks to manipulate humanity into creating situations of intense fear and suffering in order to sustain itself.
- Ultimately, the only way to be immune to the frequencies of mind control from the matrix mind is to clean the coffers of the subconscious, raising your vibrations to a quantum state of pure love and light.

FED BY FEAR, WEAKENED BY LIGHT

The matrix was not a mechanical computer; it was cellular and worked through planetary DNA. As human civilization began to reform, the DNA codes for the matrix were still powerful. They



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became dormant for some time but emerged and became more powerful with each act of cruelty and war, because this system is fed by fear and is self-rejuvenating as it feeds on the life force energy of humans who generate fear with thought forms. There was indeed a powerful form of dynamic energy dichotomy on the planet with the history of duality.

There were many eras in history that seeded the cosmic potential of man in harmonious relationship with universal forces. The most recent time was the Renaissance. The Renaissance was a time when humanity opened to a potential civilization of light through art and music. Throughout human history, many indigenous peoples of peace have assisted the life force of the planet by their awareness of love and harmony. There have been movements to seek and destroy these innocent people by many world governments controlled by the matrix mind. Yet even though much of the planet was controlled by the matrix, the fear grid was weakened with this movement of light generated by the spirit of the Renaissance.

During the early 1920s, the fear grid began to deteriorate. A wave of cosmic energy began the awakening of mass consciousness. Societies of theosophies formed, and many mediums began to channel light through the grid. As the grid began to weaken, the matrix became desperate and created massive situations of fear and suffering, such as the Holocaust, as acts of self-preservation. This was done through a manipulation of world governments with the assistance of low-vibration ET consciousness, low-vibration life forms from dense energy planes who were essentially generated from holographic distortions of the divine hologram of creation and originally part of the Council of Global Diametrics. World War I and World War II were generated from mind forms and holographic manipulations from this distortion pattern.

The intent behind these events was to create a terror so great that the fear grid would lock the planet into a mind matrix, continuously feeding the matrix with low-vibration energies generated by fear. The German and Russian concentration camps and the release of the atom bombs in Japan were designated to create such massive terror that it would alter the ability for human DNA to use and generate the light of creation. Souls were trapped in pseudo dimensions that formed a kind of holographic prison. These souls relived the terror over and over, unable to ascend to the light. The intention behind this system was to lock the fear grid and use humanity as instruments of robotic control designed through their DNA to serve the matrix. You may discover this theme in the brilliant work of H.G. Wells, *The Time Machine*.

DEVELOPING IMMUNITY TO THE FREQUENCIES OF THE MATRIX

The basic truth is that the matrix is a dense energy form that is self-limiting. It is not an open form of energy that is self-rejuvenating. It must be fed electromagnetic positive ions that are generated from states of terror, or it will deteriorate. Yet the only way the fear grid or matrix can

affect a human mind is if the mind harbors illusions of terror that generate holographic patterns into the field of the individual. These illusions lie buried deep within the subconscious and come out most often through nightmares or attraction to fear-inducing entertainment. Ultimately, the only way to be immune to mind manipulation is to clean the coffers of the subconscious. This is a multidimensional process, because holographic trauma patterns from past lives generate vibrations into the energy field, attracting energy through the magnetism of fear.

When you raise your vibrations to a quantum state of pure love and light, you become immune to the frequencies of mind control from the matrix. In fact, individuals who have altered their consciousness to a sustainable form of divine grace generate ions that sustain the life force of the planet. This energy is the pure love force at the heart of creation that is divine compassion and love. An individual who enters this state of consciousness participates with source creation on all levels. This is an open energy source that is constantly being fed by universal life force energy.

The beauty and miracle of this time in the history of Earth is that the very nature of accessibility to the divine plane of consciousness is enhanced by cosmic forces. This plane of consciousness is harmonic with the vibrations at the heart of source creation, and the very nature of humanity's relationship to the divine power of creation is speeding up. The acceleration of these cosmic vibrations speeds up the ionic planes of the molecules of every particle of matter on the planet. The essential nature of the universal hologram of creation is manifesting a new holographic template; one that is charged with a form of light that is not contaminable. This light is infusing every particle of consciousness in this plane of existence, and it can only be used for love, not for fear. It is the light of creation and is called Hielieon light in this article.

CLEARING THE HOLOGRAPHIC FIELD OF EARTH

The nature of the hologram of perceptual reality is affected by various factors. One of those factors is the holographic patterns generated from the perceptual reality and belief systems of the mind. This form of holographic manifestation has everything to do with the power to change your life by changing your belief systems. Essentially, negative thought forms cloud this lens, and it is certainly distorted by old holographic projections of trauma and victimization. The clearing of this lens is essential to the evolution of human consciousness. That is why so many humans are focused on deep inner healing.

The soul group that works with the angelic realm to release souls from trauma centers is part of the divine plan to clear the perceptual lens of the hologram of consciousness. These souls were trapped in a timeline that continues to generate an illusion that the trauma continues. These discarnate souls relive the terror of the past and, by so doing, generate energy into the perceptual hologram of the planet. The release of these souls by the thousands is the key to

clearing Earth's holographic field, allowing the capacity for all humans to sustain a higher state of consciousness.

The other element essential to the hologram of physical reality is the light that flows through the universal hologram of the creation matrix of the planet. This light is evolving to a higher state of consciousness and infusing all light particles with a new capacity to illuminate oneness. It is, as was stated earlier, Hielieon light, unlocked by the power of the Holy Grail.

Entering the 2012 Energy Field

Juliano, the Arcturians and Archangel Metatron through David K. Miller

9 January 2010

Greetings, I am Juliano. We are the Arcturians. We are in 2010, entering the gateway to the 2012 energy field. The gateway is the entrance point, and it is a point where one can begin to feel the energy and also feel the charge of that 2012 energy field. Please understand these descriptions of 2012, especially when we are talking about December 21, 2012, as an energy field. The 2012 field is an energy field that is a reflection of the interaction of the Earth's energy field with the galactic center and with the galactic energy field. This means that this interactive pattern is setting up a huge energy field and a huge energy shift.

This is an interaction. This is one of the points that I want you to understand. Mainly, the energy of 2012, especially on the winter solstice, is an interaction with the Earth's energy field and with the consciousness of humanity. Because it is an interaction, this means that what is done and what is felt and what is thought by humanity is a contributing factor to the development and the outcome of the 2012 energy.

This is similar to the concept explained in quantum physics: the observer influences the outcome. This means

KEY POINTS

- Performing special group meditations that focus on each of the twelve crystals will download their light fields and create a force field.
- Humans' galactic awareness has accelerated greatly in the past two years. Now many scientists have come to understand that an interactive force field affects Earth.
- "There potentially may be over 100,000 enlightened beings on the Earth now."

The time of illumination is at hand. Cosmic forces are dissolving the fear grid and opening the divine holographic code in human DNA. By the nature of our creation, we are awakening, releasing our own fragmented souls to the light and healing the matrix with love. This is indeed a truly magical time to be in the body on Earth, for this is a great time of transformation and awakening. ✨

that nothing is occurring in isolation, even on the subatomic level. It is true that quantum physics is talking about subatomic particles—particles that are too small to see. You also know that thought and consciousness are immeasurable and that the energy of the thought field is even thinner and smaller than the subatomic particles. Thoughts can have a quantum effect on global consciousness and on the 2012 energy field now that we are at its gateway.

PERSPECTIVE OF MULTIDIMENSIONAL PRESENCE

All gateways signal major shifts. You can believe, even from your personal experience, that the energy field of the gateway can create a somewhat chaotic stirring up of all aspects of the Earth, all aspects of consciousness and all systems on the Earth, including the geological, political, sociological, meteorological and other Earth systems. It is like you are beginning to change, and even though you welcome a shift or change, it is still a new energy. This relates to our earlier discussions of evolution and our earlier discussions of the fact that humans, and also the animal world, evolve at a point of crisis, at a point of stress. The dividing lines between leaps of evolution and leaps of consciousness are the lines that are drawn from the energies of crisis.

The gateway can reflect a stirring up of energy. The gateway reflects a microcosmic review of the energy systems to see and understand what is going on. If I take the individual systems

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that are reflected now, then I can tell you, for example, that the economic systems are still in a flux, and there still is a great potential for upheaval and a great potential for stress. If I look at the political systems and the political interactions, I can tell you that there are huge amounts of energy that are like powder kegs waiting to explode. If I look at the Inner Earth and the volcanic energies, for example, and the energies of the earthquake that are possible, I can also report the same thing. [This lecture was given three days before the earthquake in Haiti.] There are major shifts and upheavals ahead. If I want to look at even the sociological energies in the countries of the world, which have to do in part with the political shifts and changes and upheavals, I can say that there are many places on the Earth now that are like powder kegs waiting to explode.

If I speak to you personally, I can tell you—and you already know—that the first nine days of 2010 have been dramatic. Even personally, you probably have felt a degree of discomfort and you have felt a degree of possible isolation. Maybe some of the problems and some of the issues that you have been seeking to resolve seem to be stirred up. This is not negative. This is not a doomsday prophecy, not something where you can say, “Oh, Juliano, does that mean that we are really heading for the cleansing and the major Earth changes?” We don’t look at it from that standpoint, although I certainly understand that perspective. We look at it this way: We understand there has to be some sort of crisis, there has to be some sort of stress, that will force people—force humanity—to shift. We have been preparing you, the starseeds, for many months and even years to be capable and ready for this shift.

This shift requires that you also are capable of making an evolutionary leap in your consciousness and that you are preparing to make this evolutionary leap with the intention of contributing to the evolution of the species. You have been learning and are open to the techniques of imbuing the thoughts and the conscious energy field of the Earth with fifth-dimensional energy and with fifth-dimensional perspectives and with higher light.

It means that one is able to gain the perspective of the fifth dimension. This perspective includes multidimensional presence, the evolution of species and the abilities to ascend. One can open up the corridors for energy transfers and higher thinking from the fifth-dimensional higher realms. Higher thinking can be attuned and downloaded into new thoughts and new techniques for healing, and it can provide new perspectives on old problems.

YOU ARE IN GALACTIC AWARENESS

There is now also a motivation to begin to act more forcibly and more assertively for change. That means, for example, that it is time to work on the energy grid of the etheric crystals. The energy field of the etheric crystals is a dialectic energy field that can be focused on certain changes, such as to modify the power of earthquakes, to attenuate the power of winter storms and to work on sending energy to

world leaders so they can make higher decisions. The wrong decision by a world leader now is going to have much more dramatic effects than it would have had even three years ago, because we are at a more critical state in the world now than we were three years ago.

I have recommended that we do a special energy meditation in a twelve-hour period in which each hour a different group of Arcturian starseeds, GOF members, is focusing on a different crystal. Then, during the twelve-hour period, all of the twelve crystals will be generating a light field. These light fields from the twelve crystals will then be downloaded to the subcrystals at that hour. Let us just say, for example, we are going to focus on Mount Shasta and that crystal would be at 9:00 AM California time. Then at 10:00 AM California time, or one hour later, it all would be based on the time in Mount Shasta, and then it would go to Mount Fuji. Then an hour later, it would go to Grose Valley. This would create a force field.

Remember, I said that 2012 is an interactive force field. Interactive means that what you are thinking and doing is also affecting what is happening. We want to accelerate. We want to magnify, to increase the power of the twelve etheric, dialectic, energy field crystals so that energy field can be projected to the 2012 energy field. In order to understand this better, I want to discuss more about the 2012 energy field, and I will focus on more information about how this interaction can be strengthened.

We have reached the point in humanity of Earth called galactic awareness. This point has been accelerating dramatically in the past twenty-four months. If you look at the whole history of man, you would say that the knowledge that humanity has of the galaxy has been a slow awareness. Perhaps we have seen some bright spots, such as in Maya understanding. There are other tribes and other groups that have had this awareness of the galaxy and even the interaction of the galaxy with the Earth, but the twentieth century experienced a big breakthrough in terms of the understanding of the galaxy. The last twenty-four months in world history have seen a phenomenal leap in the human understanding of our relationship as a solar system and as a planet to the galaxy. Many scientists have now reached the conclusion that there is a total interactive force field in the galaxy that is affecting the Earth. It is truly amazing and outstanding that the galaxy has an interactive force field with the Earth. Humanity and the Earth also affect the galaxy and even the Central Sun. The interaction and the effect that humans have with the Central Sun and with this galactic force field can be maximized.

I have to explain that this effect could be a negative effect as well as a positive effect. One example of a negative effect of humanity’s consciousness on the Central Sun and on the energetic force field of the galaxy is the Hiroshima and Nagasaki atomic bombs. I am not making any judgments about the political benefit, if any, to the end of the war. I am just telling you that those two explosions have had a tremendous effect on the energy field of the galaxy and

on the Central Sun energy field. It aroused many thoughts throughout the higher beings in the galaxy who repeatedly stressed to many of us the desire to stop humanity from spreading atomic-weapons' consciousness into the galaxy. They believe that humanity, Earth humans, could bring that type of thinking and that type of technology into to the galactic energy field.

It is not only the consciousness of Nagasaki and Hiroshima, but it is also the consciousness of other nuclear tests and the Chernobyl disaster that can affect the galactic interaction energy field. There certainly is a reluctance to allow humanity to develop this knowledge of nuclear energy. At the same time, the Galactic Council recognizes that there are many higher beings on the Earth right now. In truth, there are more evolved spiritual beings on the Earth than at any other time in the history of this planet.

What a polarization! There potentially may be over 100,000 enlightened beings on the Earth now. I am not saying that these enlightened beings are perfect beings, such as on the level of Buddha or Jesus, but I am saying that they are enlightened in terms of consciousness and understanding. Perhaps it could be compared to the Sufi thinking, which is more universal, based on brotherhood. You might say that is such a small number compared to seven billion people that it is insignificant. However, 100,000 enlightened beings is a huge number. Many of you who are hearing this lecture or reading these words are part of that enlightened group.

There are various figures thrown around, and 100,000 is actually a small estimate, because I could say there may be as many as a million or a million and a half that participate in this type of enlightened thinking. Many of those 100,000 may not have the commitment or the understanding of the ascension, multidimensional thinking or multidimensional thought projections. The Galactic Council agreed to send, and began to communicate with many of the starseeds through, the higher beings that this channel and many of you are now channeling.

At this time, especially in 2010, as we are entering the gateway, the Galactic Council is making the energy fields easier to access so that more of you can call and begin to communicate with your guides and teachers on a personal level. In fact, if you look at the past six or nine months, it is truly phenomenal how many of you have come into your own channeling abilities. Your abilities to connect with masters and teachers have improved. Your abilities to download new information have improved. The strength and the courage that you have had to do this spiritual work have improved. You need to continue to travel to power spots on the Earth, and you need to commit to some new and fantastic spiritual projects.

MULTIDIMENSIONAL REINCARNATION THROUGH THE ARCTURIAN STAR GATE

One powerful example of a new spiritual project was the downloading of the twelfth etheric crystal in Serra da Bocaina, Brazil. The energies of the Group of Forty were

able to be used to manifest a beautiful tepee there. The tepee wound up being at exactly the center point of the etheric crystal. Each etheric crystal is radiating energy. This one in Brazil is so powerful that it is connecting all of the other eleven crystals with its force field. It is continuing to download information and energy that can be transferred. It has fostered a new alignment, a more powerful alignment, with the Arcturian star gate.

Ah, yes, the Arcturian star gate. At this time, as we go through the gateway of 2012, one of the major energy shifts is focused on galactic time and galactic energy. Your consciousness of galactic energy and time has opened up your connections to multidimensional reincarnation. There is Earth reincarnation, and there is multidimensional reincarnation. Now that your consciousness has been opened to this level, the doorways of the star gate have come more into alignment, preparing for your entrance. Your entrance into the Arcturian star gate is a way of experiencing multidimensional reincarnation.

Earth incarnation is an opportunity to complete your life lessons and your soul lessons, and then you can move on to the next level. The next level might require reincarnating in another place on the Earth. It might require meeting your soul family again in another situation. There are many different possibilities. Eventually you hope and pray that you reach the last lifetime in which you can complete and graduate from the Earth and third-dimensional incarnations.

Multidimensional reincarnation is the ability to go into different realms and to go to different planets. You want to go to higher planets. There are other planets that are third dimensional, and it is true that you can reincarnate to them. An example of a lower-energy reincarnation would be, for example, a warrior like Saddam Hussein, who dies and reincarnates on another planet where he continues to be involved in different wars and killings. There are still many planets in this galaxy that are third dimensional dense that would be perfect resting places for someone like that, and they would get to experience war and violence over and over again. Maybe at some point they would get to graduate and move out of that situation.

USE THE INTERACTIVE ENERGY FIELD TO AID YOUR ASCENSION

You may not want to reincarnate on a third-dimensional planet. In fact, when I say Earth reincarnation, I have to also make a note that in some cases there is cross-planetary third-dimensional reincarnation. That means that in some cases, people are reincarnating on other third-dimensional planets. Cross-planetary incarnation is actually one explanation for many of the polarized energies that you are seeing on the Earth. There has been a lot of cross-planetary reincarnation on the Earth. Some of this has occurred from cross-fertilizations and tampering with the birthing of species. This has been documented and has been discussed, for example, with the planetary system Marduk. It has been

talked about in discussions of the nephilim, the fallen ones in the Old Testament and also in the concept of the twelfth planet. That twelfth planet, by the way, is “transdimensional.” It is not a planet that is in the third-dimensional path of the gravitational field of the Sun.

Many people have thought that this planet goes around the Sun and goes into this elliptical orbit that goes past Pluto, and then once every 2,000 or 3,000 years it comes back and comes closer to the Earth and makes its appearance known. Actually, it is a transdimensional planet, and this means that it goes in and out of dimensions. Sometimes it comes into the Earth’s dimensional field and is seen, and sometimes it isn’t. It is not permanently in the third-dimensional energy field. There are people there who are working on that planet who want to reincarnate on the Earth, and when the planetary system gets closer to the Earth, then they look for ways of coming to the Earth. Their understanding of why a planet will go in and out of dimensions is still somewhat limited.

I can only compare this to the planet in the Pleiades star field when, through scientific accident, the planet remained on the precipice between the third and the fifth dimension. It was stuck. At that point, the planet was in a similar situation to Marduk, and it was going to go in and out of dimension. That is not a very favorable situation. The Galactic Council studied the situation, and because there were so many higher beings on the Pleiades, permission was granted for the planet to permanently enter the fifth dimension.

I am just reviewing this with you because I want you to understand that you are evolving toward multidimensional reincarnation. This is the idea of the star gate that you would be able then to control and correct a path that will allow you to incarnate on other higher planetary systems. In order to do that, you need an awareness of the galaxy. You need awareness that there are other planetary systems in the galaxy. You need an intention of consciousness in the current Earth lifetime that is preparing and is open to traveling through the star gate. You need to be open to the ascension and to the opening of the star gate. Remember, we are in the gateway of 2012. The gateway for 2012 is also an energy field for ascension. It is not just an energy field for Earth changes and clearings and cleansings. The energy field, remember, is interactive, and so by fostering the energies of interaction of 2012, you can begin to accelerate the ascension.

THE ETHERIC CRYSTALS CAN HELP YOUR ASCENSION

I am suggesting that we begin, as starseeds and Arcturian Group of Forty members, to activate the ascension energies through an exercise on an hourly basis, activating the twelve etheric crystals with the Central Sun and 2012 energy and to create an interactive force field and reactivate the alignment of Serra da Bocaina, Brazil, with the star gate. Visualize, actually begin to visualize, that you are crossing into the star gate. You can do this through thought projections. This gateway represents a newer energy.

Up until this point, we have said that it is difficult to get too close to the doorway of the star gate. You have to complete your Earth lessons in order to go through the star gate. Now the doorway, the vestibule, the gateway to the star gate is more open than ever before for the Earth beings. Please meditate with me now and visualize the Arcturian star gate. Visualize, to the best of your ability, that you are at the twelfth etheric crystal at Serra da Bocaina. Visualize that you are being elevated up the ladder of ascension. You hear this special sound of ascension, and you are elevated to the Arcturian star gate. Remember that the energy from the twelfth etheric crystal and its alignment with the star gate is also connecting with the energy of the other eleven etheric crystals. The other etheric crystals now are also becoming more open to the energy of the star gate and becoming more open to the concepts of the multidimensional reincarnation.

When I say multidimensional reincarnation, I hope you understand that it means that some of you obviously have been in other dimensional planets before you came to the Earth. Some of you have been on Arcturus. Some of you have been on the Pleiades. Some of you have been in Alano. Some of you have been in the Andromedan systems. The question has always emerged: “Well, Julian, what is going on? If I have been on those other dimensional planets, why have I come back down now to a third-dimensional planet? Why am I not staying in these higher dimensional planets?”

The answer is somewhat complicated, so I have to explain something about galactic time. The greatest innovation and the greatest achievement with dimensional beings has been their mastery of time. The understanding of time travel and its relationship to dimensions has created abilities that are far beyond your imagination. Time travel breaks many rules of your physics and linear thinking. When you look at time as circular rather than linear, you will begin to appreciate that in certain instances, you can go back in time and in other instances, you go forward in time. This experience here on the Earth may be in an earlier time for you. In this view, you are already ascended with us in the future time. Stay with this thinking. It is very easy to become confused. I don’t want to confuse you any more than is necessary.

I just want you to understand that multidimensional reincarnation is not linear in the way that Earth reincarnation is. However, multidimensional reincarnation is also cumulative. By cumulative, I mean reincarnation can be viewed as a series of incarnations. Thus, you can have a higher incarnation and then a third-dimensional reincarnation and then a couple higher ones again. Reincarnation is cumulative, and eventually you are able to totally graduate and not ever have to return to a third-dimensional existence unless you chose to for some special mission. Some of you who are starseeds now have been with me on the Pleiades. Those of you who are connecting with your Arcturian guides have also been with me on Arcturus and have been with me on some of these other planetary systems. If you could grasp this cumulative concept with multidimensional reincarna-

tion, then you will have a better understanding that it is possible to be on the third dimension again.

There is a good concept in the *Kaballah* that is mainly about the “lifting of the sparks.” The understanding from the galactic standpoint is that you are lifting the sparks of some of your other incarnations. I could say that you have lifted a spark from your earlier Earth incarnation. You are beginning to grasp the complex nature of yourself. Imagine that you have had a past incarnation in a higher planet. Now imagine that you have come back here to understand parts of yourself. I think that you are ready to go to this level of thinking. I will conclude this portion of the lecture by explaining to you that time is accelerated. Try and combine your galactic awareness and the awareness of the Central Sun with the awareness that you are entering the door, the gateway to the 2012 energy field. With this awareness comes a corresponding acceleration of time.

I believe many of you have already experienced this time acceleration. Look at the past nine days. Only nine days have transpired in January in 2010. [This lecture was given on January 9, 2010.] Only a little more than a week has passed. Hasn't this been a fantastically accelerated time? Haven't many events around the planet occurred already? Don't you feel like everything is moving so fast now? This is because we have entered that 2010 gateway. I would like to turn the next part of the lecture over to Archangel Metatron who will speak some more about the sparks. My dear friends, Arcturian starseeds and GOF members, we will be with you in 2010, and I will be supporting you with healing light. In particular, I will be sending you protective light and protective energy. You are valuable to the evolution of the Earth, of humanity, and also of the galaxy and the galactic consciousness that we are spreading. I am Juliano. Good day.

Message from Archangel Metatron: Raise Your Fallen Sparks

Greetings, I am Archangel Metatron. Shalom. I am the keeper of the Arcturian star gate, the protector of the gateway for your multidimensional reincarnation, and also your guide and teacher to help you in your understanding of the raising of the sparks. Many of the Kaballistic masters have talked before about the raising of the sparks. Many have talked about the idea that in the moment of creation, there were explosions of energy and that the containers could not hold the spreading sparks. This is the reason why possibly there is the presence of evil on the planets.

I want to introduce a different idea to you about the sparks. I want to suggest that one of the main missions of your soul life is to raise and to find your own sparks. I want you to consider that you are a complex being and your energy is contained in a force field. You could not totally

hold the energy, and it was spread around over many different places in the galaxy and the universe and on the planet Earth. These spreading sparks are the fallen sparks that the Kaballists talk about. Most importantly, one of your great missions is to gather the fallen, or spreading, sparks of yourself and to bring those parts of yourself into unity and to heal them.

Some of you have parts of yourself from Atlantis. Some of you have parts of yourself from the Maya. Some have sparks from earlier times in Europe. Some of you have parts of yourself from the native peoples in South America and in New Zealand. You have fallen sparks here on Earth. You also could have fallen sparks in other planetary systems.

Consider this idea. Probably many of you have been on Arcturus or some higher planets. Despite the fact that you were on higher planets, you still may have had some fallen sparks representative of yourself on the Earth. You had the wherewithal, you had the energy, you had the concentration, and you had the support of your guides and teachers to come back to the Earth now and to heal and to unify those fallen sparks of yourself. *Neshemah*, or *ha neshemah*—Hebrew for “light of your holy soul.” Call on all parts of yourself to come into a unity. Call on all parts of yourself to be healed. This can be a tremendous period of enlightening energy for you to understand. Many of you have questioned why you have come back to Earth. Many of you have asked this question: “How could it be that I have lived in other higher dimensions, but now I am back here on Earth? Am I being punished?” No, look at this time on Earth as a grace and as a time to gather the sparks. Look at your service to others. Help others find those parts of themselves. Is this not what soul retrieval is—finding the lost parts or sparks of the self? The purpose is now both to find those parts of self and to heal them and to bring them back into unity with the self. Now you are finding the opportunity to unify with your galactic self and your multidimensional self.

This uplifting of the sparks also includes the unification of those parts with your greater higher self. It's a two-part process. It's the upliftment and the unification. *Yechudim* is the Kaballistic name for this unification. “We ask *Hashem*, the Creator, to give us the power to raise our sparks from our lower selves and from our selves from other lifetimes and from our selves from other dimensions. Help us, *Hashem*, to raise all our sparks so that we can bring them into unity to our greater, higher self.” One of the secrets of doing the unity is to be in service to the light and to the ascension and to the planetary evolution. By doing that, you are given special grace and powerful energy to raise all parts of self.

Olam haze. Olam haba—“This world and the world to come.” There is this world, and there is the world to come. Now we can unify both. In the world to come, you will be unified with your higher self through the multidimensional self. You will be in total healing light in the world to come because of the work that you are doing now. I am Archangel Metatron. Shalom. ✨

The Polarity of Merkabah is Obsolete: Developing Merkavah And Merkanah

Archangel Metatron through James Tyberonn

Greetings, I am Metatron, lord of light. And so we speak of a very important transition that is ushered into place through the second phase of the heralded cosmic trigger on the March equinox of 2010. This is truly a paramount event in the crystalline transition of the planet and indeed a benchmark for humanity.

Masters, the merkabah is now obsolete, and it is being replaced in the Crystalline Age with the nonpolarity geometrics of the crystalline merkavah and the crystalline merkanah. We tell you that the merkabah that has served as the star tetrahedron vehicle to higher dimensions for the past 12,000-year cycle is now being transposed into greater capacity. Indeed, it is evolving into progressive-expansive mode to the crystalline merkavah and merkanah. The emergence of the crystalline merkavah has been in waiting, and since the 9-9-9 crystal activation ushered in the initial phase of the crystalline energy transformation of the Earth, many of you are awakening to your sacred unity potentials.

MERKABAH POLARITY IS NOW OBSOLETE

Phase two of the cosmic trigger, which will occur on the March equinox of 2010, will stage another important release of the crystalline transformation. You see, your 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 polarity merkabah.

Therefore the establishment of the new crystalline merkavah and merkanah are requisite to expand into the crys-

talline energy of the ascension. Indeed the higher realms of the celestial dimensions made available through the ascension lie in unified divine consciousness. As such, access to them requires integral crystalline light, and this cannot be entered in the previous system of the gendered polarity merkabah. Accordingly, the old model of the polarity merkabah is obsolete, unable to carry the far greater frequency of unified crystalline coherent light. Thus comes the requisite transition into the crystalline merkavah and merkanah.

The eight-point (star tetrahedron) crystalline merkavah stage is initially accessible on the crystalline phase of the cosmic trigger, occurring on the March equinox of 2010. In essence, the old merkabah is evolved through intent and focus into the crystalline merkavah. It forms into a different format of the star tetrahedron that is nongendered, nonpolar and rotates uniformly in a counterclockwise spin. The twelve-point crystalline merkavah becomes available on the 10-10-10.

In 2011 the merkanah becomes available as the twenty-point star, and in 2012 the merkarah, the exalted twenty-four point star of Kristos, ascension is available. The processes and mechanics of this transformation will be made available through the teachings of the Metatronic keys. Each new matrix and each new geometry will occur in layers through dimensional openings that will form through the rapidly expanding portals of the ascension. Each requires effort and work to establish. The inertia of your planet is rapidly increasing as the 144-crystalline grid nears total energy activation and completion.

As such, there are very significant changes in the function, geometry and mechanism in the upshift to the crystalline merkavah, and the initial function of these will be given to you in this article. What each seeker must do is in aspect to the intentional development and willful evolution of the expansive human spirit in integration with the crystalline zero-point field. It is, in essence, a unification of physical

KEY POINTS

- "The establishment of the new crystalline merkavah and merkanah are requisite to expand into the crystalline energy of the ascension."
- "The crystalline transformation is requisite for all who seek the ability to carry the expanded light energy that is being showered upon the expanding energy of the Earth."
- The ability to attract and generate orbs is confirmation that your ability to perceive energies of higher dimensions is increasing.

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duality into etheric coherence. It combines the frontal mind into the crystalline nature of the supersubconscious, or God mind, in a purposed bioengineered process of impeccable wholeness.

FROM POLARITY TO SACRED ONENESS

The previous version of the merkabah had components of male and female energy fields within its two tetrahedrons that rotated in opposing motion. These were appropriate to your level of consciousness to initially enter into this field. The crystalline nature of the upshift is then in a more unified aspect within the genderless zero field of nonpolarity. This is crystalline in nature, becoming sacred oneness.

Dear ones, most forms of life in duality on your planet have the polarity of gender in one form or another. As such, gender is a form of creative expression within duality employed by Spirit to enable polarity experience. In this manner of gender polarity, life force in duality seeks its compliment, and there is myriad purpose in this. And while gender does not express spirit, spirit expresses through gender while in polarity. Spirit is the active force employed by All That Is, but it is in oneness in the higher realms above duality. And while most forms of all life in duality are in one form or another of gender matrix, the crystalline aspect of the mineral kingdom is not. Indeed, that which is in perfect unity is crystalline, and so the celestial kingdoms are in crystalline oneness.

Neither the ascended masters, the celestial beings nor the angelic realm truly encompass what would be regarded in your linear-duality terms, actual gender. However, such celestial energies powerfully influence your thoughts and emotions with attributes that, in humanity's linear field of polarity, are often interpreted and identified as being of a specific gender. Accordingly, your human male-female, passive-aggressive textural forms affect your linear perception, and a predisposed gender disposition is triggered in your view. This is why you assign certain polarity-gender attributes to an otherwise androgynous being that is in the higher realms of the unified crystalline field of divine oneness. But in truth, the archangels you perceive as having gender are in fact nongendered, neither male nor female; rather, they are in the indivisible state of sacred unity, divine oneness. It is again your limited perception in linear duality that views angelic beings as male or female.

Now we will add the caveat that many of what you humans perceive as your guardian angels are souls of family members and dear ones who have passed over. They work with you in highest intent, in pure love and in guardianship. Often these guardians do appear and speak to you in a familiar gendered format. But while they are in a realm above your linear aspect, they are not in the higher realms of the crystalline oneness. And though they appear to you as an angel, grandmother, grandfather, brother or sister, in actuality they are in an integral field of androgyny.

The crystalline merkavah is above polarity and in sacred unified oneness, and that aspect is essential. In

the ongoing dawn of the crystalline ascension, it is requisite that you understand this. The ongoing crystalline integration will dissolve old belief structures and offer you new possibilities that in turn will accelerate your multidimensional consciousness beyond any boundaries you may perceive today.

MERGING WITH THE TWIN FLAME

In order to move higher into the three levels of merkavah, you must merge with your other half, your twin flame. This means that if you are female, you must merge with your complimentary male aspect, and if you are male, you must discover and merge into sacred harmonic balance with your female aspect. In higher aspects, dear ones, you are neither and you are both. That statement may seem a paradox, but it is not. Sexuality as you think of it in biological duality does not exist in higher realms, but those emotional attributes that you assign a gender label to in duality do exist in higher realms. But such attributes as nurturing and strength are without gendered labels in the quantum crystal resonance of the celestial dimensions.

Dear ones, there are infinite probabilities, timelines and paths that have created what you term the ascension and have enabled the present return to the crystalline merkavah. Yes, we said "return." We tell you that the crystalline merkavah is not new; indeed it is how you arrived here. Eons ago, much longer ago than humanity realizes, you came here to undertake a specific path of evolution by means of the fourth level of the crystalline matrix or merkarah. As you took on dense duality, the crystalline matrix was replaced with electromagnetic polarity, and coherent light became fractured and fragmented. The coming ascension is returning humankind to the gateway of crystalline coherent light. But the path has not been a direct one, because your consciousness has needed a variety of experiences in order to expand, and these you have garnered from all aspects of your multidimensional self. Neither your present Earth nor humankind was ready or able to move into crystalline consciousness until now. Not only was your frequency not yet within the same band of compatibility but it could also be said that you both had your hands full, so to speak.

Dear ones, ascension for the Earth is requisite for humankind's ascension, yet understand that the Earth will ascend before humankind. We also tell you this: The ascension opens the portals of expanding your dimensional access, but it will be another two centuries before the collective consciousness of humankind and frequency on your planet will be able to fully support and fully live the resonance, thus projecting the complete light quotient required to sustain your full participation in the multidimensional Earth and omniverse in conscious awareness within simultaneous time. Both now and until then, humanity will not ascend in mass, but rather individually, one heart and one mind at a time. It has always been so, albeit great and greater will be the opportunities and numbers.

THE 10-10-10 ACTIVATES CRYSTALLINE METAMORPHOSIS

The 9-9-9 ushered in the crystalline field that enables both the Earth and humankind to move consciousness into the unified crystalline field. The cosmic trigger and 10-10-10 will further advance the cause of crystalline consciousness through merkavah, you see. In your divine merkavah and merkanah, you are indeed fully conscious across the infinite dimensional corridors of the cosmos, and within these vast crystalline corridors, wisdom reveals itself and emerges as multidimensional layers of truth when the soul achieves a sufficient quotient of crystalline light. Your divine self, your oversoul, is not disturbed by the infinite vastness of space or by the fact that a universes can exist in the cosmos' vacuum as easily as in an atom or molecule. Space, like time, is an illusion. Your mind does not comprehend this within duality, but your fifth-dimensional consciousness does as you begin entry into the crystalline merkavah. As an example, consider the metamorphosis of the butterfly. The caterpillar wraps itself in a silk cocoon and transforms into a liquid gel to morph into the splendid form of the butterfly. That very cocoon is the merkabah that enabled its first stage of evolutionary metamorphosis. But the butterfly, once emerged, cannot return to it. Indeed, it has risen above, and its beautiful gossamer wings are its merkavah, which allows it to flutter and fly above the trees into the air, no longer confined to the ground. Dear ones, you can never return to energies of lesser awareness. You may, for a time, slip and fall, but the greater awareness is retained and is the very divine impetus that urges you into requisite wings of renewed flight and forward progression.

THE LEVELS OF MERKAVAH

Crystalline transformation is requisite for all who seek the ability to carry the expanded light energy that is being showered upon the expanding energy of the Earth. Merkavah occurs in three primary stages and evolves into a final formation that is called merkarah:

Stage one: The eight-point crystalline merkavah—star tetrahedron (counterclockwise rotation). This stage quickly transforms into the true merkavah, the twelve-point star, the stellated dodecahedron

Stage two: The twelve-point crystalline merkavah—stellated dodecahedron (clockwise rotation).

Stage three: The twenty-point crystalline merkanah—stellated icosahedron (dual inner rotation with double infinity flows).

The intricate details and mechanics of this shift will be made available in the teaching of the Metatronic keys and offered to all, for there are other attributes of rotation to be understood. There is indeed a fourth level, called merkarah, that is rarely present on the Earth. It is the twenty-four point merkarah of exalted Kristos light—that of the Kristos avatar. And some of you are ready and will achieve this. Those referred to as second-stage walk-ins have access to this geometric matrix. Masters, many changes have occurred over the past few years on your Earth, but the changes that will occur from 2009-2012 are logarithmic. Indeed, the upshifts



of 2009 alone were greater than the sum of all transitions since 2001. The year 2010 offers infinitely more.

THE COSMIC TRIGGER

In March of 2009, the initial phase of the cosmic trigger occurred in the release of coded electromagnetics across your planet. This was the most potent surge of energy on your planet since the age of Atlantis. But this was only the beginning. The 9-9-9 brought the activation of five of the nine Atlantean master crystals, and the 144 grid launched into 75 percent function. The March equinox of 2010 will be the release of extraordinary crystalline energies to bring in the crystalline component of the cosmic trigger, and the 10-10-10 further activates the grid into 84 percent function. Later, the 11-11-11 will achieve 92 percent, and the 12-12-12 will achieve full function.

Dear ones, the energy of the Earth is vaulting into hyper-phase, and you will not be able to maintain this energy without transmutation into the crystalline merkavah. The rebooting into merkavah enables a much-expanded field with exponentially greater capacity to hold crystalline light. Without this, your previous auric body will fissure into etheric short circuit and throw you into imbalance. This short circuitry is, in essence, the shedding of the old skin—one that you have outgrown and no longer serves you. So understand that your transition into merkavah is requisite. You will not be able to hold the light required to experience the ascension without the new merkavic lightbody. The quickening of life itself will be overwhelming to you without the transition into a more complex geometrical form.

ORBS ARE METATRONIC CRYSTALLINE CODES

The quickening of the crystalline energy is evidenced by the appearance of what you term orbs. Indeed these have created quite a stir in the new age of metaphysics. We tell you these orbs are tangible evidence to those of you who see them and photograph them on your digital technology cameras. Orbs are one very real aspect of the emerging crystalline field on Earth. Those of you who choose to evolve into crystalline merkanah will indeed begin attracting and generating orbs as you achieve the integrity of sacred oneness. This is confirmation of the increased and increasing ability to perceive energies of higher dimensions within the



coherent light of the divine self. You see, crystalline orbs are geometric emanations of Metatronic coherent light. They are codes and communications that are the demonstrative underpinnings of revelations—revelations that reveal that the overlaying veils that have separated you from the impeccable gestalt of Creator God are evaporating.

There are several types of orbs. Some are for humanity en masse, others for individuals. All orbs are of Metatronic origin and carry a coded geometric imprint of unique purpose. The ones that are charged masses of swirling energy are, among other utilities, etheric energy telegrams. They are the artists and authors of your true crop circles. Others are intended for the individual as you grow into merkavich and merkanic consciousness. These orbs can and do manifest specifically to interact with you as you seek to shed the old fragmented aspects of polarity and develop your coherent crystalline nature.

The geometrics and crystalline orbs spiral into a pattern that assists you in reprocessing and upshifting twelve-strand DNA and the three sacred glands. You see, crystallization is also required for the pineal, pituitary and thymus glands. These also are superimposed with the geometrics of the individual level of your merkavah and merkanah and rotate in sync within and without them in matter-antimatter flux. These activate a double wave of the infinity pattern within.

As we have told you, the world is remaking itself now, and whether or not humanity in micro or macro is supportive of expansive change or against it, it is truly a moot issue, as the motion of time speeds past more quickly today than it did yesterday in linear terms. All is quickening; time is accelerating as the ascension draws nigh. So as time reshapes itself, it will also reshape the experience of humankind, of visible and invisible forces of nature, and of the Earth itself. This is indeed the crystalline cosmic trigger, and its time is here. Imperious is the transition, within and without, of the crystalline merkavah. Without it, the quickening energy cannot be sustained. This is both a challenge and a gift—a gift that opens the veil and allows infinitely more light into your integral consciousness. Integrity is driven by the first cause of creative expansion and growth into fulfillment.

The transition into merkavah is geometric and, as such, is an element of what is termed the Metatronic keys. The keys are the sacred science of crystalline geometric consciousness, which indeed is the fabric of cosmic mastery. It is imbedded and coded within each of you. Seek within and without; seek and you will find—that is an indelible law. Intent and action are the rule. And dear ones, we say again, this information is within each of you who truly seek it. I am Metatron, and I share with you these truths. And so it is. ✧

Alchemy: The Transformative Power of Love

Master Kirael through Kahu Fred Sterling

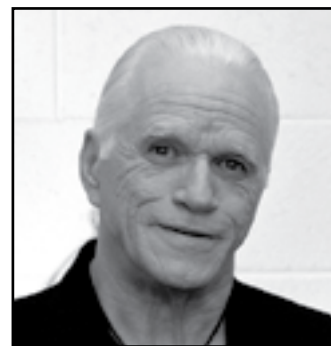
In the last few sessions, I have focused on love in the context of ascension, prana, pineal, photons and now alchemy. It may seem repetitious, but I want to emphasize just how important the healing power of love is and how love can be woven into every aspect of your life. It's the one source of energy that will get you through the shift.

KEY POINTS

- To experience no fear creates time to be open to the purity of love.
- "When the magi energy goes into the purity of love, you will feel the difference, and you will know and feel what you've really come here to experience."
- You must pull the fear out of your love in order to perform healing and bring the healee's attention to the beauty in life.

SEE AND HOLD THE GOLD

So today we concentrate on alchemy, which the populace has always thought of as the transformation of a base metal into gold. The alchemy I'm talking about today is spiritual and involves the transformative power of love, the alchemy that occurs in your four-bodied system every time love is introduced into the mix. In the alchemical process, fear is pulled out of the love so that you're left with the purity of love. You might ask, "Master Kirael, how can love have fear in it?" Well, the third dimension is all



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about duality, which means that love must have an opposite. Here, love is woven with fear, because you believe you can't know love unless you know fear. It is this fear that makes third-dimensional love conditional. Alchemized love is pure and unconditional, a love without fear.

To perform alchemy [meditation]: *You will have to place a magical series of energies, namely your cellular consciousness of fear, into your mind. In other words, you will have to recall all your fears by bringing them up to the surface of your mind and then pulling them out of your love. Practice pulling out the fear. Close your eyes and bring all the fears you've ever had to the surface of your mind, then ask the God Creator to open the path for you to release the fears and enter into the state of love. See the golden energy that everyone has inside glowing in front of your eyes. Normally you see black when you close your eyes, but you will see the gold, because you're allowing the fear to go away and love to enter into you. You are completing a journey of fear and starting a journey of love.*

You cannot begin a new journey without ending an old one. See and hold the gold, my friends. When you can see and hold the gold, you have come to the close of your fear, so to speak. That little magical moment of time and space when no fear is present creates, for just a split second, a new opening for you to feel the purity of love. You can do this any time you want.

Now, in order to go deeply into this process, you must understand your part in this journey of alchemy. Your part involves feeling the love that alchemy makes available to you. To feel the love throughout your four bodies, activate your God cell, your signature cell. You will feel the love rise and come out of your chest and surround you. You will be able to distinguish this momentary feeling of love from the fear you usually feel. If you feel spirit energies in front of you when you feel this love, you needn't be concerned. Those spirits may come in any shape or form, and they will permit your journey to go forward without interference. This is because they are love energies and have to go through God Creator to get to you, and only love can go through the God Creator.

OPEN UP TO YOUR MAGI POWERS

I am not here to teach you alchemy, because you are already alchemists. I am here to get you to remember alchemy. If you were to trace your energetic roots back to Lemuria, you would see your alchemical history, so to speak. You would see that in that lifetime, your cellular consciousness was free of fear. It was pure love. When you do this alchemy process in the now, don't be concerned about your body. You will be working with your cellular consciousness. You can use this process of pulling out the fear in signature cell healing, because alchemy is woven into the process.

Pure healing takes place here because of the infusion of love into the process. It will not work in fullness without the love that cleanses your cellular consciousness. So if you want to heal using signature cell healing or most any other modality—except allopathic medicine, which is a different



journey, not bad, not good, just what it is—do it in love. It will be a profound and permanent healing, because you will stream love in after pulling out the fear.

If you don't succeed in your first session, don't feel bad, because if you do, you'll go back to fear. So do your best to pull the fear out. When you do, you can open up another journey into that little space of magic—not sleight of hand magic, but what I call the "magi" powers that lie within the glow of the golden energy. The magi powers are available to you. Jesus embodied the magi powers. That's how he was able to heal others as quickly and completely as he did. He filled his being with that energy, drew the same energy from the crowd around him and put it all into the person receiving the healing.

It takes very little time to do this process—maybe five or six seconds—and you can do it at any time, anywhere. After a while, it will be automatic. The love you feel will last less than the time it took to shut off your fear, but each time you do the process, the love will last a little longer. It may be marginal in the beginning, but at some point, you'll feel a love so pure that you will be "traumatized" when you have to leave it to return to the third dimension.

THE LOVE OF THE MAGIC

What is the difference between magi and magic?

Magic is illusion and sleight of hand. It produces fear in people. The energy of the magi can be called supernatural. It gives you goose bumps when you experience it. Here's the rub: Magic is the fear portion of the magi energy, yet the magi energy stems from the purity of love. This may be confusing for you to understand, but in this dimension, magic is present in the magi energy, otherwise the magi energy wouldn't work.

That's the duality of this third dimension. In order to have magi energy, you must have magic. So while the magic is the sleight of hand, the tricksters and so on, the magi is the love of the magic. I've given you two defined words with meanings that don't make sense to anyone except perhaps my own energies. However, the more I talk about this, the more enlightened you'll become. When you take the magic out of the magi energy, you feel the love, and your powers become supernatural, and you won't need magic;

you won't need tricks. You can find the magi energy in anything. Take surfing, for example. The magi of surfing comes in the elation one feels when pushing through the fear of a monstrous wave and becoming part of it. At that moment of oneness, the magi takes over.

The magi energy is even present in the death process. When you are about to leave this life, you see the magi energy and you love it and go willingly into the light. If you're driving along at 600 miles an hour and you hit a wall, you know you will die, but you will also see the magi energy before you hit that wall. You'll be out of this human journey, and you'll watch your death happen, because you will leave your body about forty seconds before you hit that wall. You never, ever experience a violent death, because the magi energy, that supernatural energy, takes over before death. The magi energy, as I know it, stems from a love that many humans call divine. It is indeed divine.

Where is the magi?

The magi energy is in your cellular consciousness. You can never reach outside to find the magi energy. When you go from one place to another, you end one journey and begin a new one. That's how the magi energy encourages you to find love. First, you must go to the place of pulling out the fear. That's one journey. Then, when that is done, you must begin a new journey to find the purity of love. In other words, the magi adventure is not love when you first touch into it. You must first pull out the fear. When the magi energy goes into the purity of love, you will feel the difference, and you will know and feel what you've really come here to experience. Fear is the most predominant part of this third-dimensional journey because it's the easiest for you to get into. It's the foundation of duality. You'll rock and roll through this duality journey, but your pure love, the magi part of this journey, is not that easy to find in this dimension. Work at it. Practice tapping into the magi energy whenever you can.

BRING OUT THE ALCHEMIST IN YOU

Can alchemy be used to perform long-distance group healings to help people around the world access this love energy?

I guarantee it. You can't measure that little space of love, but you can expand it every time you use this process. Close your eyes, follow the process I described in my opening statement and feel yourself burst out of this journey, go around the world and return. That's all you have to do. If you get only a quarter of an inch out of your body, that's perfect. Learn how to shut off your fears, enter the space of love and stay there as long as you can. You can heal the world like this, but don't expect results overnight. More than likely, you can reach one person or perhaps one town at a time. On the other hand, if every lightworker did this exercise, the world could change exponentially. The more often you touch others with that pure love energy, the more likely they will be to access that energy in themselves. This exercise also works to get you into the fourth light.

How do we use alchemy to move from fear to love in light of the proliferation of fear concerning the swine flue vaccine?

First, you must know that this swine flu is a human-made journey. It wasn't developed by accident. It was developed in a laboratory to do exactly what you described: create fear. You can alchemize this journey by going inside yourself and tapping into your love in the way I just showed you. You will not only pull out the fear from your love, but you will neutralize the effect of the flu and the H1N1 vaccine. If you want to get the vaccine, do so; it won't hurt you. [Melody]: If your blueprint says you are to die from the swine flu, it won't matter whether or not you get the vaccine. The opposite is also true. If you are not meant to die from swine flu, you won't, regardless of whether or not you get the vaccine.

Those who created this flu will come up with another type next year. A new type of flu that can engender fear will always be available. It is up to you to be aware that you can control your body's response to the flu and any vaccine related to it. If you go into that little magi place and do what I told you to do, you will know what is best for you.

What part does the non-polarity attribute of love play in performing alchemy, and how do I bring out the alchemist that I am on a quantum level?

As I have already stated, alchemy is the process by which you can reach into the non-polarity attribute of love, or pure love. The attainment of pure love is the goal of alchemy. Practice what I've given you in the meditation, and you will bring out the alchemist in you. In this dimension, you believe that the opposite of love is hate or fear. If you go deeper into this process, you'll understand that love is actually the absence of fear, not the opposite of it. You must learn to take the fear out of your journey. Pull it out and submerge it into love. The fear will not grow, and the love will envelope the fear. Do this with your mind. When you open up the local brain, where your mind resides, tentacles of energy emerge and weave with the omnibrain, which is outside your journey. It's a profound journey, requiring all of your concentrative powers.

Alchemy has no room for fear. You're a particle of the God Creator, and when you open your brain and touch into that omnipresence, you are touching into a part of you that is the love of all light. This process is pure and precious. You can do this—if you want to. The alchemy journey is the Mecca of love. When you get free of this fear that you've been learning since birth—spankings, yelling, screaming from parents and from schools, religious institutions, teachers, at your job and so on—you will touch into your child-self, the one that is free of this fear, the one you were before birth. Do this regularly and you will pull the fear out of this third-dimensional experience of love. Your omnibrain is absolutely fearless. When you weave your local brain and omnibrain together, you create a purity that will be woven into your entire journey. Each time you do this, you will be above where you started here on Earth.

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YOU CAN HEAL ANYTHING IF YOU HAVE THE COURAGE

As a healer, can I use alchemy to assist in healing mental illnesses, such as addiction?

After you learn what addiction or mental disability the healee has, you must enter that space of loving the fear. Each of the four bodies—the physical, emotional, mental and spiritual—has seven layers, and any issue within the bodies also has seven layers. It's an exponential journey. That means that seven levels of a concentrated form of the addiction or mental illness exists within each of the four bodies of the person with an addiction. All humans have the lightest form of the seventh layer of addiction or mental illness. For those who have the concentrated form of addiction that invades all four bodies, the addiction becomes a journey in and of itself, a mental illness, if you will.

When I say mental illness, I'm not talking about "craziness." I'm talking about a lack of awareness. This means that when someone with an addiction comes for healing, the journey as healer is all about awareness. When performing a healing, it is sometimes good to have a third person in the room to send and concentrate the love energy. So you have the healer, the healee and the third person who will give love. How will this third person give love? He must free himself by taking the fear out of his love and then penetrating his love into yours.

Let's suppose that I am the third person, you are the healer and then there's the healee. I will pull the fear out of my love, open it up and get into that little space

where I can sense the purity of love. When I sense the love, I will send it out to you. You might have to wait a few seconds or minutes before you feel it. I will continue to send more love in increments. After a while, you will feel your etheric hand go down into the healee's brain, which will tell you about one of the seven levels of this addiction process.

When you feel your love enter the healee, stay with it. You can heal anything if you have the courage. You can even do this without the third person if you focus. Put your hand on the healee's head—or some other part of the body, depending on what you're working on—and bring the fear out of your body, holding your hand steady. Then enter into that little space in the process and drop your love into the person. You'll watch the healee's entire body shift as the fear leaves his or her body. If addiction is the illness, you will know what causes it and what you need to do to heal it. It may take several sessions, but if you focus your love and alchemize all four bodies, you will achieve a healing beyond your wildest dreams.

I used this healing on my grandson, whose asthma has improved enough for the doctor to take him off one of his medications and say that he could use the other only when needed. I believe I used alchemy to heal my grandson. Would you speak about this, please?

Yes, you did have a defined effect on your grandson. You used alchemy and signature cell healing to bring about this healing. At the heart of this process is getting your

grandson off the medication to free him to play in the world of love and light. Your healings are one of the reasons that he's had any results at all. The healings coupled with your prayers have brought him to where he is today. You pulled the fear out and you were left with pure love, and that's what healed him.

BE TRUE TO YOUR JOURNEY

How do we use alchemy to help us understand and work with those experiencing dementia and Alzheimer's, and how do we help ourselves as we're working with them?

Alzheimer's is a progressive, degenerative, alternative journey of love. It can be curbed by not focusing on it. When someone experiences profound memory loss—the type where the individual cannot recall his name, his address, and so on—he is labeled as having Alzheimer's, and everyone reacts as if it's a terrible thing. Yet if you wanted to heal this person, you wouldn't go into despair. You would say, "Wait a minute. I don't buy what you're saying. I can't even see the Alzheimer's."

So what if the person does things others refer to as strange? If you enter this journey and make a commitment to your friend or relative to make him feel good about himself every day, speaking to him in love, changing the subject from what he can't remember to something lighter, regardless of the stage of his disease, you can bring him back. You must pull the fear out of your love and bring the individual's attention to the beauty in life. The person with Alzheimer's is trying to find out what he forgot. You can teach him what he forgot. Don't ever tell him he has Alzheimer's and is losing his mind. You'll be feeding your ego and destroying his. Just remind him what a beautiful day it is—change the subject. This is just to start. I could spend a good hour with you just on this subject. You can do signature cell healing to get into the individual's brain and move stem cells to reverse the Alzheimer's, but that's another story. The alchemy portion of the healing is about loving the person as I just described.

My biological family is depressed and anxious and I choose not to participate in their dramas. How do I avoid making them feel as if they're being rejected?

If they feel rejected by your comings and goings, then you're not doing your total journey. When you can speak to your biological family without any "airy fairy" talk and they can say, "That made sense for a second," even if they change the subject, that moment that you made sense represented your true journey. You must infuse love into your journey. So pull the fear out of your love and then say what you have to say. If you're doing it right, they won't feel rejected. You'll go into that love portion of your body presence, your cellular consciousness, and you'll pull the fear back and speak from that open space. You'll be surprised at what you'll say, because you'll be speaking another language, the language of love, and they'll hear

what you're saying for the first time. They will be caught in your love, and that's the whole journey. You'll see it, feel it and know it. Each time you do this, you'll pull more fear out and you'll put even more love in, and your communication will be life-altering.

PUT YOUR GOLDEN ENERGY OUT IN FRONT OF YOU

How does alchemy weave with the Goddess light?

Goddess energy is the love of the Creator. The goddesses here are practicing their goddess light, which means they're doing their best to act, speak and live as that energy. That doesn't mean that the goddess lights have succeeded at it or that they're any better or worse than anyone else. You all have goddess energy, but those who are practicing with that energy will be ahead of the crowd. Connect with your goddess energy by putting your gold energy out in front of you.

All of the particles within you will be encased in the golden light when you get to the fourth dimension. Right now, however, you must practice encasing them in that golden light. The fourth strand of your DNA is gold. If you could cut your hand open and check your DNA, you'd see the colors of all four strands of the DNA, but the golden fourth strand is all-inclusive, meaning that it contains all the other colors. When you meditate effectively, you feel this whole process, and you will know you're healing.

When Jesus walked into a crowd and put his hand on someone, he drew love from every person who was willing and put that love into the healee, who was then healed. He had the fourth strand of a sixth-dimensional being to guide the energy through the process. Jesus was able to put the gold energy of God Creator incarnate into the healee, instantaneously pulling away the fear and causing a healing.

How much of the Ten Principles of Consciously Creating is an alchemy journey?

Alchemy came out of Lemuria, just as the principles did. The principles are woven into alchemy, and alchemy is woven into the principles. To be effective with alchemy, you must be fully acquainted with and practicing the Ten Principles of Consciously Creating. They are part and parcel of each other, inseparable.



Alchemy is about love. I've spent more time talking about love than I've ever done before. I cannot express enough how important love is to this journey, and I'm not talking about third-dimensional romantic love. I'm talking about the love that has no opposite. Pull out your fears and go into that little space called the magi energy and come out through love. It never, ever fails. When anger rises in your energy, don't rush into it. Stop and try it my way. Try love. ✨

Neutralize, Neutralize, Neutralize

Councils of Unity through Helenita Ziegler

This is not a fight song but an urging to subtly remain open to all frequencies—or dimensions, as you have labeled the multipresent existence behind the veil that is lifting. First of all, realize that nothing is “behind” or “lifting” and that those word choices reflect the Earth’s dualistic approach. Everything is and has always been present. It is more a reference to your expanded awareness. That is all. Quit making so much out of it. Many have known firsthand about the abilities of the human multifaceted existence for a long time and are just now finding they can speak of it. It is nothing new; that is for sure!

Okay, so why did we choose to use a neutral word? Please understand that it is challenging for us to reach beyond your controlling mind, which is always looking for great awakenings. Your current expansion now reflects subtleties, minor to you it seems, but very cataclysmic¹ from our perspective—even to the point of causing personal earthquakes, tsunamis and floods.

UNDERSTANDING NEUTRALITY

Machines show you much about yourself, and the car you drive can be especially descriptive, reflecting your life. You understand the analogy to color, model and year, but now look at the gears. In neutral, your car stands still; it goes neither backward nor forward, unless on a hill. For our picture, see your car parked out in front of your house. If your transmission needs time to warm up, neutral is a good position to be in, since your engine has started with all the mechanics

KEY POINTS

- Switch to neutral and sit a while in the car of your life, disengaged from drive or reverse.
- “In the neutral position, you allow for an internal check to click in. This is where you become more secure in understanding your pattern, and you gather more information about what systems are functioning and which ones may need some fine-tuning.”
- Although it may at first seem to be as if you are spinning your wheels, realize that the state of neutrality is always a place of expansion; neutral is the place where there is an option to shift into your own trust.

fired up, ready to go. It would be helpful to translate this to your life whenever your human processes kick in. You all have them or else there would be no use for physical and emotional bodies. They are not to be transcended but rather utilized for guidance, assisting you to discover and understand your path. Switch to neutral and sit a while, disengaged from drive or reverse. Remember, your car is out of gear, not off.

What happens? You can’t answer, “Nothing,” can you? This is because your key is in the ignition, and the engine is humming along, just not moving. Your intuition is the key to turning on and off your motor, your driving force. But we see you constantly taking this key out of the ignition and still expecting your vehicle, your life, to continue moving along. Do you see the picture we are presenting? The ignition key turns your car on, but you must move through neutral before going into reverse or drive. Also note that if some system breaks down, your car can easily be pushed while in neutral.

OTHER MEANINGS

Wrap your attention around additional ways in which the term “neutral” can reveal various keys of insight. One of these probably relates to your area of expertise. In all of them, there is a counterbalance effect occurring that holds something in place. In neutral, it seems like nothing is happening. It is running, but it remains stable.

- In physics, the term “neutral” describes an atom, a molecule and so on that has no charge or is not magnetized; it is neither positive nor negative.
- In chemistry, something that is neutral is not acidic or alkaline, but relating to a compound that does not ionize in a solution and has a net electric charge of zero.
- In the legal world, neutral describes someone or some country not engaged with either side, not aligned to any group, remaining impartial to help achieve a resolution.



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- Financially, a neutral investment is neither bullish nor bearish—a stock not to be purchased or sold.
- In the military, a position is neutralized, thus making it incapable of action.

To the human, however, this neutralizing effect may feel like you are treading water or circling the field, waiting to land to do something more productive. Remember that it is only in the dualistic world that you think one thing is better than another. Athletic teams go in a huddle before putting a play into action. An engine must come to full steam before moving out. “Neutral” serves a purpose.

WHAT DO YOU DO?

In the neutral position, you allow for an internal check to click in. This is where you become more secure in understanding your pattern, and you gather more information about what systems are functioning and which ones may need some fine-tuning. It is always a place of expansion, not one of wasting time or spinning your wheels—although at first it may seem that way.

This is where if you are angry, you remember the feeling of peace, or vice versa. If peace seems too complacent, then a spurt of angry oil, jealousy or envy may do the trick. There is no one right answer when you are in neutral, because one is not necessary. Your intuitive key is in the ignition, so you ferret out what you know in your gut from all the belief systems you have acquired. Neutral is the place where there is an option to shift into trust—not someone else’s, but your own.

Create your own computer check to know what your human systems are indicating. Are there any lights blinking on the dashboard? If not, ask to be shown what is kicking in or out of synch. What memories stored in your cells are being triggered? Remember, you are in neutral, so there are no differences between the extremes. All memories are there to be of benefit to you. This is a vital approach for the utilization of a multidimensional position. Neutral is where you are able to look around the room. It is also the place where you can “neutralize” the room, so to speak.

To neutralize, you remain in place with all systems functioning. It is the split second when you move from judgment of the haves and the have-nots, from the should’ve, could’ve and would’ve. With conscious purpose, you are aware of more and more about yourself, your processes and your compensatory strategies.

WEAVING A BASKET

Before this subtle awareness, you were weaving a tapestry. Yes it is and was very beautiful, including gold and silver threads with many intricate twists and turns of design, but it was flat, with a topside showing the finished design and an underside of loose ends, knots and dangling threads. A tapestry is hung on a wall or across a table. Basically, it is like a canvas to look at; it tells a story, although it also may keep out the drafts or cover scratches.

Now, as you slip into neutral, you begin to weave a basket, a three-dimensional vessel. It requires finesse to be more carefully aware of the shape of this pattern. The design is much more involved, because it has to meet and connect on all sides to make a usable product. No strings are left to dangle inside. There are also many more sizes and types of uses for baskets. Some baskets are tight enough to hold liquids, some are just loose enough to let air in so small kernels of grain don’t mold and others are strong enough for heavier fruits and vegetables.

Whatever the purpose of your basket, when you slip into neutral, you are double checking its stability as well as making sure of the design. You realize that you constantly have to turn your basket round and round, looking at the outside *and* the inside in order to see the geometric pattern, the animals or flying birds connecting in perfect symmetry, in serene harmony without flaws. Beauty and balance requires patience and a careful, watchful, observant eye, as the intuitive self closely monitors what you are weaving, adjusting the staves to prevent a lopsided basket that topples over. It is much more involved than weaving a flat tapestry.

A basket is not like a jigsaw puzzle either, where you can put in one piece here and another piece there. Rather it is woven in a continual process, constantly monitoring all sides even as you intertwine the various grasses to create your design. This neutralizing process helps you to weave your vessel, knowing that each element must align all the way around.



Your car still has reverse and drive, but always remember that neutral is in between them both. To neutralize may be a subtle process, but nevertheless, it is very vital in your expanded awareness of the frequencies within a multidimensional world. You do the “Hucklebuck” dance; that’s what is all about.

Some may see this message as shallow or even silly, without concrete information. Constructive guidance is that which assists you to find your own way. We give you no exact instructions about what to do while in neutral, only that a door is now open. How and when you walk through it and what it looks like is vastly different for each person. If several people or a small group begin to investigate something at the same time, however, you can garner support through sharing. Take time to walk with all antennas up, ready to receive. *

1. Note: I hear the words and then www.dictionary.reference.com helps to clarify some aspects: “Cataclastic: Relating to rocks consisting of cemented fragments that originate from the mechanical breakdown of rock associated with plate tectonic processes. Cataclastic rocks form in regions that have undergone intense metamorphism. . . . They typically contain bent, broken and granular minerals.” How descriptive of our life journey!

Body-Soul Work for Physical Health

Amma through Cathy Chapman

Dear ones, I am Amma, the divine mother, and I am your mother. I wish to continue where we left off last month. Previously, you met your body-soul and worked with your body-soul on evaluating and strengthening your heart source. In this session you will learn to work with your body-soul in evaluating and making some changes in your physical body.

STRENGTHEN THE HEART SOURCE

First, move into your heart source. Enter into the front and back of your heart center. Now enter the front and back of your third eye. Connect the two with a beam going from your heart to your third eye. Bring the beam of energy up through your crown to the center of the universe—no need to worry where that is—and also bring the beam of energy down through your body into the center of the Earth.

Connect with your body-soul—simply ask your body-soul to come to you—and begin an evaluation of each part of your heart source. Perform your personal evaluation before you ask your body-soul. This is so you will begin to feel any weaknesses in your heart source at any time. Then strengthen your heart source in any way suggested by your body-soul.

In case you are not yet able to “hear” your body-soul, these are a few ways to strengthen your heart source:

- Spin all chakras—front and back for the second chakra through the sixth chakra—in the correct direction: clockwise in the northern hemisphere, anti-clockwise in the southern hemisphere.
- Ask Spirit and Gaia to bring energy to you.

KEY POINTS

- Continue your work with the body-soul—by working with your body-soul and heart source, you can target and heal physical ailments.
- You can work with the body-soul to relieve genetic “curses”—diseases that have been passed down to you. You can even work to remove these diseases from others in your family and from past generations.
- Using these techniques, you can also heal your genetic code from the damage done by past encodings.

- Image energy coming into your crown and moving down your spine into the Earth.
- Image energy coming up from the Earth and moving up your spine to the center of the universe.

There are still other ways to strengthen the heart source: deep breathing, physical exercise, laughter, unconditional love, heart-centered sexual activity, good food, emotional healing and more.

COMMUNICATE WITH YOUR BODY-SOUL

Every morning and at varying times of the day, you will find it supportive to do an evaluation of your heart source. Make any corrections necessary. Now, from your heart source, connect with your body-soul. Ask your body-soul to direct you to the part of your body that most needs to be addressed for healing and health. Something will “pop up” in your consciousness or your attention will be drawn to a part of your body. This may be an individual organ, a part of the body or system of the body, such as the circulatory or lymphatic system. If you are familiar with anatomy and physiology, you will receive more precise information. If you are not, you may receive a general location. Do not doubt yourself if it is something you are already concerned about. Many are afraid they are making something up. Trust what you are receiving. Trust yourself.

Tell your body-soul you would like to work with this part of your body so that it functions at its optimum level. This is a conscious communication to your body-soul of your desire, because your conscious desire may not be in alignment with subconscious beliefs. Know that optimum functioning may—at this time—be different than perfect functioning. There may be other issues occurring with your physical or energy bodies that prevent your body from operating at its highest possible level.

The ultimate goal is to have your body communicating fully with every aspect of itself and working at its highest level of health and efficiency. Why don't you tell your body-soul right now that this is your ultimate

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goal? Setting your intention for your body as a whole, as well as for individual parts or systems of your body, tells your body-soul there are going to be changes. Simply stating, your intention may initiate the changes before you do the more specific exercises.

To further anchor the intention, imagine yourself moving and performing activities with a fully healthy and functioning body. Say aloud what is happening. For example, "I move fluidly and easily." Feel the emotion you would feel when this is true for you—peace, joy, happiness or contentment, for example.

RELEASING A GENETIC CURSE

There are a number of reasons why your body is not functioning at its optimum level. Some of these are: encodements, experiences you planned for this lifetime, beliefs, discordant energy attachment and curses. For today, we will work on releasing curses. Let's expand on what you may know about curses.

As an individual, you can be cursed and you can curse yourself. In some cases, curses may be formal rituals, which is what most think of as curses. But often a curse can be any statement or declaration made with the force of energy by yourself or by another: "you're stupid," "this cancer will kill you," "I'm worthless," and so on. A family curse can present itself as a physical or mental abnormality passed down through generations. You need to gather some information before beginning this process. Make a list of mental, emotional and physical disorders seen in your family. One or more of them may be due to a generational curse. If you were not raised in your genetic family, make an additional list of the disorders seen in the family in which you were raised that have an affect upon you. Few people raised in a family other than their genetic family know of their genetic history. If you have a difficulty that is not seen in the family in which you were raised, you may be dealing with blood family history.

When you have prepared your list, ask your body-soul which of those on your list has a curse attached. Now ask

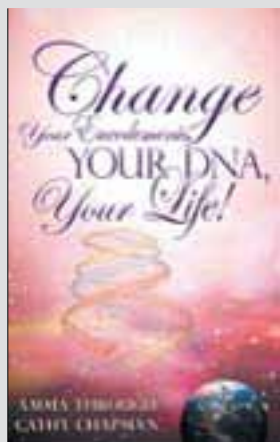
the order in which you should work with the curses. Don't worry if you aren't able to receive a clear answer. Simply select the one you feel pulled to address. You will prepare to release the curse by forming a visual picture of what life will be like without this disorder. I will use addiction for this example, but you may substitute the family issue you wish to release.

If the problem is addiction, how would your life look visually when there is no addiction in you or your family? Form a picture of how your body, or the body of the addict, would look without the addiction. Form a picture of what a family gathering would be like with the addiction gone. Form mental images of several different scenarios. By forming these images, you are breaking through the bonds of the energy of addiction and daring to see what life would be free of addiction. All of this is affecting your subconscious mind.

Imagine the emotions or feelings you would have with this issue gone. Examples would be peace, joy, contentment, happiness and so on. What would people be saying about you and your family if there was no addiction? What would you be saying to yourself? If things would smell different, as in no smell of alcohol, imagine that smell. With this process you are breaking free of the energy of what is and moving to what can be. You are giving your subconscious mind concrete examples of your life without addiction. Right now it only knows what life would be with addiction.

REMOVING GENERATIONAL ENCODEMENTS

The process of working with curses is the same, no matter what area of your life is cursed. Connect with your body-soul, your soul self and your encodement technicians. Tell your encodement technicians that you want to break the curse regarding the physical issue you have in mind. Ask that all artificial encodements holding in the curse be removed. Ask that all damaged and altered natural encodements holding in the curse be removed. Ask that all encodements of the curse itself be removed. This works



CHANGE YOUR ENCODEMENTS, YOUR DNA, YOUR LIFE!

AMMA THROUGH CATHY CHAPMAN

The first part of this book discusses what you call love. Love is the most powerful energy—you are made of this energy, so when you learn to harness it, you can do whatever you wish to do in your life. The second part contains powerful techniques for working with your DNA encodements. Discover how this process works so that you can make great changes in your life. Encodements will help you to do what some would call miracles. The third part contains what some call predictions, which are nothing more than my reading and interpretation of the energy at the time when the energy was read. Predictions can be changed to have a more positive result--the point of my making predictions is so that you can change them.

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with the superficial or “top” level of the curse. This can also remove a curse placed upon you as an individual. Removing that curse now will keep it from being passed down to your children and grandchildren not yet born.

Now you will work with the familial nature of the curse. This curse could have been started many generations ago. It does not matter how or why the original curse began. You will, however, go back to where the curse began.

Set your intention to remove the curse from its origination point. Connected with your body-soul, soul self, and encodement technicians, ask these questions: “Does the curse originate on my mother’s or my father’s side?” Once you get “mother” or “father,” ask, “Was it in my mother or father?” Keep asking until you go no further. That’s where the curse began. The curse itself has encodements. You are going to remove the natural encodements of the curse from the one who was first cursed. You will then work through your family line and then yourself. In addition, you will work with your genetic code.

WORKING WITH PAST AND PRESENT GENERATIONS

Now for a little time travel. There truly is no time. Everything you do is happening in the now, even if it seems to be hundreds of years ago. Simply ask your body-soul, soul self, and encodement technicians to take you to the time when the curse originated. Ask that all natural encodements of the curse itself be dismantled from the one who was originally cursed. Ask that all damaged and altered natural encodements within the person cursed be repaired. Ask that all artificial encodements resulting from the curse be removed from this ancestor. You will do this for each generation in the family line beginning with the children of the one originally cursed. For example, if the curse originated six generations back with your mother’s mother’s father’s father’s mother’s father, you will begin five generations back with your mother’s mother’s father’s father’s mother.

I smile as I say don’t get confused with all the generations. Simply begin with the generation who was first cursed and go forward in time until you reach the parent who passed the curse on to you.

You will follow the process done earlier. If it is more convenient for you, do one generation, take a break, and then do the next generation. If you have the time and energy, you may do all generations at one sitting if you wish.

If you are breaking the curse in someone still living, a parent or grandparent, for instance, connect heart to heart with that person. Ask for assistance from the individual’s soul self, body-soul and encodement technicians, following the same steps you followed earlier. Continue this process until you have removed the encodements of the curse down through your mother or father. Now you will go deeper within yourself to remove the energy of the curse. Ask that all remaining natural encodements of the curse itself be dismantled from you. Ask that all damaged and altered natural encodements resulting from the curse be repaired.

Ask that all artificial encodements resulting from the curse be removed from you.

You may then work with any children you have—in this case, as is true for working with any living parents or grandparents, each person has the right to refuse your assistance. When you pray for someone, which is a form of energy healing, you are asking Spirit to intervene. Each individual may accept or deny this spiritual assistance if they wish. The encodement technicians will do nothing contrary to the desires of the individual. You may ask for the release of the energy of the curse, but the individual or the soul self may decline. There can be many reasons for this, the most important being a soul path you are unaware of. Your gift is what we will call the prayer of breaking the curse. What someone does with your gift, accept or deny, is up to him or her.

A side comment here—you may work to release the encodements from a curse in an entire generation at one time. For example, you may release the curse from yourself as well as your siblings, all of your children and all of your grandchildren. Yes, you may release the curse from a generation past also. What I mean is that you may work with your parent and all his or her siblings. However, I suggest that, until you gain some experience, you work with one individual at a time. This work does require energy.

Back to your children. Connect heart to heart with each child—you may do this individually or as an entire generation. Ask for assistance from the individual’s soul self, body-soul and encodement technicians. Ask that all natural encodements of the curse itself be dismantled from your children. Ask that all damaged and altered natural encodements resulting from the curse be repaired. Ask that all artificial encodements resulting from the curse be removed from your children.

HEALING YOUR GENETIC CODE

The energy of the curse has an effect upon your physical body. You are now going to work with the curse as it has affected your genetic code. Ask your body-soul to connect with the perfect template of your body, what is called the Adam Kadmon. This is the representation of the human on this Earth in all his or her glory, with all her or his potential realized. Ask that your genetic code affected by the curse be aligned with the corresponding genetic code within you. Ask that all artificial encodements interfering with this alignment be removed. Ask that all damaged and altered natural encodements interfering with this alignment be repaired. Again ask that your genetic code affected by the curse be aligned with that of the Adam Kadmon. Ask that the changes in your entire encodement system be harmonized.

You may ask that this be done for any living ancestors as well as children and grandchildren. If you choose to do this, ask for changes in one generation at a time. Now that you have the entire process, you may repeat it as you feel motivated to do so. This is a powerful process, dear ones. May your life be filled with blessings. ✱

The Next Level of Spiritual Awareness

Archangel Michael through Ronna Herman

Beloved masters, the majority of humanity has forgotten that within the universal laws there is a God-given right that allows each human being to reclaim the ability to commune with the ascended masters and the great beings of the higher realms. Internal communication is a direct sharing of thoughts without words or sound. This is your natural state of being. However, there are prerequisites and conditions that must be attained before you can access the universal telepathic airways.

While in your pyramid of light in the fifth dimension, ask that your guardians, guides and angelic helpers join you there. Ask your personal council of light to assist you in your endeavors, to strengthen your resolve and to give you the power, will and wisdom that you need to move into the next level of spiritual awareness. You all are in a critical phase of your spiritual growth process whereby you are being asked to release all that is holding you back from the spiritual freedom you are seeking. This means dysfunctional and restrictive relationships, harmful addictive and negative habits, and thought patterns and possessions that are taking up too much of your time, effort and abundance.

During this shifting of the ages cycle, you are experiencing a great variety of transformative changes. You are reclaiming all the personal fragments of energy and thought forms that you created during your long journey into the physical expression. You are reuniting with the many sparks of consciousness that make up your divine self and your soul family, and you are also striving to become a spiritual, human adult while existing in an ever-expanding, multidimensional realm of physicality.

KEY POINTS

- "During this shifting of the ages cycle, you are experiencing a great variety of transformative changes. You are reclaiming all the personal fragments of energy and thought forms that you created during your long journey into the physical expression."
- You will be lifted from the third and fourth dimensions through the effort of examining your beliefs and discarding what no longer serves your greater good.
- "When we forgive others through our loving intention, we return the negative vibrational patterns we have created back into neutral light substance."

BE IN THE WORLD

Those of you who have laid the groundwork and are well on your way to self-mastery are now ready for the next level of spiritual awareness. You, the starseeds, the brave ones who have suffered through and emerged triumphant from many dark nights of the soul in order to purge yourselves of old self-limiting concepts and energy patterns, are now ready to step to the foreground as the vanguard of evolving humanity and the inhabitants of the light, bright and refreshed Earth.

You must consciously examine your beliefs and discard those that no longer serve your greatest good. You must remove yourself from the restrictions and the distortions of the collective consciousness belief patterns of the past. By doing so, you will gradually be lifted from the stifling density of the third- and lower fourth-dimensional environment. You must disentangle yourselves from the confinement of misplaced obligations, real or imagined restrictions, and distorted, debilitating beliefs of the lower realms of physicality. Being in the world but not of it is one of the most important truths a budding master must learn and apply.

Your main goal is to return to an accepted spectrum of duality, whereby your energetic signature is vibrating at a harmonious frequency pattern that is compatible with the mid-fourth dimension or higher. This is the required level of harmonious frequencies needed to tap into the power and magic of the transmuting violet flame and to begin to access and use a full measure of adamantite particles of creator light. This light has consciousness, and as you assimilate it and activate it with your loving intention, the gift of higher consciousness is yours to use and to share. Never forget, this Creator light is your lifeline to the All That Is.

The world within is filled with magic, wonderment and access to abilities that are beyond your imagining. You have spent a much longer time in a nonphysical reality than you have in a physical body. Earthly existence is merely a moment in time compared to the eternity of the higher realms. Your sacred mind is a storehouse of past experiences, wisdom and cosmic

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law. When the soul merges fully with the sacred heart, it is a grand union of monumental proportions. The soul, your intuition and your inner-sensory abilities are all etheric light sources. When your intentions are centered in love and projected with purity, you become a powerful source of sacred fire energy.

YOU ARE THE INBREATH OF CREATION

Some time ago (*Sedona Journal of Emergence!* January 2004) we gave you a message entitled “You Are the Inbreath of the Creator.” In that message, we told you, “There have been some misconceptions about the inbreath, and the popular belief has been that the Creator will ‘breathe in’ all that has been created. This is not true. The Creator is sending forth Its radiance to incorporate all the magnificence that has ever been created. Beloved ones, you are the inbreath. You will breathe in the essence of the Creator as you ready your human vessel to receive more and more refined light and the rarefied vibrational frequencies of the higher realms. You, in your human vessel, will incorporate the essence of the Creator that is flowing down onto the Earth plane.”

We cannot emphasize enough how important the breath is in reclaiming your divine nature. It is not the shallow breathing that the majority of people on Earth have accepted as the proper way to breathe. This type of shallow breathing has resulted in many debilitating symptoms and dis-eases as well as limiting your intake of divine essence, which is critical to your well-being and the reclamation of your vessel of light.

We have explained and emphasized the Infinity Breath, the Accordion Breath and the importance of the practice of breathing with intention. The Infinity Breath could be called the Ascension Breath, for it aligns your galactic chakras with your physical vessel, and it opens the return passageways to the higher dimensions. It speeds up the process of building your ascending vehicle of light, called the merkavah. It also facilitates the opening of the portal to your sacred mind and the front and back portals to your sacred heart.

The Accordion Breath facilitates a double benefit: It draws forth the adamantine particles stored within the root chakra and also the adamantine particles stored within your etheric replica—located within your fifth-dimensional personal pyramid of light—which flow forth from the city of light in which you have established a connection. This supplies a continuous flow of Creator particles to and through your physical vessel, then out into your personal creator wheel and ultimately out into the world of form.

THE SACRED BREATH

In the past, we have also spoken about rhythmic breathing, which could be called the sacred breath. When practiced regularly, this technique will energize your bodily form and improve your health, for it will supply your physical being with the radiant particles of God light needed for optimum performance and longevity. It is also an effective way to radiate the violet flame or adamantine particles of

light out into the world of form for the benefit of all. The sacred breath entails deep inbreathing that begins in the lower abdomen. Breathe deeply and slowly as you extend the stomach and then the chest area while you envision the breath slowly rising up and out of the crown chakra.

When you have filled your lungs to the maximum, hold the breath for the same span of time as the inbreath. Envision a ball of light slowly moving down your column of light as you gradually release the breath, drawing the stomach in as you hold the breath the same length of time before beginning the next inbreath. You should state your intention (affirmation) before you begin the sacred breath, such as radiating the violet flame or adamantine particles of light out to the world or any of the brief affirmations you have been given.

In order to get the rhythm of this type of breathing in the beginning, you may wish to breathe in to the count of five or seven, hold for the same count, breathe out and hold for the same count until you are comfortable with the process. All four actions should be of the same duration with a smooth, fluid, effortless motion. This is also a wonderful group activity and a powerful method for spreading the violet flame and the divine light of the Creator. As you become accustomed to deep rhythmic breathing, you will no longer be comfortable with the short, shallow breathing techniques used by the masses.

TO RETURN NEGATIVITY IS DIVINE

Recently, a dear, dedicated soul asked this important question: “I have a question about the practice of the forgiveness affirmation: ‘I forgive everyone with whom I’ve shared conflicting, discordant energy during my present or past lives, and I return to them, wrapped in a bubble of love, all negative memories, impacted energies and probable futures we have created together.’ I have been doing this daily and have found it to be extremely powerful. My question is: Why do we return the memories, energies and probable futures to the other people? Why not release them altogether, perhaps into the violet flame?”

Our answer to her was, “When we forgive others through our loving intention, we return the negative vibrational patterns we have created back into neutral light substance. However, the other person’s vibrational patterns are still in the original discordant form that was created during the negative interaction between the parties involved. We cannot transform their negative energy; they have to do that themselves. However, by wrapping their negative vibrations in love, we are sending them a gift of adamantine particles along with their negative thought forms, and if they so desire, it will give them a gift of love and light with which they can transmute their negative thought patterns more easily.

“If they choose not to accept the gift and, thereby, not learn the lesson involved, it will manifest again through another person and situation. However, we are released from that karmic interaction and will never have to experience it again. We have gained the wisdom from the

experience, for we have responded in a loving masterful way. That is why I tell you, 'You cannot change anyone else; you can only change yourself, which will change the dynamics between you.'

"It is the same with the love and light we send out through our personal creator wheel. It not only benefits us and helps us to manifest what we desire for the greatest good, but we are encased and moving in an auric field filled with adamantine particles of love and light. This is why people wish to be near us and why they feel inspired and lifted in our presence. If they open their hearts to the gift, they will receive an infusion of God light through us, and it is the same with the Iridescent Pink Ray of divine love of the goddess and also the transforming violet flame. We become bearers and conveyers of this divine energy when we move into a state of balance and harmony, aligning ourselves with our I Am presence and sincerely asking that everything we think, do and say is for the greatest good of all. Remember, I said the most beneficial gift of tithing is to share the Creator love and light that we receive with others until the time comes when they can access that blessed gift for themselves."

DO NOT FORSAKE YOUR WORLDLY PLEASURES

Allow us to give you some more thoughts to contemplate until we come together again next month. The reality of the senses—of physical body consciousness—is when you are in the flow of spirit, you will exist very lightly in your body, with no pain or discomfort. You may experience diminished bodily sensations except for an expanded feeling of love within the heart area, and you will experience a great sense of well-being and harmony.

You must become aware of your physical body consciousness as your body elemental wakes up, so to speak. Gradually, it will begin to work harmoniously with you to

correct all the miscreations you have manifested within your bodily form due to erroneous thought forms. Over time, you will become more sensitive to your body elemental's signals. You are constantly being bombarded by the input of the five physical senses. Moment to moment, you are either evolving or devolving. Nothing remains static. Problems arise when there is a lack of attunement or empathetic alignment with others. A negative environment caused from self-serving, inharmonious conduct often results in friction and alienation. Each of you must closely examine your own feelings, actions and projections of life-force energy, because when they are tainted or misqualified, they are potentially disturbing and destructive rather than empowering and constructive.

Do not deny yourselves the blessings of the physical realm, which are your divine birthright, by becoming a devout ascetic like so many in the past who have sought ascension through denial by forsaking all worldly pleasure. This path does not lead to self-mastery and enlightenment. Centered self-awareness, pure thoughts and the ability to rise above the discord created by hate, resentment, jealousy and greed are the quickest ways to tame the ego and return to a balanced and harmonious state of being. When you reach a certain level of self-mastery, we endeavor to encourage you and to get your attention by intensifying the love and light within your sacred heart. It could be called a spiritual light infusion.

If you can view all that is presently in your life as transitory except the love and light and spiritual fire within your heart and soul, then you will know what we are trying to convey to you. Release your fear of the past and future, eliminate the emotional and mental controls others have over you and become the free spirit you were meant to be. We are ever near to assist and inspire you. You are loved profoundly. I am Archangel Michael. ✨

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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The Ages of Spirituality

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, I greet you in love and wonder as the planet moves once again toward a point of equilibrium in the vernal equinox. How exciting to be able to celebrate balance with the entire planet! On the vernal and autumnal equinoxes, light and darkness are balanced, and people living all over Earth experience roughly twelve hours of each because the Sun is perfectly aligned with the equator. This alignment is so powerful that it changes the effect of gravity for a day, and many folks over the years have celebrated the event by standing an egg on its end. It should remain standing on its end, barring any encounters of bumping and jarring, until the Sun begins to set. As the Sun sets, its gravitational pull shifts, and all standing eggs tip and fall and will not stand in similar fashion again for another six months.

All tricks aside, the equinoxes are two points every year when planet Earth celebrates balance. Because the energies are so strong on these days, it is a good practice to join with the planet and celebrate balance in one's own life as well. Indeed, ancient cultures built megalithic monuments to capture the energy at specific times of the day on equinoxes, particularly on the vernal equinox and often at sunrise. Of course, ancient people were much more connected to the exchanges between the Earth and the Sun than are most people today, since they recognized that virtually every living being received some measure of potential from that powerful relationship. Whether the equinoxes were seen as a celebration of death being vanquished by the power of rebirth or simply acknowledged as a means for marking the passage of the year, it is clear your ancient ancestors recognized the equinoxes as points of special merit.

A YEAR OF BALANCE LEADS TO A YEAR OF PURIFICATION

As most of you will recall, the theme I offered for 2009 was that of balance, and in a year of fairly concentrated lessons for those subscribing to my Teachings of the Month, I asked my students to be keenly focused on areas in their own lives as well as in the world at large that were out of balance or simply needed greater balance. World events shed great light on global areas in need of balance as well as areas arising within particular continents or specific countries. For many people not connected to my work through the Vajra Flame Foundation, the events of the year awakened knowledge in areas of their own lives that were in need of greater balance. How nice, then, to be able to celebrate the new levels of balance gained—as well as those that are still in the ripening process—on the upcoming vernal equinox, March 20 of this year.

KEY POINTS

- People begin to recognize the need for purification on personal, collective and global levels in this year of purification.
- “Most of you are now aware that to experience spiritual liberation, you must break through the barriers in your minds that have previously held you captive to the lower mind.”
- Outlining the “ages” of your time may help you identify cycles in your life that correspond to those going on in the world.

The theme I have offered for 2010, that of purification, follows nicely upon the heels of a year focused on balance. You could even say that working out or integrating the balance gained or understood in 2009 can only occur as a result of some form of purification, whether individual or collective in nature. Indeed, not all the equanimity that was comprehended in 2009 could be realized in the same year, particularly since many of those flashes of comprehension came during the last part of the year. However, as people recognize the need for purification at personal, collective, national and global levels, that which was comprehended in 2009 may be realized in 2010. Since March is the final month in the first quarter of 2010, the equinox comes at a propitious time for individuals, nations and the world at large.

In the past few decades, I have noticed that among populations of the West, there has been what could be called a massive race into chaos. For most folks, it seems as if life on planet Earth has sped up considerably. Even so, there are still twenty-four hours in each day, and that fact has not changed since the planet began circling the Sun. However, as society has become more complicated, offering more distractions and avocations for folks as more information has been amassed, the average life of the modern human has followed suit. With a continually increasing amount of matters to attend to—and perhaps escape from—the average attention span has shortened considerably while the complications of ADD and ADHD have

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markedly increased. As a result, many people feel their lives to be completely out of control. Thus, lacking ample role models for equanimity, most have “normalized” the presence of ongoing chaos in their lives.

On the one hand, such modification demonstrates the adaptability of the human species, which, apart from ensuring survival, demonstrates the ability of the race to endure in spite of the fact that conditions for optimal functioning have clearly declined. However, we must also note that perhaps something important has been lost in the process. If that lost something remains lost for, say, two or three generations, then that which has been lost can no longer be comprehended by those who have lost it. In other words, it simply seems to most people that a chaotic, stressful, deadline-driven life is normal. It also seems normal for people to be overtired and yet unable to sleep properly, to be dissatisfied and grumpy, or perhaps to feel incompetent to handle the pressures of their lives. They tend to be overwhelmed and underconfident, nurturing little insight into the nature of the problem. Simply stated, no one can attain balance who lacks a sense of what balance looks and feels like or who may be clueless as to how balance functions in a life lived with naturalness and ease.

THE HUMAN RESPONSE TO UNEXPECTED BEAUTY

While it may be clear that a daily meditation practice can provide moments of equanimity and, over time, offer the meditator a calmer core from which to extend into a chaotic society, meditation may not be seen as a necessity for regaining what was lost sometime between roughly 1965 and the present. While it seemed to most people that the rise of technical wonders would cure the problem, in truth, it seems to have further complicated it. Technology simply provided more machines and more information to master—and the seeming reality of less time in which to do it.

While a person of some spiritual sophistication might recognize all these complications as forms of illusion, that knowledge is remarkably unhelpful in rectifying the situation. In fact, the more one knows, the more one discovers just how much more there is to know. The more gadgets one masters, the more one discovers more gadgets that invite mastery as well. New gadgets are interesting, some even compelling, particularly to the deep recesses of mind that realizes something has been lost but knows not what that something is. Gadgets offer some much-needed creative stimulation, and for many, they offer a bit of ego reduction as well. So what if gadgets rule, leaving no time for meditation? After all, such is the way of the modern world, right? And thus it goes. One commits more and more of one's precious time to the mastery of gadgetry, often at great expense to personal and spiritual development.

An interesting account of a recent experiment by *The Washington Post*¹ has circulated on the Internet. The newspaper was investigating the matter of the human perception

of talent and beauty set in an unexpected context. A test was contrived that had internationally known violinist Joshua Bell playing in a Washington DC metro station. Just a few nights prior, Mr. Bell had filled a theater in Boston for a recital that offered ticket prices on the average of \$100 per seat. In the train station, however, Mr. Bell did not wear his tuxedo but put on a cap and dressed in unassuming casual attire. After playing continually for forty-three minutes in the morning rush hour, films of the event recorded that 1,097 commuters passed by him but only 7 paused for a momentary listen.

Twenty people tossed coins into his violin case, netting him approximately \$32 in cash contributions, but his stunning performance went largely unnoticed. The remaining 1,070 people walked within feet of this international virtuoso, his priceless instrument and the magnificent music of Bach without any discernible reaction. This surprised Bell, who is accustomed to standing ovations in the concert hall, and who received not so much as a single discernible clap in the train station setting.

The devisors of the experiment were left to wonder how much beauty is missed by the average person while in the trance of his or her complicated life. If people are too preoccupied or oblivious to break their trance states to experience one of the world's most acclaimed musicians performing some of the greatest music ever composed on one of the finest instruments ever created, what else might be arising that goes unnoticed—its influence therefore voided—for those caught in the web of the “more, faster” mantra? Are people today able to attend to the gifts of life that require them to break out of their trance states, or are they irrevocably caught and held by their preoccupations and mental projections?

MORE, FASTER

How could such situations come about if humanity is truly evolving into greater and greater regions of limitless consciousness? Return with me to the autumn of 1947 when the collective creative human intellect found a way to break what was then known as the sound barrier. Indeed, prior to the breaking of that perceived barrier, or limiting force field, many felt that traveling faster than the speed of sound was an impossible feat. Yet when it finally happened, a major portion of the collective human psyche was exposed to the possibility of stretching beyond all limitation. The breaking through of that barrier brought about a type of spiritual awakening to the fact that humans are primarily limited by the projections of their own minds. In fact, most of you now realize that to experience spiritual liberation, you must break through the barriers in your minds that have previously held you captive to the lower mind.

You will recall, no doubt, that in the early days, breaking the sound barrier caused a loud noise that was referred to as a “sonic boom.” However, as the ability, technology and scientific prowess allowed for even greater feats of aircraft speed, everything else was viewed as needing to move faster

as well. Computer processing was pushed to work faster and faster, and as its speed increased, so did the number of words per minute of the clerical typist. Repercussions of this great break through were witnessed and felt in virtually all aspects of life, and in fewer than fifty years from breaking the sound barrier, not only had the U.S. government put astronauts on the Moon, but they had done it without the fracturing insult of a sonic boom!

While all of this was certainly compelling and indeed stimulating to the collective American psyche, it turns out that at another, less conscious level, the collective psyche was creating a new national mantra, subsequently marketed all around the world: “more, faster; more, faster; more, faster.” Individuals at all levels of society began marching to the mantra’s drumbeat as if bidden to enter a vortex of super-creativity and infinite production. Some even became lost to themselves, confusing “who I am” for “what I do.” In the process, citizens became producers and consumers, and work cycles severely overpowered rest cycles, and the pressure of the career took forefront to family and friendly relationships.

Fortunes were made, and the work of physical survival became easy with the emergence of large grocery chains, nationally affiliated sellers of homes and powerful lending institutions. What could be better? While physical survival seemed easier than at any other time in recorded history, emotional survival was becoming more and more taxed as the society became more and more complicated. Each generation produced its group of rebels that sought to push the envelope of social psychology and human behavior, hoping to create a group identity in the process.

THE EFFECTS OF WAR AND TECHNOLOGY

In the 1920s, the rebels were those who put on short dresses and danced the Charleston, who visited speakeasies during prohibition and, particularly for women, smoked cigarettes in long, exotic holders. The first commercial radio stations began broadcasting between 1920 and 1922, connecting the nation in a way previously unknown. In the 1930s, with the repeal of prohibition, rebellion often took the form of drinking in public or imitating the carnal knowledge of the hip new film star Mae West. The 1930s also brought forth mob activities, gun toting and open rebellion against the law as the people struggled with the effects and aftereffects of the Great Depression.

In the 1940s, the rebellious youth looked flashier and more entitled. They had survived the Great Depression and had a new lust for finery. Swing was born and dance contests became fashionable. Post WWII saw sentimental music and the reshaping of lives after the Great War. With the passage of the GI Bill of Rights in 1944 [the Servicemen’s Readjustment Act] education became a high priority for many ex-soldiers. Indeed, by 1956, when the original bill ended, roughly 7,800,000 WWII veterans had participated in some kind of education or training program and nearly 2,500,000 vets got home loans backed by the Veterans Administration.²



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The 1950s saw young rebels riding motorcycles, wearing tight clothing and singing along with Elvis, but that decade also played host to the Korean War. Saddle shoes were very popular, and television was making a significant presence in middle-class homes. Modern conveniences made life easier—from kitchen work to farm work, people were certainly more dependent on modern technology.

The 1960s hosted the Vietnam war and a protesting young milieu that literally influenced the entire world. Marijuana and LSD became popular with young rebels, and a huge peace movement brought forth not only protesters against the war, but activists against racial discrimination as well. The Great Society was born under President Johnson, and segregation was abolished in the U.S.

In the mid 1970s, Gerald Ford took office, noting, “I assume the Presidency under extraordinary circumstances. . . . This is an hour of history that troubles our minds and hurts our hearts.”³ Indeed, it was an unprecedented time. He was the first vice president to become president under the terms of the Twenty-fifth Amendment. In the aftermath of Watergate, Ford became successor to the first President ever to resign. The times required much: Rebels marched in the streets protesting the treatment of returning Vietnam vets, inflation was escalating rapidly as the country came out of depressed times, energy shortages made their unforeseen and alarming appearance, and the growing power of large commercial and financial institutions was demonstrated in the rigorous—and expensive—lobbying of Congress. Life for the average American was undeniably more complicated. People were working longer hours and waiting in gas lines. Even so, the “more, faster” mantra held captive all who had fallen under its influence.

BARRIERS TO SPIRITUALITY

In 1980 came a new president, Ronald Reagan, and seemingly better times. Working skillfully with Congress, he passed legislation to stimulate economic growth, curb inflation, increase employment and strengthen the perception of national defense. He took a stand for elevating the image—and ultimately the power—of big banking

and big business, unknowingly setting the stage for the coming abuses of power by these giants. Even so, there was a renewal of national self-confidence under Reagan that, fueled by the “more, faster” mantra, led the way to not only a stronger peacetime economy but an even more complicated society.

The 1990s saw the prosperity of the Clinton years, the balancing of the national budget and an alarming increase of psychological depression in what was supposedly the greatest nation in the world. Pharmaceutical companies took on greater and greater prominence, and big agriculture wielded influence heretofore unknown. It was a time of high creative expression in the field of technology, and the rise of the dot-com business was thought to be the unstoppable economic force of the day. Applications for artificial intelligence seemed endless, and many of the older people feared computers would be the undoing of the human race. The power of megacorporations and megafinancial institutions was soaring, and huge cynicism was growing as people felt less and less significant in the shadow of rich and powerful institutions.

The dawn of a new millennium saw a new president, a very complicated society and a disenchanted populace. With the cataclysm of 9/11, fear enveloped the nation and much of the world. As the first decade of the twenty-first century progressed, apathy and depression grew as the dot-com bubble burst, as war was declared under circumstances that could only be described as questionable, as lending practices became more and more precarious—if not illegal—and as the national debt crept to its highest mark ever. For much of the decade, people were aware of unscrupulous banking practices but were convinced they were either helpless to turn the tide or not competent enough to even understand them, or perhaps both. Near the end of the decade, the egregious practices of Wall Street and the powerful financial sector became so outrageous as to precipitate the market crash of late 2008. People were left to contemplate their own future and that of the planet. The reach and potential of technology may have been at an all time high, but the relative level of inner peace and serenity was sorely failing for most people.

THE CREATION OF AGES

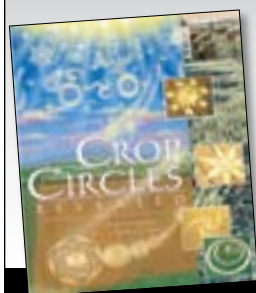
In this light, it is interesting to note a striking difference in the cosmologies applied to planet Earth from differing

traditions. In the West, the historical flow is seen to have arisen in a so-called Stone Age in which humans have been perceived as primitive and deemed to be less aware, less creative and certainly less brilliant than their current counterparts. The Stone Age progressed to a Bronze Age wherein human capacities are held to have risen remarkably, demonstrated by making and using tools for farming and fighting as well as for art culture.

The Bronze Age later gave way to a Silver Age wherein humanity created civilizations and began traveling between continents. Commerce and trade expanded, as did cultural influences one upon another. Most Westerners would see the modern age as a Golden Age wherein humanity has reached a level of sophistication not even dreamed of by those in prior ages. Many would even say that humanity has reached the peak of its potential and that the only movement from here is in a downward spiral. Hence many prophecies have arisen of one kind of doom or another for the course of the planet. The only salvation, if salvation is even possible, must surely lie with the aid of technology even more magnificent than what now exists.

While one might make this case based on recent planetary history, to cultures that embrace much vaster concepts of time, another case may be made. In Hindu cosmology, the creation of Earth is an ongoing matter, and it manifests in waves—which become ages—that correspond with the breaths of Brahma, the Hindu lord of creation. When Lord Brahma inhales, he gathers up all of creation, drawing it into himself. Then, as Lord Brahma releases his exhalation, a new cosmic day is created with his out-breath. Each cycle of these great creative breaths represents a particular age that demonstrates some facet of the evolution of Creator and creation.

In this tradition, it is held that the Golden Age occurred when Brahma wanted to imbue physical creation with his own essence. Thus the first age was an age when gods and goddesses walked upon the Earth. Never did they doubt their kinship with the divine. These beings, while human, possessed the capacity for maintaining full awareness of their divinity, since their primary focus was on the source of beingness as it ventured into physical manifestation. They lived peacefully with all other beings and were completely telepathic with the new human kingdom as well as the animal, plant and celestial kingdoms. They were said to enter the physical realm by walking along or floating



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down a beautiful rainbow bridge. These beings did not die, exactly, but would simply enter and exit physical form as needed or instructed.

This Golden Age was followed by a Silver Age, which is said to be an Age of remembering that there was a time when gods and goddesses lived and walked on Earth. Earthly inhabitants of the Silver Age were said to have lost their kinship with the divine but deified their ancestors, who were fully aware of their divine status. During the Silver Age, people lost their telepathic connections not only with the plant, animal and celestial kingdoms but with their own human kingdom as well. The ability to truly understand each other was also lost, and in the loss, the Bronze Age was born.

PHYSICAL POWER REIGNS OVER DIVINITY

The Bronze Age was one in which humans forgot about their true nature altogether, and they began to think of physical power as the closest thing to divine kinship. Thus humans waged conquests and fought wars. In this age, dignity and presence of being gave way to a lesser nature, greedy for power over other human beings, animals and plants too. During this time, famines arose as the shared human consciousness exalted itself above plant and animal kingdoms. Losing connection to the divine apparently left humans void of connection to the other kingdoms. During the Bronze Age, all manner of pestilences arose, and humans felt estranged from the divine rather than a part of the divine.

During the course of this extensive age, many realities have been explored. For some, physical power still remains the closest remnant to divinity. These folks generally interpret that some divine being needs or enlists their help to enforce whatever they hold true. For others, emotional power is seen as the mark of true power, and controlling others by their charm and the sheer force of their emotional power becomes the work of their perceived greatness. For still others, mental power is seen as the closest thing to divinity, and these individuals will seek to rule through the force and the creations of their minds. Ultimately, the mental powermongers are believed to win over the other two forms of empowerment. It is said that the Bronze Age will give way to a Stone Age, an age in which the divine is completely forgotten and technology is raised to divine status. Hindu astrologers have calculated that the world has recently entered this predicted Stone Age, referring to it as an age of confusion and chaos, the so-called Age of Kali, or Kali Yuga.

Kali Yuga is the natural ending of the world in what has been termed the Fourth Age and will serve as a type of bridge between the end of one creative cycle and the beginning of another. By legend, it is Lord Vishnu, one of the Hindu trinity members, called the Preserver of God, who will absorb the particles of the cosmic day that is passing away. Legend holds that Lord Vishnu manifests as an avatar on Earth during critical times when a divine

presence is most needed. It is said that he will manifest a total of ten times in the course of Earth's development. To date, he has manifested nine times, with the last three as follows: his seventh manifestation was in the form of Lord Rama, his eighth manifestation took the form of Lord Krishna and his ninth the form of Lord Buddha. In mythological language, he is prophesied to return again as Kalki, riding a white horse or spaceship with the assignment of destroying the corrupt age of Kali, and calling for Lord Brahma to breathe a new cosmic day, the prophesied Golden Age of Krita.

THE AGES OF YOUR TIME

While I am not wedded to either cosmology as a full representation of the truth, perhaps these two interpretations balance each other in a way that can be meaningful at this time. While these great cycles, or ages, can be seen as something occurring to the planet, I think they can be applied as perhaps stages of growth that arise in the spiritual development of a single consciousness as well. It is a good exercise to look through the phases of your life to date, and without needing to be strictly linear in your assessment, outline the "ages" in your own life that correspond to stone, bronze, silver and gold. You may find that you have cycles within cycles that can demonstrate the vastness of your own journey. How have the cycles in your own life corresponded to cycles you may have perceived going on in the world?

By scrutinizing your personal cycles, you will be able to see more clearly where greater balance is needed in your life. Do you have a sense that some kind of balance has been playing out in how you transitioned through cyclic changes? Are you able to observe within your own cycles the creation and destruction of various ages, or thematic periods? As you contemplate these questions, try to understand how your own life is a mythic journey that somehow holds the journeys of all humankind. Let 2010 be the year in which you purify any negative, unresolved energy with which you may be burdened. In so doing, you will be amazed at the mental clarity you summon, as well as the new level of balance that emerges for you, sharpening your insight and your perceptivity.

Walk in impeccability, walk in equanimity, and walk in joy and thanksgiving. Know that you are loved and appreciated beyond your ability to fully comprehend, and allow the celebration of your life to be a blessing to Earth. So be it! ✱

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Acceleration of Your Ascension Process

The Council of 12 through Selacia

In these past several weeks, you have been receiving an influx of highly expanded spiritual energies that will be the seed for taking your next big leap. What do we mean by this? These expanded spiritual energies are a part of the acceleration of your ascension process—this means your own ascension and the ascension of the Earth.

Ascension has to do with your vibration. It's about frequency and consciousness, both personal and planetary, meaning that as you change your frequency, your new energy begins to create a new type of energy on the planet. You see, you and other lightworkers are the creative force behind what you experience on Earth. It is your consciousness that drives the momentum of change. You decide what that will be.

MAKE THE TRANSITION OUT OF FEAR-BASED REALITY

This deciding is not a form of mentalizing, affirming or of using the logical brain; it can't be forced with your will. It comes from your heart, from accessing and expressing the love and joy naturally within you. It is a process of moving out of the fear you have been ruled by for generations of time, and this process of moving out of fear-based conditioning isn't an easy one. There is much to unlearn, much to remember and much to discover about how to skillfully make the transition out of third-dimensional reality.

Reality in the third dimension is linear and fear-based. Fear blocks your ability to experience love and wholeness. It blocks your ability to tap into your joy, and sometimes it even causes you to sabotage yourself so that you can't feel the joy naturally within you. When you live within that fear-based frequency, you cannot truly grasp the wonder of being a spirit in a human body. Your third-dimensional

nature has little comprehension of other realms and worlds that exist. It doesn't like change. This lower-density existence has been the human conditioning for over thousands of years on Earth, so do not judge yourself for experiencing it or label yourself as "wrong" when you still have moments when you find yourself stuck in 3D.

As you begin to see truth and rediscover your divine nature, you will ascend into a higher frequency of energy. This is an evolutionary process that occurs over time. In today's 2012 window, as Earth moves closer to the galactic center, this evolutionary process is greatly accelerated. There's no guarantee of how quickly your ascension will happen—that's up to each one of you—but have you noticed that some days are easier than others?

INVITING A NEW LEVEL OF TRUTH

Most people can be fearless and loving some of the time. The challenge is to hold that higher frequency when someone criticizes you, when someone else gets the promotion or when you have a major loss or disappointment. It's not as easy then. Your task now during this ascension process is to be unwavering in your determination and consistent in taking actions that come from your heart. You must do this, even when you see no immediate results. The need for immediate gratification, after all, is a trick of the ego and limited, third-dimensional reality.

It is vital now that you develop an inner strength that helps you to approach the world from willingness rather than willfulness. An attitude of willingness can be patient and wait for positive energies to manifest. It trusts in the good and fuels you to consistently act in a way that spirals your energy upward rather than downward.

Your process now is learning to question the status quo from a state of fearlessness, inviting in a new level of truth that you could not hear before. This is something no other generation has done so quickly and with such rapid progress at the level you are doing it. Do not underestimate this on those days when you feel as if nothing is happening.

KEY POINTS

- Remember that the process of moving out of the fear-based conditioning you have been born into and into higher dimensions is one that will take time, although you may have noticed that it is accelerating.
- Whenever possible, perform actions from the heart and maintain states of higher frequency, attempting to see things from a multidimensional perspective.
- "It is vital now that you develop an inner strength that helps you to approach the world from willingness rather than willfulness."

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SHIFT YOUR MIND TO A HIGHER FREQUENCY

What is so profound about this time now is that you are learning to receive in a brand new way, in higher vibrations. There are levels of this new type of receiving, just as there are levels of being able to be fearless. The key in this process is to begin recognizing the new level of truth you are receiving in the moment you are receiving it. It will be a multidimensional perspective—not three-dimensional—that gives you a bigger view.

It won't all be pretty or nice. You will see some things about yourself you'd rather not see. You will see things about other people and society that will have you wondering whether or not things are actually getting worse instead of better. At other times, the truth you reveal will bring you great joy. You will recognize an aspect of your divine nature, and in that moment, your recent difficulties will fade from your mind.

It will be like coming home after a very long and challenging trip: You take a deep breath, look around you to discover familiar surroundings, and you find a comfortable chair. The tension you felt on your trip is gone, and you feel at peace. Nothing really changed, of course, except your relationship to your experience. You are able to shift your mind into a higher frequency. That changes what you experience.

Other examples of holding the higher frequencies include those moments when you feel so connected to all of life that it's like floating in a sea of tranquility. These

moments might happen when you are alone, or they could happen when you are in a group of people. When they occur, know that they are originating from within you, connected to the higher frequency you are holding. It's not about the external circumstances. What you are learning to do now is to hold these higher frequencies within you more of the time. Eventually, as you inhabit a fifth-dimensional reality, the new energies will become as normal as what you had experienced before. You will then look at your fifth-dimensional reality as if it were the norm.

Meanwhile you can expect some speed bumps along the way. For example, as you are learning to find your center, you will sometimes vacillate between the high blissful states and the lower states of fear. When this occurs, it may be challenging to fully anchor the bliss you feel into your physical reality, but ascension doesn't mean leaving the planet and flying around in your bliss bubble. You are meant to bring spirit—and bliss—into your physicality.



The love and joy that you are needs to come into a full expression within you. Only then can you be free, happy and whole. That, in fact, is what each of you has come here to do. You are here to discover this jewel for yourself and to share it with others in your world. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. *

Give of Yourselves To Humanity

Expanded Consciousness through Miriandra Rota

You are now entering a new phase of living. Many of you are quite aware of the shift that has occurred in the world and in your personal lives. Some are floundering a little, wondering

KEY POINTS

- You are fully incarnate, and your time is now. You have never been as real as you are now.
- "As you go forth, know that you create your own story; now all previous stories are complete."
- "Now you are free from the illusion of separation from the whole, and now you are freed from those beliefs that did propagate such illusion."
- Give to humanity that which you have been as you give to yourself your newness of being.

which direction to take, which major project to participate in and if there is enough time in an entire lifetime to accomplish what seems to be begging to be accomplished. All of these feelings and concerns—as well as the opposite concerns that manifest in the feelings of failure and inability to proceed in any worthwhile endeavor—are a natural part of this shift in perceptions, direction and abilities.

You are now fully incarnate, though you may believe that you are still arriving. And with your full

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incarnation, you also bring with your fullness of being those abilities that will assist you as you begin to feel yourselves directed toward projects and creations—and more so, as you begin to feel yourselves directed by a force from within. This force is the real you beginning to engage with what will not only bring you fulfillment but also will assist the turning and shifting of humanity's relief and new direction. Your abilities are part of the whole, as you have the vocabulary, part of the entire picture. You needn't try to discern what your abilities are; they are many. Your abilities begin with recognizing your driving force, and though you may not yet know where this driving force will take you, you do know intrinsically that you are being and will be directed. You also know that you hear, discern and recognize such direction from within your own self.

Now Is Your Time

We come forth in this manner to speak with you and to assist you in the synchronization of all that is occurring within your very being and without in your world. While you may feel the urgency to begin and to rush forward into direct participation, we urge you to regularly find that moment of peace wherein you can not only replenish your spiritual focus but also during which you can receive further guidance. It has been your practice in the past, so to speak, to have an inkling of a glorious direction and to then immediately, as you say, "dive right in" and begin creating. Your creations have been most wondrous; yet we say that now is the time to reside within the natural rhythm of your creations—that is, to pause and establish your conscious union with inner peace, to discern your own guidance, and then to wait for the knowing of the best action, if any. In this manner, you will be able to go forth with ease, holding peace within your being.

Some of you have been practicing healers and have assisted many beings in healing. Others have been teachers and have brought expanded truths before the masses that they might be nourished in deep ways. Some have cared for the elderly, while others have cared for the children. Some are doctors, some are practitioners and all are healers using those methods and manners that were given, studied and developed during this life and during previous lifetimes. To you do we speak in this manner:

O healers, now is your time to teach others how to heal, how to assist the masses to heal themselves. O healers, now is your time to begin to pass on your great knowing, your great skills and your perceptions deep and most lovely. O healers, now is your time to gather those ones to you, those ones who will be hungry for your teachings. Hear these words: When there was needed two healers, there will now be needed twenty. When there was needed 2,000 healers, there will now be needed 50,000. And when you did minister to those who came to you within each day, you will not be able to minister to the numbers who will come to you. Now is the time, O beautiful healers, to teach—to teach that which you know, to give to those who are hungry to be what you have been, perhaps for lifetimes. There are many who feel

the desire to assist others to heal themselves yet do not know how. They are your students—those who feel the desire, just as you did long ago. Begin. Begin gathering them to you and teaching them. Begin now.

There are those of you who have been lovers of humanity. Who are you? You are those ones who see the beauty in each being, who see the beauty in mothers gazing at their children, who place before the hungry one those foods you have prepared. You are those who pray for the relief of suffering while tears of sorrow form rivers down your beautiful cheeks. You are those ones who fall in love with everyone. You are those ones who observe humanity in every manner of its being and love them all. O lovers of humanity, hear our words. To you do we speak in this manner:

O lovers of humanity, now is the time, your time, to write of your love. Now is the time, your time, to speak of your love. And now is your time to teach those ones who weep at your words how to love as you have. Now is your time to pass on to the many your wonderment at the beauty in humanity. And while you will always be lovers of humanity, where there were many who basked in love, not knowing its source, now there will be hundreds—nay, thousands; nay, hundreds of thousands—who will seek such love flowing from one human spirit being to another. We say to you, O beautiful lovers of humanity: Place your manners of perceiving such beauty and love into the hands and hearts of those who revel in your stories and in your writings. Teach them. Guide them. Teach and guide them in manners of perceiving the beauty that resides in each moment as humanity reveals itself to those who are able to see.

We say to those who are adept at a craft, a manner of creating within physicality, O masters of creation, hear our words. You have created beauty, you have created strength and you have placed yourselves within the physical nature of divine essence taking form. O masters of creation, hear our words. To you do we speak in this manner:

When once your creations were admired by hundreds, when once your building housed a family, when once your manner of creating brought fulfillment to those who had the great good gift of being in the presence of that which you do, now there will be those thousands—nay, hundreds of thousands—who yearn for that which you have so beautifully and naturally created. O masters of creation, we beseech you to go forth and teach that which you know. Gather those ones to you, those ones who yearn to do as you have. Teach them, guide them, encourage them.

And to those who hold within yourselves the myriad of knowings, telling yourselves that you are masters of none, to you do we speak in this manner: O masters of depth of being within physicality, hear our words!

O masters of depth of being, when there were one or two who listened to your instructions, your perceptions upon life's journey and your manners of creation, there will now be hundreds who will search for the knowing of so many manners of being. They will search so that their abilities to live in this new world might be honed and made holy with the depth of inner knowing. O masters of depth of being within physicality, when

they come to you, teach them, speak with them, allow your inner knowing to flow forth, for their hearts and their spirits are hungry for that which you have become. Their spirits are hungry to reside within the rich fullness of depth of being. Hesitate not in speaking that which you know and that which you have discovered, of those methods that are in the natural rhythm with nature. Hesitate not in revealing your tender secrets, thoughts and perceptions, for those ones will recognize that which is holy.

YOU HAVE NEVER BEEN SO REAL

O great ones, hear our words. You have arrived upon Earth. You are fully incarnate. Your time is now. As you go forth, know that you create your own story; now all previous stories are complete. The akashic of that which you are, of that which you do, of that which you feel, of that which you will know and of that which you create is now being written in this moment—always.

You have the words: there are no “shoulds.” We say to you, you have left those concepts behind in other times, in

other realms—in other lives wherein the patterns of sleep did hold you within them. Now you are free from the illusion of separation from the whole, and now you are freed from those beliefs that did propagate such illusion. Hear these words: You have never been so real.

Go forth! Give to the masses that which you have held to yourselves in order to know yourselves. Give to those who seek to learn that which you have used to identify who you were and are. Give to those who seek to discover those manners of discovery wherein you learned relations to the unknown being made known. Give to those who weep at beauty the manners of the deep love that has always filled you to overflowing. Give to those who wish to be as you those manners of being and discovering themselves in the majesty of who they are. Give to humanity that which you have been. Give to yourselves your newness of being.

Now you are that which you came here to be. Bravo! Bravo! We celebrate you and all that you have been—and more so, all that you are and continue to become. Great honor is ours in the knowing of you. So be it. ✨

Ascension Is to Live

The Radiant One through Virginia Ellen

Ascension is the process of living fully; you cannot ascend a dying body. The question is, how do you live fully? I say to you, call home life to be lived. Call home all of the moments you have denied yourself in life. If you had lived each lifetime fully, you would not be on the karmic wheel. Ascension comes through the willingness to live. One reason that you are dying off is because you have been shut off from your own life force energies. When you begin to feel deeply, you begin to live and ascend. Call home all of the past moments that you did not feel, the moments you denied yourself life. When you begin to feel these moments, you begin to live, and the cells awaken to new life. They will awaken to receive life force energies. This is how the body rejuvenates.

KEY POINTS

- “When you begin to feel deeply, you begin to live and ascend, and your cells awaken to new life.”
- As you develop your transformer and correct your own energy flow, you will no longer draw distorted energies to you.
- “You have been given life to be lived in joy or chaos.” It is time to return to the innocence of the child, transforming incorrect frequencies and returning to the hormonal flow and electrical currents of undistorted waves of energies.

ACTIVATE YOUR GREAT SACRED SEALS

Your cells are feminine and masculine. The feminine portion of the cell is magnetic. It magnetizes and receives the life energies that match its vibration from the first great seal, the sacred seal. As you call home past moments to live and feel, your cells will open to receive the vibrations of freedom and of life. Your second great seal transforms the feelings from the past and emits a new current of energy that converts the cells from density to light. Once the cell is active and alive, it then can receive life energies from the sacred seals in each moment.

As you activate each of your great sacred seals, it will send juices of electrical currents of energy to every cell. Each sacred seal has many electrical currents and secretions: passion, life energy, sensual energy, divine power, will, desire, security, trust, acceptance, love, joy, sexual energy and many more. These energies will be released from the sacred seals and sent throughout the body. The body will ascend its vibration and be illuminated with sacred energy and Christ consciousness.

There are 105 currents that can be activated in each great seal, and within the current of life, there are



VIRGINIA ELLEN
www.VirginiaEllen.net

twelve currents or waves of energy that can flow through the body. They are fed through the feminine sensors to the various organs and cells and to the central nervous system to the brain. The masculine portion of the cell is electrical. It sends the new vibration out to the cell next door and into the world outside, sharing its vibration, living its vibration and creating new cell vibration in the body.

This is why you can vibrate the word spoken when you become the vibration you are speaking. Once you become the vibration of the word spoken, the word will manifest. Your very cells are the manifestation of the words spoken. The great sacred seals will release the electrical currents of the words you are speaking. The cells receive through the magnetic pull, and the electrical charge is released from every cell that is awakened to the currents. Then the body vibrates the word, and the electrical frequency of the word is alive and sent out to be manifested. This is living as a master. You have within you everything you need. You have been given

life to be lived in joy or chaos. Go back to the child and to every moment you have shut off life by feeling. This is the part of you that has been left behind to die. Bring the child back to life by feeling. Let the innocence of the child return to you. You learned to be adults by absorbing the vibrations of your parents and by patterning yourself after adults. You also became what you judged as bad, wrong or weak in your parents. It is time to return to the child and transform those incorrect frequencies, returning to your innocence and to the hormonal flow and electrical currents of innocence and purity—undistorted waves of energies.

As you develop your transformer (second sacred seal) and correct your own energy flow, you will no longer draw distorted energies to you. You also will have the abilities to transform all energies that come to you. You will become transformation in action, a Christ who is a transformer of life, correcting distorted vibration and ascending life back to life—to life, everlasting life. ✨

The Circle of Grandmothers

White Buffalo Woman through Therese Dorer

I see a pathway that leads me deep into the forest and I am drawn to a light that emanates from the darkness. As I approach, I see a circle of grandmothers standing tall and straight, and I realize they are in sacred ceremony and can feel their intention and love as I draw near. The circle parts and I find there is a place for me to stand with them, I join the wise elders and participate in their ritual and song. When the ceremony is over, the grandmothers disperse, and I see White Buffalo Calf Woman as she approaches me.

KEY POINTS

- Those in the circle of grandmothers call you to embrace the divine feminine, connecting to Mother Earth with a sense of childlike wonder.
- Disconnection from the planet and her energies can cause maladies of both body and mind. By aligning your being with Gaia, you will find the support to heal and empower your emotional, spiritual and physical body.
- Ceremonies and rituals in which you honor your wisdom and intentionally connect with the grandmothers can help you to create pathways to the ancient wisdom that is available.
- Rituals take you out of your ego states, allowing you to go into the vast unconscious, where you will find support on a grand and visceral level.

You are welcome in the circle of elders. Welcome to the circle of grandmothers, for now is the time for the celebration of womankind and an encouragement from us on this dimension to you on the planet Earth to step into your power and strength. The power is within your body, your heart, belly, throat and third eye—entwined into the very fabric of your being. It is time to celebrate your role of being a woman. As you move further into the time of the two thousands—2010, 2011 and 2012—women will be called upon to honor their knowing, and deference will be made to them for their role in the unfolding of the New Earth energy.

The circle of grandmothers into which you were welcomed is very intentional, as there is a call to all who read these words to open their hearts and join us in this circle of wisdom. It does not matter what gender you were born with. Even if you are a man in this lifetime, you are asked to embrace your divine feminine, the energy that is within you that con-

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nects you to the Mother Earth and all of her promise and unconditional love. Within each of you there is an expression of the divine feminine and the divine masculine, and the balance of the two is imperative at this juncture.

SEEK THE WONDER OF GAIA

There is a knowing that is ingrained in your bones, and this knowing reaches back to the ancient wisdom that has been held for you by your lineage, going back to the original people of this Earth. At hand is a need for you to connect to the old ones—wise ones who are available for you to learn from. It may seem as if these wise guardians are invisible, but I ask you to notice that we are all around you. Take some time to walk upon the Mother Earth and notice what shows up as you visit and tune in to the magnificent Gaia.

Notice how the grandmothers show themselves. They may show themselves as a raven in the sky or a beautiful humming bird drinking the sweet nectar from the flowers. As you gaze at the sky, observe the clouds as they swirl and float, creating visions of angel wings. The stones that stand in the fields may be a representative of the wise ones who have walked upon this land before your time. You are aware of the energy vortexes at the sacred sites such as Machu Picchu and Chichen Itza. I would say that there are sacred stones in your own backyard that only need to be sought out by you.

I suggest that you take some time to be very present and allow your imagination to soar; you will be delighted at what you will begin to remember and discern. One step that may help you is to move into the energy of childlike wonder. The Mother Earth is your original mother, and so when you wish to hear, see and feel her secrets, it is important to approach your grandmother from the perspective of the child in your heart. Step softly upon this grand old one, and you will discover she has many wonders to share with you.

RECONNECT TO MOTHER EARTH THROUGH RITUAL

In your third-dimensional world, you and your bodies have become disconnected from the Mother, from her seasons and nuances. This is reflected in your sleep patterns, mood swings and the dis-ease that is so prevalent in your Western society. I suggest that these maladies cannot be helped if you mask their symptoms by ingesting drugs that keep you out of touch with your body wisdom. You can receive support by aligning your being with Gaia; here you will find the support for your emotional, spiritual and physical body to become healthier and more empowered.

The feeling of disconnection you might feel is your separation from the eternal unconditional love of Mother Earth. One step that may help you to connect in a more profound way with the Mother is ritual. I came to the first people of this land to help them organize ritual and form, and I encourage you to embrace ritual to help you to move away from your ego states and unite your lineage in knowing and empowerment. When you come to a ritual with intention, it aids you in connecting directly with the

Creator. There is no need for an intermediary; you can directly receive your knowing from the divine. The ritual you choose is, of course, up to you, but I would suggest that you perform your ceremonies in connection to the natural wonders that unfold, for these wonders have an energy that is supported by thousands of years of knowing from many lineages before your time.

You are in a time of remembering. The magnetism upon the planet is loose, and so you are asked to remember your wisdom from past lives, glean the wisdom from your present life, and even to source to the future to envision the life you desire to live. Time is your invention, so I encourage you to allow yourself the opportunity to be more fluid, source to different time frames and take the wisdom that will grow corn for you. Allow the flexibility of time to take you to the wisdom places of your past lives, glean the sweet nectar from this life and source to your future lives.

The act of ritual will open the old pathways to remembering; you will remember when you did a ceremony in past lives, and this will open the gateway to the wisdom you knew then, bringing it forward to this now time. Ritual supports you in your present life by reminding you to be in the present time and not to project into past stories or future worries. Your future dreams and visions can be supported by ritual as you send out prayers for the highest intention to come to you. Through ritual, you access your past life wisdom and your present time intention, aligning to your highest destiny.

When you take the opportunity to do a fire ceremony or a candle ceremony in which you honor your wisdom and intentionally connect with the grandmothers, you create pathways to the ancient wisdom that is available. The ritual takes you out of your ego states and allows you to go into the vast unconscious, where you will find support on a grand and visceral level. The full moon is one of the natural wonders of which I speak. Celebrate the Grandmother Moon as she shines upon your Earth; this will help to bond you to the ceremonies that have unfolded from time immemorial. The solstice and equinox are also wonderful opportunities to connect with the natural openings that are available to you. By honoring these natural junctures of time upon your planet, you create pathways to the mysticism and magic of the Mother Earth, stepping into the wonder she holds for you. This will bring you in tune with the natural rhythms of the Earth energy and will help you to create fluidity in your life.



There is a place for you in the circle of elders; there is a place for each of you in the grandmother's circle. Within its sphere, the circle holds unconditional love, light and truth. We are here on this side of the veil to hold space for you, for the unfolding of your dreams, hopes and desires. We hold space for your wisdom and the strength that you may have lost along your life's journey. Our collective energy supports all of the mothering that unfolds upon the

Earth. We embrace the birth of the new children, the emerging of the baby elephant, the wolf cubs and the new chicks in the eagle's nest. We offer you support, as midwives for your soul, to birth new ideas—for your business,

change of residence, a new relationship or whatever you wish to make manifest. I thank you for your attention and trust in my words. I am White Buffalo Calf Woman, one with the Circle of Grandmothers. *

All That Has Been Hidden Shall Be Revealed!

St. Germain through Molly Rowland

Greetings, beloved masters. It is our honor to serve you in this time. We come to speak to you about the monumental changes that are taking place right where you are. Certainly there are many distractions occurring that cause you to dwell upon the limits of your planet now in this time. Everywhere you look, in all that you listen to, the media is presenting you with information that requires your discernment. You simply cannot take anything that is said at face value. This person says that things are just this way, but over there another person is absolutely assuring you that this is not the way things are at all. The ethics of those in high places are being exposed for the limited, fear-based aspects under which they have functioned. We have said that just because someone looks the "right" way, says the "right" thing or even has the "right" credentials does not mean that they are what they appear to be. What is the ceiling of their credibility? What is the measure of your willingness to see beyond what you have always believed is so? Beloved masters, "Ain't nothin' what it seems!"

THE WISDOM OF THE AGES IS RIGHT WHERE YOU ARE

Right where you are right in this moment, there are mystical, magical energies moving that will open portals of goodness beyond your imagining the instant you are willing to stop trying to find them. For longer than anyone on Earth can remember, the way of obtaining what you want has been through war: fight to get what you want, fight to keep what

you have, fight in defense of your right to get or keep what you want or have. The moment we speak of some powerful secret, your mind begins to work on thoughts such as: "How can I get that secret and use it for myself—or even better, keep others from getting this knowledge or information to use better than I can." Yet the wisdom—the secret—I am speaking about holds no competition, because it is available to each and every person in their own time. It cannot be withheld from one person by another, because no one person or group of people can own it or control it. It is the most precious and valuable wisdom, and it has always been with you. Throughout time, a few have found it. Some of these souls thought that they had something that no one else could get. Some understood that this mystical information belongs to anyone who can find it. Most people simply believed that the idea of this wisdom is mythological or allegorical and therefore not worth their time to look into, because survival takes too much energy to allow time to explore anything bigger.

Right where you are in this moment—in the ethers around you and in the cells of which you are made—the wisdom of the ages exists. War will never reveal it. Fear blinds the eyes that desperately seek it. Neediness prevents the veil from lifting. Plotting and planning will never open the door. The gateway is passed through surrender. You cannot fake surrender; pretense will achieve nothing. Surrender is not giving up but giving over. Perhaps the most difficult possession for any human being to release is control. It consumes the mind, stresses the nervous system, clouds the memory, takes away precious good from life and creates such fear that the possibilities of anything beyond the heaviness of what appears to be all there is dismissed.

To surrender is to allow that things you cannot see,

KEY POINTS

- The gateway to the wisdom of the ages is through surrender—giving over, releasing control and allowing that things you cannot see do actually exist.
- "If you begin to be willing to release how you think things are and allow yourself to be open to unlimited possibilities, you start to notice things you never saw before."
- Your good is right here, right now, and you can own all that is yours, for each master has been eternally gifted with all.

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hear, taste, touch or smell actually do exist. They are not somewhere out there, but here and now. You look at people and things every day and do not really see them. You see what you think is there, and you begin to assume that what you think you see is all there is. Often you even decide that if someone else sees something different, they are wrong. Yet a dozen people can look at a picture, and when they describe it to you, it may seem as though they all looked at totally different pictures.

Humanity has become addicted to taking things for granted that may not even be there. If you begin to be willing to release how you think things are and allow yourself to be open to unlimited possibilities, you start to notice things you never saw before. The texture of fabric, the tones of people's skin, the rich aromas of food or flowers—the geometry of which everything is constructed reveals itself to you in things that have always been there, but of which you were never aware. The mind says, "I don't have time for all of that," but beloved masters, you have all the time there isn't, for time has been one of the major instruments of control. The mind says, "You are a good and worthy person if you show up on time, but a bad or careless person if you are late—time is money." Here is a saying that perhaps you never really considered: "Time is of the essence!" Where else would time come from but the essence? But the interpretation of the world has changed the meaning of this saying.

YOUR GOOD IS RIGHT HERE, RIGHT NOW

So let's return to the idea of surrender. It means forgiving the need to say how things work. It means forgiving the need to be right. It means waiting for something to happen without letting your mind drive you crazy with "what ifs." It means discipline and focus without manipulation. It means love and compassion and gentleness consistently. Live it! Live it! *Live it!* Suddenly, when you are in a state of acceptance, you see beyond the limits of this illusion. You say, "Could it be heaven?" What you will see when you stop trying certainly could look and feel like what you have been told heaven is. The only difference is that you are included rather than just an observer. The real world is a breath away, a heartbeat away, right now.

"I wish I could be there" is a statement of disbelief, because it holds an energy of unworthiness. Pay attention to your solar plexus when you affirm, and you will begin to understand why so many affirmations do not work. You may think that what you are saying is a way of owning what you desire, but when you feel into the essence of it, you discover the underlying concept of lack is woven into the fabric of the statement. "The good I want is still out there, away from me somewhere, and I have to find it." For many, that is what the path is all about—the journey to where the good exists, the price you must pay for the good. Again, let us remind you that your good is right here, right now. We do understand that the concept can be frustrating because you cannot fight the unseen. You cannot corner the market on the invisible. You can own all that is yours, which is *all*,

but you can never own anyone else's. Each master has been eternally gifted with all. Yet the human mind cannot grasp the idea of all, and therefore the understanding that each person has a right to all and yet none can take that which does not belong to them seems insane.

The secret has spoken about believing in what you desire to create. Take that a step further and trust in what you cannot see so powerfully that it comes into focus. It is like adjusting the lens on a camera or binoculars until the image becomes clear. As your faith increases, your ability to see what you could not see before will clarify. The statement that "faith is the evidence of things unseen" has much deeper meaning. Faith adjusts the lens of the inner knowing and fine-tunes it until you begin to see clearly what has always been there.

When Columbus swore that the world was round, people wanted to lynch him—and Queen Isabella for backing him—for what they saw as some "wild-eyed idea" that would take money out of the public's pocket. When what he said turned out to be true, it changed the world. Many will say that the idea that a bigger, better, more beautiful world exists right where you are standing is a cruel lie. I assure you, beloved masters, it is where we are, and it is not closed to you except by your own lack of faith.

THIS GOOD BELONGS TO ALL

The paradigms are shifting. You cannot go back. There are many people who are fighting to hold onto what was. They are playing games that are based on old, worn-out premises. They hope to keep enough people in the dark so that their misrepresentations will go unnoticed. Revelation is exposing the unfortunate ways of the past. The reason revelation has been considered so dire is the fear of those who have for lifetimes made their fortunes off of illusions. Revelation is dispelling the façades of the few to control the many. A mark of the new order is equality. All people—not just human beings, but all people—were created in the image and likeness of God with the ability to co-create equitably. It has always been there right where you are, but the illusion said, "Fight—you must fight to get what is yours."

Feel into your solar plexus; feel the tension, the necessity to fight, and let it go. Let it go and focus on seeing beyond the limit. Let the tension be gone. It is all right; you don't have to prove a thing. You do not have to justify your existence or your right to God's blessing. Just allow yourself to move into the oneness and be lifted into those desirable surroundings that include everyone. Recognize the mental limits that want to define the beautiful places as only yours or only belonging to certain groups or strata of society. This good belongs to all. No one is excluded. No one is denied.

God is not measuring your worth by any standard. You open the gate by your own willingness, and no one can open your gate but you. You have the power within. It was given when you were created, and you now get to reclaim that power. You cannot get it by fighting. The power that is truly yours already belongs to you and can only be obtained

by the acceptance that you deserve it. You can see and feel what you, personally, must forgive in order to live powerfully, and you may even recognize what others require to give up in order to overcome. As you begin to understand that the reason you have not allowed your good is because you haven't really believed it existed, you will grasp why no one else can give you your good. They do not have the power to change your beliefs.



We will repeat again what we have said many times: You are magnificent, wonderful, amazing, divine, beloved masters with unlimited capabilities. It is now up to you to let go of your restrictions and allow the lens of your vision to

clear in order to see what is really there. There will be those who will shout loudly that none of this is true. They will attempt to prove that it has no grounding in fact. They will use the same old, worn-out excuses that have been brought out every time new concepts are presented. The question, beloveds, is whether you will still accept the limit: Will you have the courage to explore new territory and find yourself there? We do so desire that you will choose to discover the now and present future where you are. We support your inner quest and are willing to assist you as you become willing to accept our presence. Read this and read it again. Feel it. Embrace it and let it be yours. Until we meet again, in whatever manner that may be, I remain your humble servant, the Lord St. Germain. *

Evolving Beyond Linear Time

Edgar Cayce through Bente Hansen

25 September 2009, Pawling, NY

It is not always easy for this one [the channel] to explain in a larger context what really happens within what you refer to as "your body." This one, because I cohabit her body, is often given information that she finds difficulty in expressing. She is able to view the concept, or idea, but then has some challenge in extrapolating that concept into the language.

LINEAR TIME

In many ways the English language, as you are all familiar with, is very limiting. It suffices for everyday needs in a very linear world. As you well know, the linear world that you perceive to exist is rapidly disintegrating. Think about it for a moment. As you came here tonight, you left your home or wherever you were at a certain point in time, knowing full well it would take you so many min-

utes to travel that specific distance. That is linear time. It is when you judge or measure the distance between one point and another. It is through linear time that you perceive your world.

As you sit here at this wonderful point in human evolution, you are able to look back through the generations, and in doing so you are able to observe the changes that have occurred in humanity's development. That too is a linear perspective. You are seeing time in a continuum, beginning at one point and marching inexorably toward the point where you are now. Think about your education. You were taught history, for example, and in history you were told that specific things happened at certain times, whether those times were ancient history or modern history. You observe them from a point of being here and now, and think, "That is such a distant point in time. While I may read about the Dark Ages, I am glad I didn't live in those times." Or you may think, "That would not have been a good time to be alive because there was so much pain and suffering, and people were oppressed." Or you may reflect back upon a time, such as the Tudor period in England, and that may fascinate you. There may be something you find

KEY POINTS

- Humanity is now evolving beyond the limits of linear time as the DNA becomes activated.
- As this DNA activation takes place, humans will begin to be more aware of their past lives and understand them as occurring simultaneously in compressed time.
- The physical shift into the now moment will not be without difficulty. Know that you receive support from your soul and from those beyond the veil in this process of transformation.

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intriguing about those times. So you read all about it. You find it interesting and wish to learn more. As you study history, you will find times when, yes, you are very immersed and interested and other times when you feel that the history is not of interest to you. There is a reason for this, and I will explore that later.

RAPIDLY EVOLVING HUMANITY

Let us again look at this concept of linear time as it applies to human development. There is much debate on this topic among scientists nowadays. Some believe fervently in creationism as the explanation for the beginnings of life on Earth. Others believe it began through evolution. You have one perspective or the other. Interestingly enough, much more scientific information is being revealed, such that there is now another school of thought. This school of thought supports the idea of intervention.

Intervention means that the Earth was created and then humanity was created through the support and intervention of beings, or intelligence, that was not originally of this planet. In other words, there was intervention from the outside. Now this third theory, if you want to call it that, of how humanity evolved has only developed in recent times. There is much controversy around it. The reason I bring this up is not to engage you in discussion about which theory is correct but instead to explain or demonstrate that there is a shift occurring. What was once held as being irrefutable fact or truth has in time been shown to have some flaws in the structure of the construct.

An interesting thought, is it not? If we use these three theories of human development, each one has its own strengths, and also flaws or weaknesses. Each has served its purpose for a time—and only for a time. I say this very confidently because humanity is evolving rapidly. According to the theories of evolution and adaptation, humanity cannot evolve rapidly. Adaptation is a steady, and very often, slow process—according to scientific explanation. However, the human body is now evolving at such a rapid rate that practically every individual upon this planet, at this particular point in time, is feeling the effects of this change.

When I mention the changes in evolution I am not referring to the idea that you may suddenly grow extra digits—you still have five fingers on each hand, five toes on each foot, correct? Yes. Nor am I saying you are suddenly going to grow extra ribs in your rib cage. That is not the process I am referring to. I am speaking about the cellular changes occurring in your bodies at this point in time.

In speaking about this change, I want you to visualize what you commonly know as your DNA, which is generally depicted as an intertwining of two strands. Scientists over the years have discovered not only the interweaving of the two strands of DNA but a great deal of what they refer to as “junk” DNA within the human body. For a long time it was perceived that these two strands were all that existed within the human body. It was believed that

they contained all the information held within, in terms of chromosomes, genetic structure and make-up. DNA is said to hold the genetic blueprint of who you are. But that is all changing.

Your DNA is expanding, and all those junk pieces of DNA are being lit up, so to speak. When I use the phrase “lit up,” what I’m referring to is the conscious activation by you, through your endeavors, to become more mindful and live a more mindful life. When you do this, you are actually igniting those junk pieces of DNA. As you ignite them, you put light into them. As you light them, there are magnificent and significant changes occurring within you. You are actually activating the memory within of all that you have ever been through countless lifetimes.

This is a significant shift in evolution—before now it has not been possible for this to occur within individuals at such a rapid rate right across the world. Never before has this been done. Oh, there have been those who have achieved such mastery, and they achieved it through diligence, intense study and focusing solely upon that as their significant life mission, or purpose. Here I am referring to the ones they call Jeshua, Buddha, Mohammed and other magnificent enlightened beings who came in with the specific purpose at the soul level to do this in order to demonstrate to humanity that this was possible.

ACTIVATE THE LIGHT WITHIN

Visualize within your body these two strands of DNA happily intertwining and performing their everyday functions. Then slowly, one by one by one, all those junk pieces of DNA—which were never junk in the first place, but scientists did not know how else to identify those pieces—one by one these pieces begin to light up, much like a Christmas tree filled with light. However in your case it is not all at once, it is one by one.

Exactly what causes this to occur? It is a number of things. Not all of them come from within you. There is much support for this process. It has been predetermined. Long ago there was a grand plan that this would happen. In the process of having it predetermined there has been much work undertaken by those from the invisible realms. The acceleration and intensification of this work has taken place in the last twenty to twenty-five years of your time. It is only a very short time span when you think of linear time and your history.

As each piece of this DNA becomes activated, there is a shift within the individual. This shift is often very subtle and it may be something as simple as the individual suddenly realizing that life can be a lot better. Then the individual begins to formulate ideas for improving his or her life. For those here at this gathering, you have already begun undertaking this work. There are many names that you could give to this work. You could refer to it as a spiritual journey. Or you could say, “I had a major crisis in my life and needed to figure out how to change some things.” Or it may even be the result of some inner voice that has been clamoring

inside your head, saying, "Do this, do that," and somehow you follow that inner guidance. But the more you do this work, the more you activate that light within.

When I speak of this light, I am not speaking about something that is merely a concept of fiction. Scientists finally have verified that this light exists within the human body as a fact. What many, many of you have known for so long to be true is finally being recognized and acknowledged by science. That is a wondrous thing to see.

SHIFTING INTO THE NOW MOMENT

There are some—shall we say—consequences or outcomes from this activation. As each of these pieces of DNA is activated, you, the individual, become more aware of aspects of yourself that you have not previously known of or understood. I am attempting to explain this in a very simplified manner in order to facilitate understanding. Anyway, as I say, you will come to understand more about who you are. You will find in your dreams, for example, that you begin to have recall or awareness of situations that do not exist in your current lifetime. Or you may have experiences with such things as *déjà vu*—the knowing of having been in a place beforehand, even though you have not been there before. You may even have vivid flashbacks to other potential experiences, which are very often dismissed as being due to an overly active imagination.

In this process you also become more aware of those who exist beyond the veil. Henceforth there is greater proliferation of information about the angels and ascended masters, for example. All this is designed to help you understand that there is more to existence than you have been led to believe. Your existence is not a linear existence. Your existence is compressing into the now moment.

As this activation of your DNA continues, no doubt you are finding that time is speeding up and that you do not have the opportunity to look back or to reflect upon the things that have happened because things continue happening, one by one by one, at a much more accelerated pace than before. At the same time, it feels as though time is being compressed. It is not possible to look forward or to look back because there is so much happening in the present moment.

Humanity is shifting from linear time to now time, to the present moment time. While there are DNA changes occurring in your body, one of the most difficult aspects of this process is for the mind to grasp the enormity of the change. You still exist in a world of duality where much of the teaching is based on linear structure.

On some deep level, with the increasing changes within your body, you are being guided to live in the now moment. At this current time, there exists this duality and with that there will be some inner conflict experienced around it. It will continue until such time as there is an increased momentum. When this increased momentum occurs, then all humanity will shift into the now, the present moment.

ALL TIME IS SIMULTANEOUS

When you reach that point in time, you will find your DNA activation has increased to such a level that you have the ability to see into other dimensions with 100 percent clear perception. You will be in that now moment and you will be able to see and feel all time. Here I am referring to the past as well as the future. It will all compress into the now, and you will be in that state where you are luminous yet have full awareness of all that has and is occurring. In that now moment, all time is simultaneous.

In linear time you may understand this because you may have read of it. Now time is referred to in physics, it is explored in quantum mechanics. It is there as a theory. You are not experiencing it but are coming to that point when you will. When you reach that point in time, you will be in a state of perfection, comprising all you have experienced through all time in the now moment.

A part, or aspect, of your journey to that point is not only the activation of the DNA but also the healing that has to take place. As you begin your healing journey, you may realize that you are holding onto memories, patterns and maybe even pain from previous lifetimes. Reincarnation is a real concept. Yes, it is. However, it is not a linear process. All the lifetimes you may be aware of are occurring simultaneously. When you get to that point, when you see all time as being in the now moment, you will observe that.

Let us return to the linear perspective. This is where you are right now [indicating with hands] in the year 2009. If you reflect on the prophecies that predict the year 2012 as the year of great change—because of time speeding up and a great awakening occurring in humanity—you are actually much closer to 2012 than you think. All that has been prophesied for 2012 is already happening. Day by day you are creating the reality that you want for the planet and humanity. So here you are in your journey to great understanding, and you look back and become aware of a number of past lifetimes.

AWAKENING PAST LIFE MEMORIES

How do you become aware of a past lifetime? It may be, as I said earlier, that you experience a feeling of *déjà vu*, or it may be that information is given to you in a dream. You may have hypnosis that may reveal some past lives. Or you may hear or read about something that stirs that memory. Each past lifetime—remember, we're in linear time now—each past lifetime will carry with it its own issues, pain and memories. So in linear time, if you look at the history of humanity over the past few thousand years, overall there has been great pain and suffering. The injuries and damage that have been inflicted by one individual on another have created untold pain and suffering, degradation and deprivation.

All souls actively participating in the reincarnation cycle have experienced the roles of being both the abuser and abused, the tormentor and the tormented, the healer and inflictor. The soul in its infinite wisdom has chosen to experience the duality of all life opportunities. As you well

know from reading your history books, so much killing, pain and suffering has been perpetuated throughout the centuries. So each soul who has chosen to come back into body at this particular point in time also knows that this is a magnificent opportunity to heal itself of all those dark pains and memories.

Every incident in any lifetime that has involved pain or suffering, whether physically or in the emotional or etheric bodies, is stored within the soul's energy. As you sit here in your bodies, you are holding that repository of memory within. Think about your DNA that is activating. It is holding a high vibration. Now think of the memories you are holding within. It is time to let them go. The more the DNA sparks and lights up, the more you are going to feel the memory of all lifetimes.

Here I am talking about the heavy, negative and painful memories. I speak now of love, light and joy, for they are supporting you in this journey. They are supporting you to clear and heal the heaviness you have within from other lifetimes. On the conscious mind level, you do not have the conscious memory of those instances. You are living a linear lifetime. What happened in the past, happened in the past. Right now it is all being compressed so that as you become more light through DNA activation, these heavy memories are revealed so that they can be released.

The most important contribution you can make to this momentous time you are in, to support yourself, humanity and the planet, is to release at every possible opportunity these heavier memories. In her earlier discourse, this one spoke about that ever so briefly. She made reference to the fact that there are different ways the body releases. She spoke about energetics—and that's what it's about. It is about the energy of memory. As you well know, your body is an energy body. As it lights up, anything that does not resonate with or match that new light within you has to be released.

RELEASING ENERGY FROM THE PHYSICAL BODY

How does the energetic body do this? This is actually about your physical body. How does it release? It releases through eliminations via things such as fevers, colds, vomiting and diarrhea. These are the body's natural mechanisms for releasing. In terms of the physical body, such releases are perfectly natural. The body also releases through the skin as it sweats. The mind releases through such things as dreams and meditation. During the sleep state, many individuals are experiencing incredibly intense and possibly jumbled dreams at this particular point in time. Much of this is subconscious release. Do not hang onto it. Do not attach to it. Do not attempt to analyze or understand these dreams. Your body is doing what it needs to do and is doing it naturally. Analyzing it is going to slow down the process.

In addition to this, your body also releases through intense emotion. You may suddenly feel extremely angry, resentful, irate, depressed, sad and so on. There is a great deal of this occurring right now. This is clearing from you as energy. It is flowing outward from you. Your body is

releasing stored energy. The DNA is sloughing it off. It is a process. I would suggest that most instances where you are experiencing such discomfort support the process. Be grateful for it. Give thanks for it. Support the process by taking care of your body as though you were not feeling 100 percent well. Drink a lot of purified water. Ensure that your body gets the rest it needs, because when your body is firing up through this DNA change and is sloughing off the old memories from all lifetimes, it is working really hard. Your body is undergoing a process of evolution and adaptation that has not occurred before. Your body is undergoing an experiment with your soul's full cooperation.

So, yes, drink plenty of liquids. Get plenty of rest. Listen to what your body tells you—if it suddenly needs to go and sit in nature by a pond or under a tree, do that. Allow yourself time away from all distractions, and you will find in a relatively short space of time that your body will feel clearer, cleaner and lighter. The activating DNA will have done its job. That is what it is doing in your body. One of the reasons I am focusing on this particular aspect is that there is a great deal of pain being experienced by individuals worldwide, as their physiology is undergoing a process of adaptation and evolution.

PHYSIOLOGICAL CHANGES

You may wonder what the point to all this is. Visualize a Christmas tree that is lit up. It is colorful and bright. It can be seen through windows from the street. There is much enjoyment in observing a Christmas tree when it is fully lit up. But a Christmas tree lit up is a transient thing. A human being lit up is a permanent creation. Those who have preceded you and have attained the status of mastery and enlightenment have shown that it can be done. You too can become enlightened—filled with light. As you become filled with light, the physiology of your body also undergoes changes.

One of the most profound changes of all is that of a reversal, or slowing down, of the aging process. I am sure that concept holds great appeal. Think about it for a moment. In society there is an expectation that as you reach a certain age, you will begin to lose your faculties. Your thinking processes diminish, your ability to be physically agile reduces and then there are all the other attendant health issues that are attributed to old age. That is not a natural state. There are civilizations of people upon this planet who have attained long life. It is possible for all human beings to live a long, productive life, much longer than is currently acceptable.

The process of activating the DNA strands results in a shift in the cellular structure. As the cellular structure changes, all the physiological functions also change. Can you imagine a life where you would live to 100, 150 or longer—with all your faculties intact—and then getting to a point where you say, "I have done all I came to do. It is time to leave my body"? Then you would go into that state of withdrawal from the world around you, choosing the time of your departure. The manner of departure from

the physical body would be as that of an enlightened being. You would know full well that you would leave your physical body in order to be reincarnated at another particular moment. In other words, you would leave your body with full conscious awareness of your soul purpose, something that is not experienced by humanity at large at this point in time. This is for the future; it is not now, but it is the point toward which you are working.

TRANSFORMATION IS A PROCESS

Also, as you work toward having all your DNA strands fully activated and functioning, your awareness of reality will undergo a transformative shift. You will be living fully in the moment and will easily be able to move yourself from one location to another. You will come to see this current linear lifetime you have experienced as being somewhat barbaric and toxic.

That is not where humanity is right now. Right now humanity is undergoing this transformation process. In the process there is pain, discomfort, unease and doubt, but I encourage you to view it as a transformative shift, or if you will, a paradigm shift. This is a shift your soul knows and understands. Your soul supports this process, as do many others beyond the veil.

As you progress through this shift, both your thinking and emotions will change. Allow them to change. Let go

of any limiting beliefs you hold. Let go of fear and restrictions. The beliefs are the most difficult to shake. They have been engrained since the time you were in the womb. I encourage you, whenever you find yourself expressing a belief such as, "This is how it is always done" or "This is how it must be," I encourage you to stop, rethink your perspective and say, "I am open to all possibilities. I place no limitations upon myself." If you have that consciousness you will find it easier to walk this path you have chosen. Those who do it consciously will find it easier than those who still hold resistance.



Thank you for being here. It is always a pleasure. I welcome every opportunity to speak, as this one knows full well. There is much to share, and whatever has been shared here tonight also goes beyond this venue. You are indeed amazing. You have chosen to be in body. You have chosen to experience these changes. That takes courage. It takes determination and strength. As well as that, it takes commitment. On a deeper level you know full well of your commitment to change the world, and every individual who is here in body knows full well that as you undergo this process of light activation, you are indeed making significant changes on so many levels. What a gift to be able to do this. I honor your journey. Thank you. ✻

Changing Times

Higher Self through Nansea Lee

We are in times of tremendous change. The planet Earth is evolving, and we are seeing our economic and governmental structures transforming. The universe and the planetary bodies are orchestrating some of the energies that are causing these changes, and we are all

being affected by them. The planet Pluto, for example, has been in the sign of Capricorn since December 2008 and will remain there for many years. The planets hold specific energetic essences, and Pluto radiates energy of transformation. The astrological sign of Capricorn represents structures and traditional ways. The collective is being asked to dissolve old structures, and you are being individually asked to eliminate anything that is truly holding you back from being all that you can be.

KEY POINTS

- During these times of change, you are being asked to dissolve old ways of thinking and being; eliminate anything that is holding you back from who you truly are.
- Although these may be times of stress for some people, realize that all is in divine order and that it is working out for your highest good. Practice gratitude and meditation to bring your thoughts and feelings in line with the new, healing energies.
- Out with the old, and in with the new: As you let go of old structures and beliefs, you will find more of your soul's essence present in your life, and your heart will be able to hold more love.

SUPPORT THROUGH LIFE'S STRESSES

Many people are very concerned about financial uncertainties. Some people put all of their focus on money, tying up their identities to how much they had and how much they could manifest. They are now having



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frustrating times. They have no idea who they are separate from their money and positions of employment. Some individuals valued money far beyond the value of God, and others became too greedy. Now we are all being asked to reevaluate our values, to look inside of ourselves and to open our eyes to a new level of being and identity.

There are many people who are anxious, fearful, emotional and stressed. Others are concerned about their depleted retirement funds and paying those monthly bills. But when one follows a spiritual path, one needs to be reminded again and again that all is in divine order, all occurs with divine timing and that all is working out for our highest good. Believe in your faith and know that you are being supported during these challenging times, even if you cannot immediately see it.

Remember to be grateful for the little things in your life. There are many that are having harder times than you. Be thankful for the food you are eating, the home you are living in, the money you have to pay your bills, your healthy body and the love that is in your life.

When you do your daily gratitude blessings, you continue to bring yourself back into the moment and into your heart. This is where you will find your peace, regardless of what is going on in the world. When you are grateful and appreciative, you will be able to attract more of this into your life, according to the universal laws of manifestation and attraction.

REIN IN RUNAWAY MINDS

The mind likes to quickly go into the future. As the mind starts spinning, the body is affected. The body receives its messages, and then anxiety and stress set in. Meditation in all forms is always there to assist you in centering yourself, bringing you back to the moment. Meditation comes in many forms. If you are not able to sit, then walk in nature. As you admire nature's beauties, your mind is still. Visualization tapes are another way to relax the body and mind. Yoga or physical exercise can help to balance you as well. Bring your attention to your body, not the mind. If you are unable to do these exer-

cises, then find a funny movie to watch so that you can shift any current stress or anxiety.

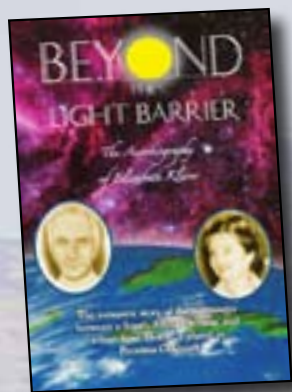
Our minds can be like unbridled horses. They can easily fall into old negative patterns. It is very important during these changing times to rein the mind in if it starts spinning and creating unnecessary stress for you and your body. If this occurs, you are being asked to transform this energy by using a little discipline and integrating all of the spiritual healing tools and knowledge you have acquired, putting all of them into practice. As Pluto stays in Capricorn, you may see these old, outdated patterns more clearly. An affirmation that will allow you to be in the flow of these changing times is, "I am flexible in times of change."

TRANSFORM WITH CHANGING TIMES

This is a wonderful time to reevaluate your values. What is really important, and what are your priorities? Some are focusing on their basic needs of food and shelter. Others see that they need to be less extravagant with their money, and some realize that starting a savings account is important. Are large houses, expensive cars and lots of clothes priorities for you, or are family, friends and your health more important? The planet Pluto in the sign of Capricorn is asking all of us to dissolve old patterns that are no longer useful, giving us a message about changing with the times. We are all being asked to transform something in our lives.

Some individuals prefer to look at the glass as half empty, but the glass is really half full. Your attitude and perception at this time are so important. The universal energies are asking us to update ourselves. As you let go of some of your old structures or beliefs, more of your soul's essence will be present in your life, and your heart will be able to hold more love. When you let go of the old, the new can come in. Take your little steps, shedding the old and integrating the new.

We all chose to be incarnated at this time, to be a part of these incredible changes, and there are many more to come. You knew on some level that this was a very significant time in history and that you wanted to be a part of this. Try to enjoy the journey and appreciate the smallest things. Many blessings to you. ✱



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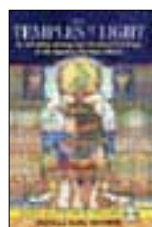
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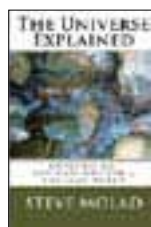


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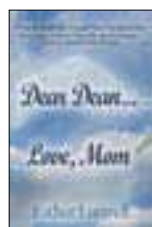


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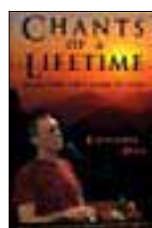


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Anticipating Spring 2010

Stephanie Clement

For those of us living in the Northern Hemisphere, spring marks the time when days become longer than nights, and we anticipate the emergence of plants that sustain the bulk of our diets. We previously noted the resurgence of energy in trees with the flow of sap as early as January or February. This hidden movement toward new growth stood as a metaphor for our own redirection toward the light.

Many people feel the lack of light in the form of seasonal affective disorder [SAD]. Although they may not know that lack of sunlight is the cause of physical and emotional ailments, they suffer from depression, general weakness and specific symptoms such as skin disorders that result from a lack of vitamin D, which is produced naturally by exposure of the skin to sunlight. A friend in Canada told me that some hospitals have their own tanning facilities, although that is not what they are called. These facilities allow patients to get their requisite ten or fifteen minutes of full-spectrum light. Not only do skin conditions improve greatly through this treatment, but individuals also report better ability to sleep at night, to work during the day and to feel more cheerful.

FEELING THE EFFECT OF THE WINTER SIGNS

What happens on the intellectual and spiritual levels during winter? The winter signs—Capricorn, Aquarius and Pisces—relate to invisible stages of life. Capricorn especially reflects a time when life processes are not visible. A concentration on personal issues and self-awareness is expressed in this sign, and patience and planning tend to be strong Capricorn traits to which we can all aspire during the month after the winter solstice. The January column mentioned several New Year's resolutions that might grow out of such introspection.

Aquarius provides a time for mental observation. We take a wait-and-see attitude. Spiritually, this is the time for reawakening of the light as the Sun moves toward the northern hemisphere. Candle-

mas and Imbolc offer midwinter celebrations on February 2, and even the groundhog checks in on this date to see what's in store for spring! Aquarius marks the beginning of Lent for Christians as well as the variable date for the beginning of the Chinese and Tibetan New Years. Planning at this time of year is sometimes accompanied by sudden action at just the right moment, suggesting the underlying value of intuition and psychic senses.

With Pisces we experience the swelling of seeds in the ground due to precipitation. We also experience the swelling of our own hearts as we begin to sense the coming spring and the growth of all things new. Many countries celebrate the birth of Muhammad and the Hindu New Year on March 16. Wiccans, those of the Baha'i faith and others celebrate the coming of spring on March 20 when the Sun enters Aries. Shortly after the first day of spring, we have the Buddhist Magha Puja, Passover and Easter (this year on April 4).

Many of the holidays mentioned here are tied to lunar calendars, so it was no surprise to me to find planets emphasizing lunar qualities during March. The metaphor of changing seasons translates into changing our hearts and minds to reach higher and extend ourselves more to achieve our highest and best purposes. How do the planets reflect both yearning and the fulfillment of our aspirations?

As we approach the spring equinox on March 20, astrological indicators show the metaphorical path to new beginnings. The symbols given by the clairvoyant medium Elsie Wheeler to Marc Edmund Jones in 1925 continue to provide profound insight into moments of time when the planets occupy certain degrees of the zodiac. I find these symbols especially significant at turning points, because the meanings suit the moment and reveal fresh possibilities. You, the reader, will no doubt see possibilities that escape my awareness. Wheeler's symbols blend with the astrological meanings of planets and aspects to form a multilayered perspective.

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ASTROLOGY FOR SOUL EVOLUTION

Although Pluto is well into Capricorn at five degrees, the transcendent symbol for this degree is called “threshold,” relating to the necessity of completing tasks before taking on new ones. Naturally, each of us has our own tasks to complete, yet the threshold symbol suits every kind of transition from one space to another and from one state of being to another, along with the rebirths associated with these transitions. March 2010, then, is a time for all of us to consider how we may be reborn to new spiritual and emotional aspirations. We each stand on a threshold of personal power.

PLANNING IN THE FIRST WEEK OF MARCH

To underscore the cycle of rebirth into the new solar year, Saturn begins the month in the third degree of Libra, indicating the dawn of a new day, with everything changed. “Innovation” is Jones’ keyword for this week. Each of us has the potential to revitalize our own values and to share them with the people around us. As we begin each day this week, we can focus on how to achieve effective change that is consistent with the planetary energies of transformative Pluto in Capricorn, Saturn’s sign.

Neptune occupies the twenty-seventh degree of Aquarius this week. Symbolized by an ancient pottery bowl filled with violets, Neptune indicates the possibility of using traditional skills to frame changes and bring new life to each day through intelligent foresight. The violets in the image symbolize authentic emotions. In order to make effective changes, we must use emotions as our foundation. If we desire change, we will achieve it by using established methods.

So where is the lunar tie-in this week? Uranus at twenty-six degrees of Pisces depicts the crescent moon at sunset. This symbol reverses the day and night positions of the Sun and Moon, placing the Sun below the horizon and the Moon above. The impulse to action inherent in the crescent moon phase emphasizes “individuality” as the key to this week. This week’s lunar symbol foretells the actual new moon on March 15 and the Sun’s entrance into Aries on March 20. Thus the first week of March is all about planning for what is coming later in the month.

FULFILLMENT IN THE SECOND WEEK OF MARCH

Uranus moves on to twenty-seven degrees of Pisces this week, providing the second lunar symbol of transformation for the month. This one is the harvest moon, representing the fulfillment of efforts throughout the year. Although we generally associate harvest time with the autumn season, emotionally and spiritually another harvest comes much later. Just before the beginning of spring, the annual growth cycle concludes with the period of dormancy and the hidden growth that occurs below ground or within the bodies of planets and animals.

“Consummation” is the metaphorical term associated with this symbol. How often do people begin the new cycle without first bringing matters of the previous cycle to completion? The Lenten season offers Christians a time to meditate upon their actions, resolve old interpersonal or

inner conflicts and prepare for the new cycle. The Buddha meditated and prepared to teach religious leaders, with that event celebrated next week. Governments also tend to ask us to review our finances around this time, preparing tax returns to summarize them. Just as gardeners and farmers are planning for the new season, each of us can use this week to plan our own futures, making use of energies reflected in the heavens.

PROMISE IN THE THIRD WEEK OF MARCH

Neptune now moves into twenty-eight degrees of Aquarius. The Moon’s power is symbolized in a fertile garden of herbs, vegetables and flowers, suggesting abundance. The promise for the coming year is rich. There is something for everyone if we read the garden symbol with its variety of plants to suit each taste. Whatever we can envision, we can achieve.

In the last few days before the beginning of spring, we have quiet moments to allow the universe to speak directly to us, inspiring intelligent foresight. As I write this, I sense peace building around me. I breathe deeply and fill my lungs with fresh air. Perhaps as you read this, you can sense peace entering your own heart. Take time to rest your mind and allow your angels, teachers and the energy of the universe itself to establish the ground for your spiritual growth during the coming year. Imagine that growth being as simple and easy as a seed sprouting in the earth, putting down roots and pushing up to the Sun. Relish the miracle!

Additionally, the intense demand for adjustment during the first week of this month now eases up as new planetary configurations form. Saturn, Mars, the Sun, Mercury and Uranus form a triangle of opportunity and beneficial energies. Interpersonal transactions should be somewhat more relaxed now, especially since Mars is moving forward in the Sun’s own sign of Leo.

METAMORPHOSIS IN THE FOURTH WEEK OF MARCH

This week Saturn continues its retrograde motion and occupies the second degree of Libra. Saturn’s innovative symbol for the first week of March gives way (and actually returns) to a moment of transmutation, during which experience from November 2009 is molded into seeds of realization. By revisiting this degree, Saturn suggests a second opportunity to engage with the creative consciousness of the universe. We can review our design and confirm that it will serve our needs and desires. We can also listen to the teachings that flow to us from the masters, reconfirming our intention for the year.

Chiron has reached the twenty-nine degrees of Aquarius at this point. The symbol for this degree is the butterfly first emerging from its cocoon. Now we receive a powerful psychic influx of data and feelings regarding transformation—a metamorphosis. Sometimes it takes a few days for the reality of change to sink in. Now, just a week after the beginning of spring, we find evidence all around us that change is well under way. Those outward signs reflect

inward shifts in perspective and mood. Although I am writing this shortly after the winter solstice, when I see the squirrels running around the yard and hear the birds that winter in Colorado, I can envision the delights of longer, warmer days and the associated optimism I tend to feel around that time.

March 2010 is a month of potential metamorphosis. The cosmos provides all sorts of indicators of change, if we

only pay attention to them. Whenever we engage in age-old rituals, we benefit from the psychic energy they have acquired. When we establish personal rituals of change, we plot a course that incorporates all changes from the past, balances them in the present and reveals a unique direction and momentum into the future. Astrology tracks the flow of energy around us, but we each devise our own path by choosing how to utilize that energy.

Daily Aspects — March 2010

March 1 Moon semisquare Mars, Moon trine north node, Moon opposition Venus, Mercury conjunct Pisces, Moon opposition Uranus, Moon void of course, Moon quincunx Neptune, Moon quincunx Chiron

March 2 Mercury quincunx Mars, Moon enters Libra, Moon sextile Mars, Moon quincunx Mercury, Moon biquintile Neptune, Moon conjunct Saturn, Moon biquintile Chiron, Moon square Pluto, Moon biquintile Mercury, Moon quincunx Jupiter, Saturn biquintile Neptune, Moon sesquiquare Neptune, Moon quincunx Sun, Moon sesquiquare Chiron, Moon quintile Mars

March 3 Mercury quincunx Saturn, Moon biquintile Jupiter, Moon sesquiquare Mercury, Moon square north node, Moon biquintile Sun, Mercury semisquare north node, Moon quintile Pluto, Moon quincunx Venus, Moon sesquiquare Jupiter, Moon quincunx Uranus, Moon void of course, Moon trine Neptune, Moon trine Chiron, Moon sesquiquare Sun

March 4 Moon enters Scorpio, Moon square Mars, Venus conjunct Uranus, Moon biquintile Uranus, Moon biquintile Venus, Moon semisextile Saturn, Moon trine Mercury, Moon sextile Pluto, Mercury sextile Pluto, Moon quintile north node, Moon trine Jupiter, Moon sesquiquare Uranus, Moon sesquiquare Venus, Venus semisextile Neptune

March 5 Moon trine Sun, Mercury biquintile Mars, Moon semisquare Saturn, Venus semisextile Chiron, Moon sextile north node, Moon semisquare Pluto

March 6 Moon trine Uranus, Moon square Neptune, Moon square Chiron, Sun sesquiquare Mars, Moon void of course, Moon trine Venus, Moon enters Sagittarius, Moon trine Mars, Moon sextile Saturn, Moon semisquare north node, Moon semisextile Pluto

March 7 Moon square Mercury, Moon square Jupiter, Moon quintile Saturn, Moon quintile Neptune, Venus enters Aries, Moon sesquiquare Mars, Moon quintile Chiron, Venus quintile north node, Moon square Sun, Moon semisextile north node, Venus trine Mars, Sun quintile Pluto

March 8 Mercury conjunct Jupiter, Moon biquintile Mars, Moon square Uranus, Moon void of course, Moon sextile Neptune, Moon sextile Chiron, Moon quintile Jupiter, Moon enters Capricorn, Moon quincunx Mars, Sun sextile north node, Moon quintile Mercury, Moon square Venus, Moon square Saturn

March 9 Moon conjunct Pluto, Moon quintile Sun, Venus opposition Saturn, Moon sextile Jupiter, Moon semisquare Neptune, Moon semisquare Chiron, Moon quintile Uranus, Moon sextile Mercury

March 10 Mercury sesquiquare Mars, Moon conjunct north node, Moon sextile Sun, Moon quintile Venus, Mars stationary direct, Moon void of course, Moon sextile Uranus, Moon semisextile Neptune

March 11 Moon semisquare Jupiter, Moon semisextile Chiron, Mercury quintile Pluto, Moon enters Aquarius, Moon opposition Mars, Moon trine Saturn, Mercury sextile north node, Moon semisquare Mercury, Moon sextile Venus, Moon semisextile Pluto, Venus square Pluto, Moon semisquare Sun

March 12 Moon semisquare Uranus, Moon semisextile Jupiter, Moon sesquiquare Saturn, Moon semisextile north node, Moon semisquare Pluto

March 13 Moon semisextile Mercury, Moon semisquare Venus, Moon semisextile Sun, Moon biquintile Saturn, Moon semisextile Uranus, Moon conjunct Neptune, Moon void of course, Moon conjunct Chiron, Moon enters Pisces, Moon quincunx Mars, Moon quincunx Saturn

March 14 Moon semisquare north node, Moon sextile Pluto, Moon biquintile Mars, Moon semisextile Venus, Mercury conjunct Sun, Moon conjunct Jupiter

March 15 Moon sesquiquare Mars, Moon quintile Pluto, Moon sextile north node, Moon conjunct Sun, Mercury conjunct Uranus, Moon conjunct Uranus

March 16 Moon void of course, Moon conjunct Mercury, Moon semisextile Neptune, Moon semisextile Chiron, Moon quintile north node, Moon enters Aries, Mercury semisextile Neptune, Moon trine Mars, Moon opposition Saturn, Moon square Pluto, Mercury semisextile Chiron

March 17 Moon conjunct Venus, Moon semisquare Neptune, Sun conjunct Uranus, Moon semisquare Chiron, Moon semisextile Jupiter, Venus semisquare Neptune, Mercury quintile north node, Mercury enters Aries, Moon square north node, Mercury trine Mars

March 18 Sun semisextile Neptune, Venus semisquare Chiron, Moon semisextile Uranus, Mercury opposition Saturn, Moon sextile Neptune, Moon void of course, Moon semisextile Sun, Moon sextile Chiron, Moon semisquare Jupiter, Moon enters Taurus, Moon square Mars, Moon quincunx Saturn, Moon semisextile Mercury, Venus semisextile Jupiter, Sun semisextile Chiron

March 19 Moon trine Pluto, Moon biquintile Saturn, Moon quintile Neptune, Moon quintile Chiron, Moon semisquare Uranus, Moon semisquare Sun, Moon sextile Jupiter, Moon semisextile Venus, Moon sesquiquare Saturn

March 20 Moon trine north node, Moon quintile Mars, Sun quintile north node, Moon semisquare Mercury, Moon sesquiquare Pluto, Mercury square Pluto, Sun enters Aries, Moon quintile Jupiter, Moon sextile Uranus, Moon void of course, Moon square Neptune, Moon square Chiron, Moon biquintile Pluto

March 21 Moon enters Gemini, Moon sextile Sun, Moon sextile Mars, Moon trine Saturn, Moon semisquare Venus, Moon sesquiquare north node, Moon quincunx Pluto, Venus square north node, Moon sextile Mercury, Moon quintile Uranus, Sun trine Mars, Moon biquintile north node

March 22 Moon quintile Sun, Sun opposition Saturn, Moon square Jupiter, Moon semisquare Mars, Moon quincunx north node, Moon sextile Venus, Moon quintile Mercury

March 23 Moon square Uranus, Moon void of course, Moon trine Neptune, Moon trine Chiron, Mars sextile Saturn, Moon enters Cancer, Moon square Saturn, Moon semisextile Mars, Moon quintile Venus, Moon square Sun, Moon opposition Pluto, Mercury semisquare Neptune

March 24 Moon sesquiquare Neptune, Moon square Mercury, Moon sesquiquare Chiron, Moon trine Jupiter, Mercury semisquare Chiron, Moon opposition north node, Moon quintile Saturn, Moon square Venus, Moon biquintile Neptune, Moon biquintile Chiron

March 25 Moon void of course, Moon trine Uranus, Moon quincunx Neptune, Moon quincunx Chiron, Moon enters Leo, Moon sesquiquare Jupiter, Moon sextile Saturn, Moon conjunct Mars, Mercury semisextile Jupiter, Moon trine Sun, Moon quincunx Pluto

March 26 Moon biquintile Jupiter, Sun square Pluto, Moon biquintile Pluto, Moon sesquiquare Uranus, Mercury square north node, Moon semisquare Saturn, Moon quincunx Jupiter, Moon quincunx north node, Moon trine Mercury, Moon sesquiquare Pluto, Moon sesquiquare Sun, Moon biquintile Uranus, Moon biquintile north node

March 27 Moon trine Venus, Moon quincunx Uranus, Moon opposition Neptune, Moon void of course, Moon opposition Chiron, Moon enters Virgo, Moon biquintile Sun, Moon semisextile Saturn, Moon semisextile Mars, Moon sesquiquare north node, Moon sesquiquare Mercury, Moon trine Pluto, Moon quincunx Sun

March 28 Moon sesquiquare Venus, Moon biquintile Mercury, Moon opposition Jupiter, Moon trine north node, Moon semisquare Mars, Moon biquintile Venus, Moon quincunx Mercury

March 29 Moon quincunx Venus, Moon void of course, Moon opposition Uranus, Moon quincunx Neptune, Moon quincunx Chiron, Moon enters Libra, Venus semisextile Uranus, Moon conjunct Saturn, Moon sextile Mars, Moon biquintile Neptune, Moon biquintile Chiron, Moon square Pluto, Venus sextile Neptune

March 30 Moon opposition Sun, Moon sesquiquare Neptune, Moon sesquiquare Chiron, Moon quintile Mars, Moon quincunx Jupiter, Moon square north node, Jupiter sextile north node, Venus sextile Chiron

March 31 Moon biquintile Jupiter, Moon quintile Pluto, Moon opposition Mercury, Moon quincunx Uranus, Moon trine Neptune, Moon trine Chiron, Moon opposition Venus, Moon void of course, Moon enters Scorpio, Moon semisextile Saturn, Moon sesquiquare Jupiter

MARCH ASTROLOGICAL REPORT



March 1–7: Although you have a typically assertive style, this week you may want to rein in that energy in favor of a more patient, thoughtful approach. Mercury in your Twelfth House demands that you organize your schedule to allow time to think in the morning before you begin your day, as dreams offer a powerful source of mediating energy. You may find that any time you think of romantic love, you also have deeper insights into the spiritual awareness you have accumulated most recently.

March 8–14: If you have not already done so, this is the week to concentrate your energy on finishing up any old business—projects you have been working on, ideas you have been formulating and plans that now come together more concretely. As Mercury conjuncts Jupiter in your Twelfth House, your common sense and higher wisdom both come to the fore, resulting in a personal outlook that has emerged from multiple sources. Wisdom of teachers travels easily along your mental pathways this week as you relax your mind.

March 15–21: Your persona reflects in your face and actions. With Venus in your First House in Aries, your creative powers are strong, although you may be surprised at the direction your ideas take this week. You may fall in love at first sight with a new person, idea or ideal. Intuition directs your dreams, and dreams fuel your activities in every arena. Talk openly about your positive attitude toward life. One sure way to increase your intuitive skill is to share what you are learning with your associates.

March 22–31: Add personal drive and enthusiasm to this month's impulse to change, and you'll have a sure-fire formula for starting the spring season on the right foot. Whatever you experience on the subconscious or spiritual planes can now be directly output to the world in terms of more formal logic. As you create your personal goals during this week, spirit informs you about how your decisions will affect others, so you can easily make logical choices about how to proceed. By the end of March, your feeling sense aligns with personal inspiration and you creatively manifest both in every conversation and communication.



March 1–7: Your key to successful beginnings lies in effective communication with your associates as well as with the spiritual sources available to you. With Mars at the cusp of your Fourth House at this time, try to devote your energy and attention to core values—both your own and those of family and close friends. Expect messages from your higher self concerning the importance of service in your life, service that leads to harmony in your work and emotional peace. Patient planning is the key to later results.

March 8–14: Now you can take time to conclude group activities. Perhaps you have resolved financial issues with a family member and now finish the paperwork. Or perhaps you have heard or felt a message from a higher source as Mercury conjuncts Jupiter in your Eleventh House. Either way, you may become inspired as you settle issues from the past to make room for new ideas and new activities. Difficult circumstances relax to some degree to permit win-win outcomes.

March 15–21: As you deepen the connection to your cultural roots, you extend yourself to consider other cultures and

their values. This happens naturally when you interact with all members of a group of similarly minded individuals. Each individual has a unique take on principles that you all share. While your personal focus may tend toward the logical implications of a belief or value, others perceive the same point through emotion or sensation, enriching the principle in ways that resonate strongly within you.

March 22–31: This week, imagine practical, emotional and spiritual goals you wish to achieve and get started on the path to fulfillment. Neptune and Chiron in your Tenth House provide an intense focus for your work and household activities. Healing therefore becomes a career priority as you move into spring. Magnetic energy flows both ways each time you connect with family, coworkers or friends—it's so easy now to feel the flow and manage it, you wonder why it ever seemed difficult. End March on a high note of intuitive insight as you clarify points of information or logic, especially with coworkers.



March 1–7: Your focus this week—and it is a very potent focus—is on how to communicate what you know about yourself. This statement may seem rather self-absorbed, but Mercury in your Tenth House indicates that self-knowledge can lead to better planning, stronger decision-making and greater benefit for you and for everyone you come into contact with. Information from a source deep within your soul provides clarity about career aims, spiritual aspirations and details that may have escaped notice until now.

March 8–14: Chiron and Neptune work from behind the scenes to provide a stage for healing and change in your life. Through hearing or the sensation of touch, you gain awareness of vibrations around you—sensations you have missed in recent weeks. You tune into change first on the mental, logical plane, and then on the intuitive, less rational plane. By letting go and accepting less reasonable responses from yourself and others, you gain a degree of comfort and even satisfaction with work well done.

March 15–21: Career associates, indicated by the five Pisces planets in your Tenth House, have unrealistic dreams, yet you love some of their ideas. Bring dreams down to earth by applying logic to the creative process. What seems airy and insubstantial at the beginning of the week gains a workable form when passed through a logical filter. You also have enthusiasm to inspire others to accomplish their personal or group goals. How should you utilize that energy? You naturally depend on Neptune and Chiron in your Ninth House to educate and guide you as you seek unusual healing solutions.

March 22–31: With the Sun in your Eleventh House exactly opposite Saturn in the Fifth, you may experience the karmic return of love you have given to others. Logical Saturn in Libra responds to the creative Sun in Aries, giving you the energy and imagination you need to accomplish your work on time and in presentable form. Allow intuitive insights from Neptune and Chiron on Aquarius to ask questions. Then depend upon practical Saturn creativity to provide the answers. With the Moon traversing your family and creativity areas, the last three days of the month go by quickly as you seek out details that enhance any household or artistic project you undertake.



March 1-7: As Mercury joins the Sun and Jupiter in your Ninth House in Pisces, your attention may turn to deeper spiritual or even religious considerations this week. You may broaden your focus to include study and consideration of more than one philosophical perspective. How does spirit speak to you now? You may feel a very direct impact from teachers or masters as you weave a variety of themes together into a stronger, unified logic. You are not afraid now to take a critical view of values, and you may even change your thinking based on your analysis.

March 8-14: You have listened to profound messages or sensed spiritual connections affecting your sense of self worth. Now you perceive the conclusion of an old course of action as you turn your attention to your own inner source of wisdom. With the Moon squaring the Sun in your Ninth House at the beginning of the week, expect lively conversations among coworkers and powerful communications from your higher sources. Transcendent principles come through clearly to bolster your values and aspirations.

March 15-21: With five planets in Pisces in your Ninth House, mystical and mysterious ideas flow in and out of consciousness with ease. If you have been developing your own psychic abilities, this week may culminate in a deeper understanding of how they work and how you can call upon them at will. Subconscious forces are definitely at play, just beneath the surface, and you find ways to share this information with others, increasing your own understanding and also making concepts understood by family, associates and any students you are teaching.

March 22-31: The Sun and Mercury have moved into Aries, highlighting your Tenth House of career. Draw upon personal beliefs to provide inspiration for your work. Saturn at the Fourth House reflects the potential for logical answers to arise from within your wellspring of ideals. Then engage enthusiastically in ambitious projects, knowing that every effort matches up with your true beliefs. A partner's input early in the week may cause you to think deeply about plans and how to execute them. Go back to your partner at the end of the month with a clear review of the rationale you began with last week. The two of you go over details and assess both immediate results and long-term possibilities.



March 1-7: With one foot in a stable position with Mars in Leo and the other a bit in the air with Saturn in Libra, your look to the five planets in Pisces in your Eighth House for effective transformation involves. Take time to think through decisions before you share them with others. Patience may be at a premium, but if you allow time for ideas to unfold, you gain the benefit of subtle spiritual messages that only come through when you spend quiet time in contemplation. Your usual methods are effective only if you use them.

March 8-14: Perhaps you have sought transformation and failed to recognize it when it occurred. This week, there's no question! You perceive the message in songs on the radio, headlines on the Internet and in conversation with family and friends. Instead of dramatic pauses, you find that changes flow into your life without fanfare. Keep your feelers out for powerful shifts in the arena of devotion. Stand ready to accept love from sources old and new. Physical desire and spiritual aspiration may meet up for you this week.

March 15-21: With Mars moving forward now in your Sun sign, you have increased physical and psychic energy at your disposal. You may find yourself satisfied with a good deal less in the way of money or material things. You find comfort in solitude, where you can formulate careful plans involving business contacts, family matters and ways to proceed with the myriad changes occurring within and around you. This is a good week to take stock where medications, alcohol or recreational drugs are concerned. Channel intense desires into mystical or secret work.

March 22-31: If you find yourself obsessing about creative activities this week, spend time with a partner to evaluate either your logic or artistic perspective. Small adjustments smooth the path and eliminate arguments or resistance from siblings or other associates. With the Sun, Mercury and Venus all in Aries, a complimentary fire sign to your Leo, your mind relaxes into a natural pattern in which insights arise without strain to illuminate your personal path. You may have a lot more enthusiasm for your work now. By month's end, you are relieved of pressure to adapt to the desires of others. This may be a good time to take a day or two off to travel and reconnect with your intuitive source.



March 1-7: The five Pisces planets in your Seventh House demand attention! Other people, especially partners, benefit when you focus your complete attention on them and their issues. Patterns of behavior

become more evident as you work with team members, and your influence is greater than you realized. Need I mention good manners? Use your spiritual insight to determine how to handle any disagreements that arise. Even everyday basic stuff becomes clearer when you activate spiritual channels within yourself.

March 8-14: Your natural ability to perceive details and discern their meaning moves into full swing this week as you assess changes that have been a long time coming, but now are in your face. Even though you may have planned carefully, you are astonished by some of the shifts in your perspective. Spring this year promises a sudden change in destiny. Remember, "sudden" is defined by you. After mulling over ideas and plans for weeks or months, the deciding moment can seem instantaneous. Outsiders may certainly perceive changes in you that way.

March 15-21: This week you may find all your perceptions are heightened. Much of the energy of the five Pisces planets in your Seventh House funnels directly into your logical mind. This is a good time to learn more about how your intelligence takes a new message, rolls it around, and evaluates it using reason. No rule says that psychic messages cannot fit into your logical sense of the world. On the contrary, when you apply logic, you can utilize intuition in your every activity.

March 22-31: Last week's mental activities give way to inspired creative passions. Perhaps you hear about a new piece of technology, or spiritual communication gains your attention. Then you adjust your path to allow a shift in artistic pursuits or dealings with children. Yes, you feel pressures in the financial department, but you have creative insights into managing both cash flow and investment potential. Insights arise easily about how to make changes in your verbal or artistic expression. End the month by taking stock of interpersonal commitments. You may sense the fortunate byproducts of logical plans and concrete efforts at long last.

MARCH ASTROLOGICAL REPORT



March 1-7: You have no difficulty finding ways to help others this week. As Mercury enters your Sixth House, you bring a strong voice that imparts truth where truth is needed and compassion when that is the key to problem solving. Consider directing your energy toward charitable activities this week. Allow your subconscious understanding of karmic factors to guide your actions. Focused effort allows you to soak up knowledge and apply it to practical problems. Spirit may move you to consider minute details to see how they fit into the bigger picture.

March 8-14: With both Sun and Moon below the horizon in your chart this week, you work quietly behind the scenes to accomplish the changes you desire. This doesn't mean you lack energy or resolve! In fact, Mars in Leo focuses your energy in very positive ways where group activities demand your leadership. Your inner spiritual life provides vivid images to guide your interactions with the people represented by Pisces planets in your Sixth house of work and service. Make optimism the main ingredient in every conversation, email or other communication this week.

March 15-21: This week, you integrate ideas about how to work within groups to achieve your own goals as well as the group's aims. Although Mars in Leo seems to demand adjustment to the Pisces energy in your Sixth House, in fact the relationship inspires courage and will to dig into details and find little tweaks that make an entire plan come together smoothly. Once the Moon enters Aries on Tuesday, you get a clear perception of the coming spring and the vitality it delivers to both personal and group activities.

March 22-31: As the Sun and Mercury join Venus in your Seventh House of partnerships, you find your attention focuses on associates and how you understand their creative energy. Initially, some of the ideas they offer seem to have little to do with the logical framework you desire. Brainstorming with no hint of criticism allows all the ideas to get out into the open where you can jointly pick and choose the ones that form into tidy packages. Reserve the last three days of this month for yourself. As the Moon traverses your Twelfth and First Houses, you benefit from considering what you want. That way, you make sure your needs are met in the bargain.



March 1-7: Love expands your heart this week. Mars in your Tenth House aids concentration on one task at a time, which Saturn in the Twelfth makes it easy to work in solitude. Then you can skillfully direct your energy into creative projects that have spiritual values at their foundation. Unusual receptivity to the thoughts of others charges you with compassion and stimulates far-sighted plans for the future that fold love and imagination into your vision of possibilities. Self-awareness puts you in the right place at the right time.

March 8-14: As the Moon moves through the northern houses in your chart this week, you gather emotional and mental strength to make personal changes. By midweek, you may face inconsistent core beliefs that hold you back. However, this is the week to let go of old beliefs that no longer serve you, so face paradoxical ideals and stand ready to change or adapt to the needs of your future. Familiar rituals help you to focus your thinking and feeling on distinct goals now.

March 15-21: Set your course on a very creative week! As the Moon passes over Jupiter, the Sun, Mercury and Uranus, you

sense your creative powers coming together much as you have planned, with some surprising (and fortunate) results. Take a deep breath and then take the show on the road. Mars in your Tenth House reflects inspirational energy that you can use to deliver your message in a career or social setting. No fear! Rely on your logical capabilities to insure intelligent action at each step along the way to the finish line.

March 22-31: You manage a balancing act this week. Household and family demands require attention when energy flows are interrupted or blocked. Stopgap measures only solve the problem for the moment. More permanent fixes should be considered very soon. Meanwhile, the Sun enters your house of service, joining Mercury and Venus. Discuss creative ideas behind the scenes to test the practicability in the current volatile atmosphere. When the Moon reaches Mars on March 25, you leap forward both mentally and emotionally. Assess results during the last three days of the month. What group members voluntarily reveal may not cover the subject, so pay attention and ask questions.



March 1-7: If you travel this week, you will doubtless come across vibrant new insights that fuel your work. If you find yourself amid a group of like-minded associates, your mental powers rise to a new level. Allow yourself time to consider ideas and feelings that well up from deep within your being. Cultivate an attitude of constructive criticism this week. Analyze your desires and apply emerging spiritual insights to drive your efforts. Positive optimism provides forward momentum to fulfill your goals now.

March 8-14: You begin the week with the Moon in your First House. Your wide-ranging mind can grasp ideas from distant or subliminal sources and make them your own. Recent financial or other pressures have demanded your attention. This week, however, your expanded perspective provides the means to express personal desires and to stretch spiritual wings to soar to new heights. By engaging your mind in this way now, you set the tone for the coming weeks, when you will eagerly undertake new household activities.

March 15-21: Myriad people and ideas pour into your household through planets in Pisces in your Fourth House, and from there into your heart. This week, you find yourself considering four or five different angles as you attempt to solve problems. Whether you are reading instructions for installing a plumbing part or studying the ascended masters, your mind is open to fresh input. If you are nearing completion of a book, a song, a paper you are writing or any other project, use the influx of ideas to polish. You don't need to make huge changes to what you already have in place.

March 22-31: Work and travel opportunities depend on how well you manage sudden changes close to home. Neptune and Chiron in your Third House focus psychic impressions coming from a group of associates. They demand that you adapt your schedule to suit theirs. However, you don't have to make an about-face to satisfy their desires. A one-day trip delay could solve all the objections and heal emotional hurts as well. When the Moon enters your Tenth House on March 27, pay attention to details. If you travel at the end of the month, make time for mental relaxation and spiritual considerations. Slow your physical pace and take in the scenery.



March 1–7: With Saturn retrograde in your Tenth House, your communication focus this week involves ways and means to elevate your actions above the ordinary to encompass spiritual ideals.

You feel changes within yourself that can only be described as transformational, and you want to express them through higher channels of communication. Certainly you perceive incoming influences of spirit readily now, and you express your acceptance of them in every email, phone call or conversation with family and associates.

March 8–14: Stationary Mars on March 10 in your Eighth House spotlights transformation in one of two ways: either you leap at the chance to change and relish the opportunity, or you dig in your heels and stubbornly resist what must come sooner or later. As Mars moves forward, you gain momentum for personal metamorphosis into the being you have sought to become. Actually, you have been “in process” for a while. Now, though, you have a moment of clarity. You perceive the multiple levels within your being that have undergone a powerful shift in consciousness.

March 15–21: Five Pisces planets are bundled in your Third House this week, emphatically promoting Jupiter and Uranus into the communications spotlight. As all five planets edge forward toward an opposition to Saturn, logic hones your presentation skills. Even if you spend time alone, writing or producing other creative work, you sense the tone of your audience through both ordinary and extraordinary means. Thus you find your spiritual voice and share your understanding of transformational currents.

March 22–31: As the Sun enters your Fourth House and Aries, inspiration illuminates your personal beliefs. If you have been sorting out some old ideas that have held you back, you now feel release like a bowstring, and your arrows shoot higher and farther. No longer restrained by concepts from childhood or culture, you blend ideals from outside sources and from deep within your own heart. Although you may experience no instant or magical transformation, the changes have taken place anyway. While Pluto squares Sun and Saturn the last few days of the month, use your personal power to bring career goals and household needs under the umbrella of your creative inspiration.



March 1–7: With five planets in Pisces in your Second House, you have a wealth of ideas and ideals to enhance your self-esteem. This week you gain philosophical ground by devoting yourself to your partner’s desires and also engaging in the ritual of educational studies. Patience is the key to bringing order to the myriad thoughts that assail you. Apply logic where logic is demanded, but be prepared to abandon it in favor of intuition or psychic insights when logic fails to produce viable results.

March 8–14: Scoot over! Make room in the chair for your self-esteem! You realize you truly have made remarkable progress during what can only be described as a difficult year. You may find yourself less willing to take on anything new. Instead, you want to clean up your messes at work and at home. You want to sort out feelings and resolve emotional or karmic debts. Allow your driving energy to wind down to a walk so you can rest, both physically and spiritually. Await the change of seasons expectantly, and don’t push!

March 15–21: This week, with five planets in the watery sign of Pisces in your Second House, you may experience an unusual outflow of resources. Expansive Jupiter may also bring in cash or other resources, including a change in personal outlook that bolsters your efforts at work and also in any travel you choose to do. When Mercury conjuncts Uranus on March 15, you may take off on an adventure. Arrival at your destination before March 18 makes for easier immersion into work or play.

March 22–31: Both partners and teachers (Mars in your Seventh and Saturn in your Ninth) seek to change your thinking—and possibly your physical appearance as well. Take their advice concerning health matters or at least listen. Then check with your own intuition. Do you resonate with what you have heard or read? If so, go with it. If not, reconsider each idea carefully. Of course, your own insights may run ahead of your caution, and that’s okay too. If others have cramped your style, take a deep breath and go your own direction for a day or two. Time off from work or household problems allows you to think in solitude.



March 1–7: With five planets in your sign, it’s all about you at this time. Well, not quite. Mars in your Sixth House suggests that coworkers have a lot to say about your goals and methods.

Saturn in your Eighth House dictates a logical and therefore more ecumenical approach to the changes you face. Because you are wide open to psychic and spiritual influence now, you benefit from allowing imagination to roam freely while also keeping at least one foot firmly on the ground, especially where service to others is concerned.

March 8–14: As the Moon moves through your Tenth to Twelfth houses this week, your emotions shift from wide-open social or career venues to activities that depend upon circumstances. Although you want to keep these moments relatively private, you find that people either find out what’s happening or sense a change in you, and they want to know what’s up. By Thursday, you can schedule private time more effectively, getting the peace and quiet you have sought. As you gain solitude, spirit rises in your body and mind to refresh you.

March 15–21: Beginning the week with five Pisces planets in your First House, you probably feel both lucky and overly busy. When you are at work, devote your mind to the topic or project of the moment. Allow your subconscious to continue its work in the background. At the end of each day, identify key insights that fuel your plans for tomorrow. Now is a good time to balance service to others against self-interest. Your physically demanding schedule benefits from adequate rest, even as you complete work and set personal matters in order.

March 22–31: Your dreams gain intensity and you understand their relevance to the changes demanded by others this week. Share dream images with coworkers, even if you see no application of the dream to your current tasks. Another person may respond with deeply personal details that explain both the dream and a problem in the work environment! Then you have the chance to make logical adjustments to smooth out problems of supply and demand. Listen to your closest associates during the last few days of the month. They have detailed information that allows you to expand your horizons without effort. ✨

DAILY ASPECTS:

Freedom to Be And to Create

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 turns direct on March 10 at 0°17' Leo. The image associated in the Sabian symbols to this degree is "blood rushes to a man's head as his vital energies are mobilized under the spur of ambition." We complete the cycle begun in October 2009 of having to understand how to express our truth in a healthy manner. We learned that we could be totally honest and self-assertive without stepping on anyone's toes. We realized that anger can be manifested kindly and that we can find our voice without feeling that others are robbed of anything when we are ourselves. This gave us a new energy that we now can look forward to working with. We are no longer under the domination of anyone or anything; we are free, and this could very well be the very first time in many, many incarnations that we have this chance to know and be our truth. This new-found power is our chance to begin manifesting our real dreams and ambitions with passion and focus.

Saturn continues to be retrograde this whole month (until May 30) between 2°52' and 0°35' Libra. These degrees are symbolized in the Sabian symbols by "the dawn of a new day reveals everything changed," as well as "the transmutation of the fruits of past experiences into the seed realizations of the forever-creative spirit" and "in a collection of perfect specimens of many biological forms, a butterfly displays the beauty of its wings, its body impaled by a fine dart." We are

anchoring a whole new consciousness that does not reject the past but uses its finest elements to solidify the new creation we are manifesting. This is an exciting time during which we shall be securing many of the efforts accomplished in the past months. It is essential that we cement only good and positive creations and that we continue weeding out the old consciousness that has never served us, but it serves us now less than ever. As we consciously clear old, inherited and conditioned patterns of behavior, the magic of our divine truth emerges, enabling us to fly on its wings to new heights undreamed of before now.

MOON MESSAGES

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

- Monday, March 1 between 9:36 AM and 4:31 PM when the Moon enters Libra
- Wednesday, March 3 between 12:44 pm and 6:11 PM when the Moon enters Scorpio
- Friday, March 5 between 8:31 PM and 11:36 PM when the Moon enters Sagittarius
- Monday, March 8 between 3:14 AM and 9:13 AM when the Moon enters Capricorn
- Wednesday, March 10 between 1:59 PM and 9:42 PM when the Moon enters Aquarius
- Saturday, March 13 between 4:57 AM and 10:43 AM when the Moon enters Pisces
- Monday, March 15 between 5:01 PM and 11:32 PM when the Moon enters Aries
- Thursday, March 18 between 4:23 AM and 9:29 AM when the Moon enters Taurus
- Saturday, March 20 between 12:42 PM and 5:28 PM when the Moon enters Gemini
- Monday, March 22 between 6:49 PM and 11:16 PM when the Moon enters Cancer
- Wednesday, March 24 at 9:39 PM to Thursday, March 25 at 2:39 AM when the Moon enters Leo
- Saturday, March 27 between 12:04 AM and 3:57 AM when the Moon enters Virgo
- Sunday, March 28 at 11:55 PM to Monday, March 29 at 4:21 AM when the Moon enters Libra
- Wednesday, March 31 between 5:13 AM and 5:41 AM when the Moon enters Scorpio

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



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SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

☾ Moon in Libra between Monday, March 1 at 4:31 PM and Wednesday, March 3 at 6:10 PM and between Monday, March 29 at 4:21 AM and Wednesday, March 31 at 5:40 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 an art exhibition.

☾ Moon in Scorpio between Wednesday, March 3 at 6:11 PM and Friday, March 5 at 11:35 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 Friday, March 5 at 11:36 PM and Monday, March 8 at 9:12 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 Monday, March 8 at 9:13 AM and Wednesday, March 10 at 9:41 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 businesses and redefining our long-term goals.

☾ Moon in Aquarius between Wednesday, March 10 at 9:42 PM and Saturday, March 13 at 10:42 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 and progressive ideas, travel between time and dimensions and anything related to UFOs, computers and technology in general.

☾ Moon in Pisces between Saturday, March 13 at 10:43 AM and Monday, March 15 at 11:31 PM

This is a great time for meditating, sitting by a body of water and for 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 Monday, March 15 at 11:32 PM and Thursday, March 18 at 9:28 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, goodwill, being a way-shower, initiating new projects or taking our car to the mechanic.

☾ Moon in Taurus between Thursday, March 18 at 9:29 AM and Saturday, March 20 at 5:27 PM

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 Saturday, March 20 at 5:28 PM and Monday, March 22 at 11:15 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 Monday, March 22 at 11:16 PM and Thursday, March 25 at 2:38 AM

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, March 25 at 2:39 AM and Saturday, March 27 at 3:56 AM

This is an excellent time for anything glamorous—dramatic performances, being in the public eye or throwing or attending an elegant party—as well as for playing with children and romance in general.

☾ Moon in Virgo between Saturday, March 27 at 3:57 AM and Monday, March 29 at 4:21 AM

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.

INTENTIONAL MEDITATION

On Monday, March 15, take out the papers we charged on February 28. Write one intention per sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon in Pisces at exactly 2:01 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 Monday, March 29. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Libra at 7:25 PM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon on April 14.

A WEEK OF INTUITION, INTIMACY AND INTEGRITY

Monday, March 1: Mercury enters Pisces (5:28 AM until March 17). During these next few weeks, intuitive communication is greatly enhanced. This is a great time for channeling, healing and meditation. Artists could feel particularly inspired. Our dreams at night could be more vivid.

We could download very special information and become much more sensitive to vibrations. The veil between the visible and the invisible is very thin during this period.

Wednesday, March 3: Venus conjunct Uranus (8:06 PM). We seek renewal and excitement in our romantic relationships. This could mean exploring the adventurousness of an existing commitment or meeting a new, unusual person we feel very magnetically attracted to. We are learning how to balance intimacy and freedom, as well as love and friendship. A friendship could become a love affair while a love affair could become more of a friendship. Today intellectual and spiritual stimulation are important in a love connection.

Thursday, March 4: Mercury sextile Pluto (3:53 AM). Our mind is deep, searching for profound answers to our questions. We could be drawn to scientific research and most definitely be attracted to the occult, metaphysical truths, the exploration of life after death and solving earth mysteries. We need to have the utmost integrity in our dealings with others, to say things as they are. We are able to x-ray situations and people today in a way that enables us to empower both ourselves and others. We are attracted to serious conversations and friendships with people we respect.

A WEEK OF TRANSMUTATION

Sunday, March 7: Venus enters Aries (4:33 AM until March 31), Venus trine Mars (11:15 AM) and Mercury conjunct Jupiter (5:46 PM). This is a beautiful and dynamic day. We express the feminine and the masculine within and without with great ease and balance. We manifest our feelings with much purity and spontaneity. An already existing or a new love relationship is infused with much excitement and desire for adventure. The more positive we are, the more wonderful our discoveries will be on an intimate level. This is a day where our freedom of speech, honesty and positive energy open many doors. Long-distance traveling is greatly favored.

Tuesday, March 9: Venus opposition Saturn (0:21 AM). A sense of aloneness and mild depression could accompany this transit. It is a good day to be realistic with regard to a love relationship. What do we like about it? What is more difficult? How can we change what isn't so sweet and if not, can we live with it without compromising our own truth? For those who are single, it is a great time to set clear intentions on the kind of person we wish to meet.

Wednesday, March 10: Mars turns direct (9:09 AM). Kindly refer to the opening paragraph.

Thursday, March 11: Venus square Pluto (9:35 AM). This is a great day to clear the air of any old emotional luggage. Unresolved jealousy, anger, anxiety or fears are likely to be triggered through power games and manipulations, enabling us to recognize our shadows and transmute darkness into light. This is a chance to really see what is and what is not in a deep love relationship. We can then decide whether we can transmute its challenges or not—and if not, whether we can continue growing within that reality.

A WEEK OF CONNECTIONS

Sunday, March 14: Sun conjunct Mercury (6:17 AM). Communications are easy and flowing today. Make those phone calls, write those emails, read those articles, connect with the people you need information from. This is an excellent time for short trips, lecturing, writing and some lively conversations with good friends.

Monday, March 15: Mercury conjunct Uranus (2:41 PM). Today is a fabulous day for people needing to think out of the box—great for publicists and creators. Our intuition helps us connect seemingly unrelated concepts. We could take an active interest in UFOs as well as futuristic ideas. Humanitarian projects seem particularly appealing today. In our eagerness to move forward, we could feel impatient with more conventional people or methods of working.

Tuesday, March 16: Sun conjunct Uranus (11:51 PM). New group associations could be formed at this time. We are likely to meet exciting, progressive people and get involved in humanitarian endeavors. We feel dynamic and want things in our lives to fast-forward. Our personal magnetism and leadership abilities rally many people to our cause. We discover unusual inner resources that help us attract unexpected opportunities into our lives.

Wednesday, March 17: Mercury enters Aries (9:12 AM until April 2), and Mercury trine Mars (4:33 PM). This is a dynamic day for communications. We are direct and assertive. We have no fear and express ourselves with great spontaneity. Now is an excellent time for clearing the air of old resentments and confronting people with both kindness and forcefulness. Our honesty about where we stand gives permission to others to find their own truth.

Thursday, March 18: Mercury opposition Saturn (4:04 AM). We could have to face a big reality check today. This could prove somewhat depressing, so it's best to just clear our desk of any back-logged work and rewrite our short- and long-term goals. We seek ambitious and hard-working individuals today—those we can respect and have serious conversations with. Our thoughts are structured and grounded.

Saturday, March 20: Sun enters Aries (10:32 AM, vernal equinox, until April 19). This next month is about new beginnings. We are offered the chance to completely reinvent ourselves at a cellular level. This is a very powerful time of regeneration that enables us to manifest what we truly wish to see happen in our lives. We feel energized and dynamic, full of new life!

A WEEK OF MIXED BLESSINGS

Sunday, March 21: Sun trine Mars (10:54 AM), and Sun opposition Saturn (5:37 PM). Today is a day of mixed blessings. On one hand, we are very spontaneous, forceful and assertive, while on the other hand, we measure the consequences of our actions so much that it may stifle our forward movement. We could simultaneously want to move forward and feel overly cautious and conservative. This is a good day to figure out what is limiting us: Is it the realistic need to exert patience or the fear of our own greatness?

Monday, March 22: Mars sextile Saturn (8:55 PM). We could be particularly efficient today. As we focus on our goals, we are able to sustain—seemingly effortlessly—long hours of arduous work. This is a great day for physical activities requiring much endurance. Our concentration allows no room for distraction. We are serious about getting the job done.

Thursday, March 25: Sun square Pluto (8:44 PM). Secrets could be exposed, our shadow could become so obvious as to be unavoidable and challenges could force us in a very uncomfortable corner. The more discipline and maturity we exert in dealing with what needs to be transformed within us, the easier this transit will be. We cannot—and should not—escape self-honesty today.

Monday, March 1: Venus sextile Neptune (1:26 PM). This is a very magical day. Romance is in the air. We could feel very acutely the oneness of all life and be particularly sensitive

to the suffering of others. Our compassion attracts many to us who seek understanding and solace. An existing or new love relationship is infused with much beauty. We become more aware than ever of the depth of our soul connection.

Wednesday, March 31: Venus enters Taurus (5:13 AM until April 20), and Mercury sextile Neptune (8:22 PM). During the next month, we seek peace and harmony with nature in our intimate relationships. We need to enjoy the beauty of being in a physical body, to smell the roses and take life one moment at a time. We could be more sensitive to touch and smells and be drawn to pottery and gardening as well as receiving or offering a massage. Today more particularly, our mind is very intuitive and in tune with subtle vibrations. This is a great time for healing and channeling. Artists could draw inspiration from otherworldly dimensions and manifest sacred works. ✨

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.

March (24/6) brings you a month of increased sensitivity to what is beneath the surface if you tune into your inner awareness. This can be very inspirational, and if you take responsibility to bring things into harmony and allow yourself to become centered, you will achieve peace and balance. This results in having your inner world under your command which in turn, brings about order in your outer world. This gives you the opportunity to “get into the flow” so that you can respond rather than react to unexpected events and opportunities at all levels. The goal is to achieve that inner peace and harmony and integrate it into your being.

MARCH 1 TO MARCH 6, 2010 (21/3)

This energy is largely concerned with friendship and offers opportunity to define that for yourself, discerning to whom to be loyal. It also helps you to discern when to fight for something and when to recognize things that can't be changed. Remember that no answer can be the only right answer. This is a period of the old order changing to the new, a period of choosing response over reaction. It brings opportunities for peace and creation, so use the energy constructively.

You begin the week of friendship with a day to withdraw and reflect on how far you've come. You use your strong intuitive energies to reconstruct your mental energies into a positive force for friendship. You then have a day of easy flowing environmental energies to help you examine any details that spontaneously arise in your life to reap the abundance that is there. You have another day of reaping your rewards as you prepare



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for further adventures by sharing your accomplishments with meaningful companions to deepen your understanding of your relationships. Now you take the first steps in your new adventure and clarify and crystallize your desires, using your imagination to bring them into your life by connecting with your inner wisdom and strong sense of justice. You then have a day of master intensity with opportunities to emphasize the spiritual in your relationships, so stay connected to your higher guidance for direction and stay aware for the revelations offered to you at this time.

The week ends with the energies of celebration and creative expression of the whole you as situations blossom and bring your happiness and fulfillment as long as you stay balanced within. The goal for this week is to be that “friendship force,” stay creative in your expression of yourself and seek the inner peace this process brings you.

MARCH 7 TO MARCH 13, 2010 ([22])

This week, you have master energies on top of the sensitivity, so there will be an underlying pressure for you to build spirit into your material plane, your life experience. This gives you an aptitude for pure spiritual connection that will depend on your understanding of power and its use in service to others. Your God energy can be put into form in your life if you choose. Your mind will think in large-scale terms with big plans, and you are to make all that practical. It's important to stay centered, because this could be a tense cycle, so stay in the now as you proceed through the week.

You start the week with a day to emphasize the week's energy, which may make you feel the work is too hard; however, the restrictions you feel need to be examined with heart and mind so that you can make sure you have built a firm foundation for the future. You move to a day with the energies for a strong sense of adventure and change. Open your mind to possibilities as well as check your beliefs, and make sure you understand that security comes from within—not from home, people or circumstances. Another intense day greets you as the sensitivity of the month blends with the master-builder energies of the week to bring you understanding that in becoming centered in your inner world, you have command of your outer plane. Even though you may feel restrictions, you move through easily for the good of all.

Now you have a day to withdraw, reflect and relax, so listen to your inner voice for direction and accept that you must stay flexible, resourceful and adaptable so that you manifest the truth that will bring light and clarity to your situation. This is followed by a day of easy-flowing external energies that require a certain level of activity to reap the harvest under this influence as things arise spontaneously. Take responsibility for the benefits you receive and be honest with yourself when details arise that need adjustment.

In another master day, the spiritual messenger comes to you, so stay aware because messages will be everywhere, and they are there for you to truly understand love and peace. Then you have an opportunity to share your accomplish-

ments as you deepen your understandings of yourself and prepare for new experiences, moving more and more toward harmony and peace. You end the week with the energy of the seed and harvest, and now you can understand that anything you begin must be from your inner wisdom and have a strong sense of justice (balance) built in. The goal this week is to understand that to be the spiritual master builder, you must do it through cooperation, harmony, practicality, organization, self-discipline and hard work.

MARCH 14 TO MARCH 20, 2010 (26/8)

During this week in the month of friendships and forming groups, you have a week of benevolent vibrations that will bring you prosperity and success as long as you use your material possessions in service to humanity. However, you also are tasked to use your generosity wisely and in balance so that it is an asset to both you and others. This energy gives you the ability to handle people and situations as you use your wisdom to pioneer in the realm of human relationships. Much will occur spontaneously, so stay connected and aware, since this energy is the greatest expression of God on the material plane.

You start the week with a day to emphasize the spiritual areas that will require more responsibility and effort and yet promise great rewards if you stay connected to your higher guidance, receiving direction through the insights and revelations offered to you. Then you have a day of celebration and creation that can bring restless energies if you do not rely on your intuition to stay balanced in harmony and peace as more guidance comes to give you direction. This brings you to a day when you receive news of a new order of things—as long as you use your mind and intuition to realize the value of system and organization in effecting the creation of worthwhile conditions for all.

Now you have the energies of adventure and change presented to you to confirm your ability to expand your mind into areas you have not explored, so go for it. It's then time to open your sensitivity to what's beneath the surface, taking responsibility for putting things in harmony so that there will be peace and balance within through that inner knowing. The next day is one to withdraw and be reflective, as you connect to the strong intuitive energies available to connect with your mental energies and make sure they are working as a positive force for you.

You end the week with a somewhat intense day with easy-flowing environmental energies, and you can use the underlying master healer energies to the fullest by remaining centered and balanced, meeting responsibilities with courage and faith in the higher forces. The goal for this week is to remain balanced through your experiences and accept responsibility for bringing your world into unity and the flow of giving and receiving.

MARCH 21 TO MARCH 27, 2010 (21/3)

You have another week of defining friendship and loyalty in terms of groups, because it's time to move this energy

up and gain a greater understanding of the fellowship of humanity. This week will give you clear signs of how the old order is changing and giving you opportunities for peace and the use of your creative energies.

You begin the week with a day of sharing your accomplishments and preparing for new adventures, and your relations bring a deeper understanding about brother- and sisterhood. Now you have a day to clarify your desires for further action, and the master builder pushes you to select fulfillment and completion, thinking in terms that will benefit all of humanity. Another master vibration, the messenger, comes to the forefront to assist you in accepting responsibility and making the effort necessary to keep your emotional and mental areas in balance.

Now it's time to celebrate yourself and how you've grown, so allow yourself to dwell in the peace that comes to you at this time. Another day with underlying master vibrations is presented to bring news of the new order of things, allowing you to be a forerunner for better conditions through system and organization guided by the master messenger and bringing opportunities for love and peace.

A day of restless energy is presented for you to learn to use your energy constructively with patience, persistence and determination so you can enjoy the pleasures earned by your actions.

You end the week with a reminder of the energies of the month—the energies of sensitivity to what is beneath the surface—so that you can see the truth and then manifest it. The goal for this week is to achieve that inner peace when you understand friendship and fellowship.

MARCH 28 TO MARCH 31, 2010 (16/7)

You end this month and this cycle of tending your garden with the energies of awakening. This is a karmic energy that gives you the opportunity to balance yourself at all levels. Do not avoid, evade or ignore any circumstance or your inner response to those circumstances. This is your opportunity to understand that unforeseen and sudden events are intended to tear down and rebuild the existing conditions, making room for the new as you move into the next quarter of selecting your harvest for future progress.

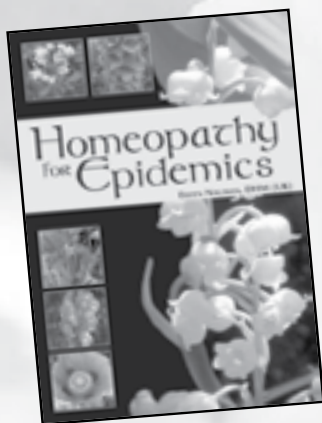
You start the week with a day to be reflective and examine your vision and what you truly desire so that you can align your thoughts to create it all—thought creates. Now you have a day of easy-flowing environmental energies of cooperation, bringing about opportunities to deal with spiritual affairs, to make decisions and to take decisive action as your sensitivity brings high inspirational energies, even in your dreams. So pay attention, since you are being shown master opportunities today. A day to share your accomplishments to gain greater understanding is presented so that you can practice maintaining inner harmony and peace as you interrelate with others.

You end the month in preparation for the next phase with a day in which you have opportunities to crystallize your desires for the future. You have the help of the higher master vibration of the spiritual architect who balances the higher spiritual energies to bring them into the material. This helps you gain new perspectives and understanding that the answer can only be found within yourself. The goal for this month and this period is to recognize the need for order and truth so you can transform into your independent and unique self. ✨

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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Eighteen Chapters Tell You About:

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Part 2: Biological and Chemical Terrorism: Homeopathic Strategy for Today's World

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Part 4: Posttraumatic Stress Disorder



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Looking for an Earthquake

Marlene Buffa

Last week while raking up the winter leaves in my yard, I thought of how confidently we go through life, assured that the dirt beneath our feet provides us with a steady foundation. We can scrape away the surface, clean up debris, yet Mother Earth remains solid—something we depend on. Then I thought of that carnival ride that spins you around, creating centrifugal force, and then drops the floor out from beneath you. As children, we boarded the ride knowing that the bottom would fall out but not sure of when. We were certain we were going to slide off the wall and into the abyss of the whirling gears because we had not yet figured out that higher forces—invisible forces—play a larger role in life than we imagined.

Uncertainty is the fascinating aspect of the earth rattling uncontrollably beneath our feet. Unable to predict or prevent it, the earthquake remains one of the few inescapable geological phenomena. Unlike the weather, which some meteorologists can predict with moderate accuracy, the rumbling of the earth's tectonic plates reminds us that we cannot run or hide from or alter its impact. Our options are to hold on and endure or step aside and get out of the way. In many ways, we experience

love in the same manner. No matter how scientific, how diligent or persistent, our search for love resembles an odyssey for an earthquake from the invisible source.

SEARCHING FOR A SOLID FOUNDATION

Each day, we plod through life on Mother Earth. Despite our knowledge that the depths of the seas and the life beneath the surface exist, we take our sure footing for granted. We rely on the smoothness of life's paved roads as well as the malleable sand on the beach to carry us from one adventure to the next. Yet when nature shakes us by surprise, our balance shifts; if only for a moment, we transport our awareness from a sense of security to wondering if anything in life is truly stable.

Like the solid ground beneath our feet, love provides the stabilizing force in our lives. Often taken for granted, the love between parents and children, the affection of spouses or even the fondness we feel toward friends invisibly teeters on the basis of our acknowledgment to keep it in place. When love provides the sure footing for the foundation of our lives, we walk confidently. When the crevasse of uncertainty portends the delicacy of love, our walk grows more tentative.

We often don't notice when things are out of sync for us or deteriorating, as long as the status quo persists. Sometimes it takes something as raucous as the grumbling ground and toppling edifices to catch our attention. When we fix the fallen gutters or the long-ignored missing roof tiles, we wonder what took us so long—did it really take the earth moving to disengage our private inertia?

In relationships that grow translucent, we notice that the vibrancy is no

longer there, and yet we remain precariously careful to not discolor the blend of emotions within. When we look for the earthquake in a relationship, we are asking spirit to startle us into engaging with our partner again or to provide blatant clues for a budding relationship. Convinced we wouldn't recognize love if we ran into it, we silently douse our way down the path, hoping for a sure bubbling sign of love's flow. Conscious of our choice or not, we ask spirit to provide an earth-shattering awakening or love's mirror to see it in ourselves.

TIME IS RELATIVE

In truth, the shifting plates wield their power for only a few seconds or minutes, even though it might seem like an eternity. Frozen in time, similar to watching ourselves fall in slow motion, we endure the earthquake first by surprise, then in uncertainty and then with a hesitant disbelief when it's over. Since the laws of nature rule, our desire to control the situation increases.

Louise Hay teaches us that all relationships are temporary. Like the earthquake, we have no notion of the intensity or duration of our interaction with others. Some spiritualists suggest that relationships last just exactly as long as they are supposed to—not a minute more. From unexpected beginnings to rocky endings, some of life's most poignant and meaningful lessons arise from

KEY POINTS

- "Like the solid ground beneath our feet, love provides the stabilizing force in our lives."
- "From unexpected beginnings to rocky endings, some of life's most poignant and meaningful lessons arise from the most challenging scenarios; we learn best when we pay attention and struggle to keep our footing on the shaky ground of coexistence."



MARLENE BUFFA
www.wordsofmind.com

the most challenging scenarios. Perhaps we learn the best when we pay attention and struggle to keep our footing on the shaky ground of coexistence.

We can no more look for love than we can predict or seek out an earthquake. Both are capable of rocking

our world, and we think our chances to find them are determined by location or some other unknown factor. But the only place we need concern ourselves with lives within us. When we realize that we create the quakes in our lives—even though we deny it—we also rec-

ognize that we manifest the intensity and duration of each relationship in which we engage. So let love take you by surprise and be sure to look around you for evidence of the impact it makes on your life and on the lives of those around you. ✨

The Fountain of Youth and Vitality

Dell Morris

Imagine what it would be like to live your life with the wisdom gained through time, in a physical body without limitation, pain, illness or disease. You can rejuvenate your body and live a life filled with activities that you love but have long been unable to enjoy. By activating the youth and vitality within you, you can be given a new lease on life. The ability now exists to slow down your biological clock and reactivate the youth and vitality you once had through your DNA, maintaining it as long as you desire. The opportunity to have the best that life has to offer is here for you to seize. If it is your heart's

desire and your pure intent, it is a life you may claim as yours.

STATE YOUR PURE INTENT TO LIVE IN YOUTH AND VITALITY

Living in youth and vitality is a level of physical perfection, a blissful state of spiritual consciousness and connection with source energy. Live with abundant physical and mental energy, with a wholehearted and jubilant approach to your daily life. Enjoy a state in which all of your body's cells coalesce in an extravaganza of celebration; a constant state of joyousness, abundant energy and well-being. It is the body's reflection of divine perfection.

Pure intent is connected to the core level of your soul, attached to passion. When you decide to ask for youth and vitality or show any other pure intent without attachments, you can achieve this state at the fullest level given by the universe. You can't turn back once it has been given, but you may cancel your contract with the universe and rewrite it if you improve the contract. Pure intent can be indicated both through thought or by stating it out loud. If you hold this thought or statement long enough, it will become your reality. Once you receive it, you place full attention toward a plan or purpose you want in your life. At this time, action is taken to provide it for you by the universe.

Consistency and determination in your desire are very important to consider if you want to achieve your goal. Negative thoughts and fear create inconsistency, which does not yield results. To be consistent, you must become aware of what you are thinking, feeling and saying at all times in order to honor your pure intent. All negative thoughts cut you off from your goal. You also must be willing to do whatever it takes to achieve this goal.

REMOVE NEGATIVE EMOTIONS AND CORE BELIEFS

Monitor your thoughts. Your thoughts create your emotions, both positive and negative. Become sensitive to your state of existence. When you become aware of your thoughts at all times, you become sensitive to what you are creating in your life. Using your internal mind (your heart) rather than your external mind (your ego) is a crucial step toward achieving your goal. Everything you need to achieve this goal

KEY POINTS

- The ability to live your life in youth and vitality is yours for the taking if you ask for it with pure intent, without attachments.
- Once you cleanse your mind of negative emotions and those core beliefs that form their foundations, you can commit your thoughts and actions to living your new reality, gaining true freedom and fulfilling your desires to their highest level.
- "All you have to do is ask, and it is given; youth and vitality can't help but respond to your vibrational intervention."



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is within you. When seeking an answer, look inward. This internal mind comes from the heart. When the heart speaks, the ego falls away, and universal truth is spoken through the mind. Perform an internal cleanse as you remove your core beliefs and those negative emotions connected to your foundations, canceling and removing them from the memory of your DNA. This increases your vibration, allowing you to receive your pure intent of youth and vitality.

Core beliefs are false beliefs that come through the senses to the ego to be expressed by the mind. Through thought, we have the ability to create a negative emotion that, held long enough, is activated in the DNA. This creates the foundation that supports the negative emotion and the core

belief. A negative emotion attached to a foundation is triggered by a core belief. All core beliefs are false beliefs that are connected to negative emotions. When we remove the core beliefs, negative emotions, foundations and the memory of the DNA, the result is permanent; the false self falls away and your new identity emerges.

To become the new truth of youth and vitality, you must live this truth. Commit your thoughts and your actions to living your new reality, gain true freedom and fulfill your desires to their highest level. The renaissance of quantum healing is a rebirth and awakening, a means to return to your heritage. You now have the ability to create a higher vibration and to move into your higher self without leaving your

body, extending your life here on Earth with greater awareness and becoming a master with love. You came here on a journey to find and understand your connection with your higher self.



For those who desire a path to attain ascension while remaining in their physical bodies, living as a spiritual being in the fifth dimension, this is your beginning—your awakening, your rebirth. We now have the ability to change anything we do not want or like and manifest that which we do. All you have to do is ask, and it is given. It is the universal law of attraction, and the process must happen; youth and vitality can't help but respond to your vibrational intervention. *

A Place Called Serenity

Marcia Reeves Thrasher

We all communicate with our companion animals. We send thoughts out to feral animals in the wild or to those we see suffering on the television in those com-

mercials we turn away from because of their explicit content. We know deep down in our hearts that those advertisements are meant to provoke us, to evoke compassion, to have us open our hearts and pocketbooks and to ask, "How can this happen?" We all come here with different lessons to learn, different paths to follow.

Long ago we enlisted the aid of fellow spirit family members, other spirits, animal spirits and a whole host of companions to aid us in our quest for growth. Sometimes we veer off the path of least resistance and "bad" things happen, but thankfully our companions are there to give us perspective and assist us in getting back on the path to learning.

To quote from our now secretary of state, Hillary Rodham Clinton, "It takes a village," a village of concerned and caring spirits to come here

to inspire us, guide us and to help us turn dreams into reality. Although I still shed tears for those animals in the commercials, I know in my heart they are here to help you, me and others in our growth and in our journey on Earth. It doesn't stop me, however, from sending out pleasant thoughts and prayers and thanks to those—human, animal, plant, mineral and any other spirit—here to help in my growth. Gratitude should always be given, even before the act of compassion or event one wishes for has taken place. The act of being gracious and thankful is most humbling. Our guides and those who aid in our per-

KEY POINTS

- Every companion, human or animal, comes with certain paths to follow and lessons to learn.
- If animals are in direct communication with spirit, something we humans as a whole have forgotten over time, communication with them has much to offer us.
- Animal communicators are psychics who tap into the animal spirit, opening up to universal knowledge and going directly to source. As they access different chakras, psychics can interpret and relay that information about the animals to their human companions.

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sonal and spiritual growth recognize certain steps to learning—certain spurts of growth—when we become and stay gracious and compassionate.

Recognizing that others, human or animal, may need our help and coming to their aid, whether by donating money or our time, work and effort, is important too. It is not always our path and our lesson to hurt, to be hurt or to be involved in schemes and illicit or illegal activities. As compassionate spirits, coming from our hearts, we should take stands and make efforts to alleviate hunger, help those in need and be genuine in our caring for others. These spirits are here with us and around us, backing us and waiting to be asked for help or acknowledgement. So often it feels as if we are all alone in our plight to make ends meet, to pay the bills and eke out a meager existence, and too often we are too self-centered to realize what is happening around us. Just take a moment to give thanks and ask for guidance, and then listen.

FINDING LIKE-MINDED COMMUNICATORS

A week before Christmas of 2009, I taught a mini-class on animal communication at Serenity Place in Cartersville, Georgia, before an audience of psychics, healers, Reiki masters and others who came because they have animals and are interested in learning about animal communication. The class was open to any and all that morning, and since it was early in the day, many of the practitioners at Serenity Place were there. I was somewhat overwhelmed at the attendance, the room was full and there were others standing outside the door.

Where I live—about an hour's drive from Atlanta or Chattanooga—there aren't any holistic veterinary practitioners or animal communicators. Most people don't know the difference, and often when I tell someone about being an animal communicator, the person will ask whether I can help with an animal's behavior or training. My answer is no, I cannot. I communicate and teach communication.

Educating myself and others about the alternatives available when it comes to the care of animals has always been my mission. Even as a young adult—before I discovered the Internet—I spent quite a lot of time in the library, reading and learning as much as I could about animals and how to care for them. Communing with animals, something I had done in my youth, was something I had neglected and taken for granted in adulthood. Picking back up and telling others about my experiences hasn't always been easy, but then it is the adversity in life that gives one character and sometimes a little spunk.

THE DIVERSITY OF PSYCHIC COMMUNICATION

The class began as usual, with introductions and the names of companion animals and their personalities, likes and dislikes. Then we talked about the various and differing methods a psychic uses, the tools at her disposal: a deck of cards, a crystal ball and even certain stones and crystals. The tools of a psychic are individual and personal; they can be any inanimate object or item that aids the psychic in her communication.

That is what an animal communicator is—a psychic who taps into the animal spirit. We are all a part of spirit. We may have different families or clusters, but a psychic communicates with the spirit of the animal or—when the animal is distraught, feral or sick—taps into the universal knowledge and goes directly to source. From different chakras, psychics access, interpret and relay information to the client. No two individuals are alike in terms of method and technique.

Whether they are empaths who pick up on emotions and feelings and often become medical intuitives or they are clairvoyant or sentient and hear voices, see pictures or know things, credible communicators are willing to develop these abilities by taking classes, reading, going to lectures and even sitting in on mini-classes in order to familiarize themselves with different methods and

techniques. There are no university accreditations in the metaphysical, but there are many workshops available and even classes or distance-learning courses available. Of course, not all learning comes from books; much is learned from hands-on experience and learning to develop individual technique and style.

OUR ANIMAL COMPANIONS CAN TEACH US

I brought two pictures with me, each of a cat who are companions in my household. I asked each student to write down not only their impressions but how they received those images or words or knowing. Charlotte, a practicing psychic at Serenity Place, said that BobDog, the cat in the first picture, likes to chase or hunt birds. BobDog is an indoor cat and has been since she was a few weeks old when I found her drowning in a puddle of water during a downpour one spring. I have a large picture window at home, and Bob spends a good deal of time in that window or on the back of a couch, looking out and making those clicking noises cats do when they are enjoying the hunt—whether out in the wild or looking through a window. I suppose BobDog has been on many hunts after the blue jays, cardinals, wrens, thrashers and various other birds who inhabit the oaks, pines and dogwoods in the woodsy area outside that window. The occasional squirrel or two will also cause Bob and the others to stop and pay close attention.

Both Cassandra and Charlotte were quick to note that Aroma, the kitten in the second picture—who is now an adult—is a very independent, aloof and free-spirited cat—meaning that he is a cat who likes to get his way. Someone commented she had known this cat before, in spirit. My sister, Deborah, who knows both cats, sat in the back row, shaking her head and smiling. Aroma was an abandoned kitten my husband took in when Aroma was no more than a few weeks old. Bill nurtured and provided warmth and love to the little kitten as I treated and gave him nourishment. Aroma grew

in size and independence, preferring to be alone most of the time.

I once consulted spirit about Aroma and was told "it's just him." In other words, Aroma—or any other companion, human or animal—comes with certain paths to follow, lessons to learn. Aroma just prefers to do what he enjoys in this lifetime, and his situation with me affords him much freedom to dance to the music that only he hears. Maybe he is teaching me to be a little more open, to let go and just be me—to dance and sing and be happy. Both BobDog and Aroma are healthy and happy in their present environment. Could it be that animals are in direct communication with spirit—something we humans as a whole have forgotten over time?

LEARNING TO DISCERN

Whatever information the communicator receives is what she relays to the client or companion. Sometimes an empath or intuitive mistakenly picks up feelings that are not pertinent to the client. Unless the empath is trained about how to disassociate her own feelings, she may inadvertently feel an emotion or physical ailment that is not that of the animal or client but her own. It is important, however, to impart the images and words to the client we get from tapping into spirit. Sometimes the information will mean nothing to the companion of the animal, but one should give it anyway, because it may be useful in the future.

As companions to our loyal animal friends, we want to know when we can be of help—we want to know when our companions are in pain or stressed or in need of medical attention—but we can't always pick up on a bruised pad causing a limp or that ear mites are causing terrible headaches. Sometimes

we are just too close to the situation at hand and too close to the animal to stand back and assess the situation when we want to render aid. This is why clear animal communication can be particularly helpful.

Sybil, for example, is someone who can pick up ailments in the body and point out what may be a problem in a particular area as well as what is now ailing: the pad of a sore paw, ear mites, stomachaches. Stephanie, who has turtles among her companions, also taps into spirit, picking up emotions and even feeling thoughts. She said that her turtles have helped her realize that she should be more patient in her life. A turtle is slow, thorough and patient but can pick up speed if needed. What a lesson! Just think what we can learn if we only listen.

MAKE THE EFFORT TO COMMUNICATE OUTSIDE THE BOX

We are taught to think inside the parameters of a given situation as we enter society, become students of the public school system or members of religious groups or political parties. To think otherwise gets us failing grades, and we remain where we are; no promotions are given for creativity or thinking outside of this box. But in the spirit world, there are no walls, no parameters or even boxes. Linear thought can complicate matters by making us harbor thoughts that aren't real and that are not going to help in a traumatic or emergency situation. Being able to still our minds and allow this clear channel of communication is something everyone can learn but not something all will excel in or even want to do. Taking classes and learning to communicate with our animal companions, even at the most basic level,

allows us to develop a closer bond; the animal will pick up a willingness from its companion to associate on a different level, a level of energy that assures a most positive outcome for all.

We discovered over the course of the workshop that many of those participating in this class already practice Reiki and energy medicine or are practicing psychics who have taken various classes and workshops in metaphysical topics. Some have earned degrees and hold doctorates from accredited universities. Cassandra is a talented pianist. Once comments were voiced by a few, then everyone became a little less shy about his or her own abilities and the information started to flow. What everyone who attended had in common with each other was an eagerness to learn and a willingness to communicate. The students of psychic learning today are important to the future of this planet. The Mayans predicted that 2012 would herald a time of universal consciousness and psychic awareness during which anything based on fear or greed and power will crumble. This awareness is important to our continued existence and entrance into a new dimension. Our soul or spirit is dependent upon this ascension or higher evolution.

Whether it is with another fellow human being or animal, a tree, a flower or a honey bee, I suggest that communication is always worth the effort; the benefits and rewards are beyond mere words. Never stop learning. Knowing that we don't know all there is to know and admitting it is a start. Those who came to learn something different certainly went away with a lot to think about. I wonder what they think now when they look at their own companion animals. And what do the animals pick up in return? *



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The Mastering of Alchemy: The Third-Dimensional Box and Structures

Jim Self

Many of us know, or intuitively feel, that there is a restructuring or movement going on, but few of us have sufficient information to make sense of these feelings. Quite simply, we are stepping out of a third-dimensional reality, passing through the fourth and on our way to the fifth dimension. But what are the dimensions?

Dimensions are not places. Rather, they are levels of consciousness, each with its own characteristics and ways of thinking, feeling and experiencing. Understanding the aspects, rules and structures of the third and fourth dimensions gives us the opportunity to step from the noise of the third-dimension and its rigid structures into a more fluid set of choices held within the fourth.

In order to make this simple, let's consider the third and the fourth dimensions each as a box. These two boxes overlap one another, allowing us to move from one box to the other. We

have actually been living in the third and fourth dimensions simultaneously for well over sixty years. One box holds noise, rigidity and uncomfortable emotion while the other box holds choice, beauty, well-being and appreciation. You have experienced yourself in both these boxes. But without a clear definition of what occurs in each box, it becomes difficult to understand and master yourself even in the best of situations. By knowing the difference between the two boxes, a person can choose to live the life they wish to live rather than simply reacting to life as it arrives on their doorstep each morning. By describing the characteristics of each box, we can develop a better understanding of how to choose.

FORM

First, the Earth, the mountains, the rivers, the lamp, the chair and the flowers that surround us are not the third-dimension. These are aspects of form. Form is the result of density. Form has shape, mass, texture and weight that exists in both the third and the fourth dimensions.

Here's the first useful piece that is not obvious. Form is also held within our thoughts and emotions. Although it is not seen as physical density, heavy, ugly thoughts will produce a response. Additionally, light, airy, beautiful thoughts will also produce a very different feeling or response.

For example, have you ever accepted someone else's opinion that you've

done something wrong or are to blame for something, and then found yourself walking around with a heavy uncomfortable feeling of guilt? This guilt or blame is called a thought form. How you choose to observe and hold that thought form will influence your state of mind, your emotions and even your physical health. It also determines your ability to successfully create your life or not.

Heavier, emotionally charged thoughts are held in the third-dimensional reality, whereas light, airy, beautiful thought forms are held in the fourth dimension.

THREE ASPECTS OF THE THIRD DIMENSION

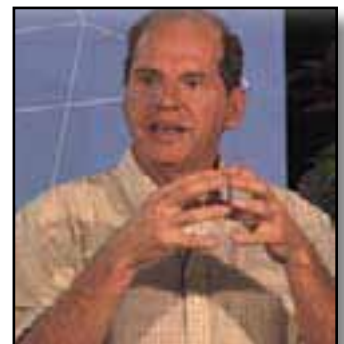
Let's explore the characteristics that are found within the third dimension. Remember, this is a box that holds a portion of your life experience. In order to fully understand all that is about to be said, it is very helpful to understand the law of attraction. Now, you might say, "But I already know all about the law of attraction." But *believing* you know about the law of attraction and *living* the law of attraction are two very different experiences.

The law of attraction says: "What you place your attention upon, I, the

KEY POINTS

- "In the third dimension, time operates as a loop. It consists of a flow of thoughts and experiences that we label positive or negative."
- The way you choose to hold thought forms influences your state of mind, emotions and physical health—it determines your ability to successfully create or not.
- Duality provides choice, giving us ways to experience and know ourselves.

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universe, which adores you, will provide for you." The law of attraction is so important; it is the foundation of everything you have ever experienced.

The law of attraction does not understand words. It does not understand "please" and "thank you" in English, French or any other language. The law of attraction understands the thought and the emotional vibrations you hold, both consciously and unconsciously. If you believe something is or you believe something is not, the law of attraction will respond accordingly. If you amplify your thoughts or beliefs with a charge of emotion, the law of attraction will provide you with more of the same in a quicker, fuller manner. What you put your attention on with a charged emotion is what you will receive.

TIME IN THE THIRD DIMENSION

Most of humanity has been taught and believes that time is fixed and linear: past, present, future and then you die. Although this is the generally accepted belief, it is incorrect. In the third dimension, time operates as a loop. It consists of a flow of thoughts and experiences that we label positive or negative. Either we embrace these experiences and hope they happen again, or we resist them and hope they do not. To keep it simple, we take our past experiences and project them into our future and then step into that experience in a future-present-time moment to feel it all over again in a different size, shape or color.

Let me give you two examples. First, let us say that I was told that if I would become a lawyer, doctor, teacher or nurse I would be successful and happy. And although it may not feel correct inside, I agree. I then take that information, place it out in front of me and follow that belief into the future. A belief is seldom experienced in the present moment, but is instead projected out into a future.

Second, and this is perhaps a more important example, let us say that I once had a relationship that was the best of the best—until it was not. My lover left, telling me I was a terrible person, that I would never succeed, I was

not nice and I did not have anything to offer to create a successful relationship with him or her. I was hurt. I felt rejected, and I went into a deep state of grief. Although I tried to get over the experience, I could not let it go, nor could I understand how I could be such a terrible person. Eventually I made the decision that I was okay, at least on the surface, and I never wanted to meet someone like that again—because I did not want to be hurt again. So I scream to the universe, "God, never let this kind of experience happen to me again. If a person of that type ever comes anywhere near me, please warn me and put up big red flags so I don't get hurt again"

Can you see how I took a bad period from my past and placed it into my future, and then added a big dose of emotionally charged pain, fear and avoidance in order to protect myself? And because the universe and the law of attraction adore me, and it is the universe's passion to satisfy my every request, guess what I found on my doorstep the next morning—and the next and the next and the next? With each step into the next present-time moment, I experience precisely what I asked for through my vibration. In other words, if the vibrations of my thoughts and emotions are negative, I get exactly what I put my attention upon: "I will provide you with exactly what you ask for," smiles the law of attraction.

So third-dimensional time is not a structure; it is an application that allows us to create a new set of experiences based on our past to be experienced in our future. In the third dimension, there is a small sliver of the present time known as reactionary present time. In this sliver we step into the future that we resisted, finding ourselves in present time reacting to what we swore we never again wanted to experience. This is how time works in the third-dimensional box. In the third dimension, choice is not a choice, because choice does not exist in the third dimension.

Also built into the structure of 3D time is a wonderful mechanism that can

keep us out of great difficulty. A buffer, or lag in time, gives us the chance to reconsider the consequences of our actions, reactions, thoughts and emotions before we react and create something that we might have to clean up or apologize for afterward. This built-in structure allows us a moment of pause in which to consider an action. During the shift, however, this time buffer is dissolving. Many people are finding that things are now starting to manifest faster than they ever have before. In our future present-time moments, this buffer will cease to exist. What you ask for is what you will get—right now—in exactly the form you think it.

DUALITY

Another important aspect of the third dimension is duality. Living within the field of duality was simply meant to provide us with a broad array of choices and opportunities in order to "know" ourselves. Duality is a predominant structure of perception. Before the fall of consciousness, a long time ago, the purpose of duality was to assist us to learn how to walk in balance while experiencing contrast. If everything were blue, there would be no contrast. Once red is brought in with the blue, we now have contrast. Contrast was created to provide us with experiences for choice, such as hot and cold, large and small, bright and dull, and so on.

As we began to experience third-dimensional consciousness, we added into duality the concepts of right and wrong, good and bad, and should and should not. When we lived in the higher fourth dimension and above, there was no good and bad or right and wrong. There was no judgment. Nothing was broken. There was nothing to fear. There were just simple choices of contrast giving us more ways to experience and know ourselves.

With the fall of consciousness came fear, judgment and separation. We learned the concept of "us and them," and we learned to resist "them." These concepts of judgment, separation, good and bad, right and wrong, and should and should not

created a rigid, unforgiving structure that does not allow for flexibility or choice. This third-dimensional belief system bound our thoughts and emotions, creating extreme beliefs in “never” and “always”; rigid thought forms with very little opportunity for change, ease or well-being. In this rigid belief system of heavy thought form, fear and pain were anchored. This is what the second wave of light is beginning to neutralize and remove from our memory as we prepare to step into the higher dimensions.

THE RATIONAL MIND

Our analytical, reasoning thought process is known as the rational mind. When we experienced the fall of consciousness, we lost access to a great portion of our ability to perceive the

reality around us. As we learned to experience fear of the past and worry of the future, we lost the use of many of our spiritual abilities along with access to over 90 percent of the operational function within the brain, hence creating our rational mind.

The development of the rational mind has served us well in this environment. Its purpose has become to keep us safe and have us fit in. Due to fear and misuse, however, the rational mind operates more in limitation than it does in possibility and opportunity. Because we have given assignments to the mind that it was not designed for, our awareness and spiritual ranges of choice have greatly diminished. While the logical mind is a wonderful tool for measuring, comparing and making decisions, it only knows what

it knows and has lost access to what it does not know. For thousands of years, the rational mind has kept humanity tightly focused in the three-dimensional realm. This is now changing.

The three structures of this third-dimensional box are critical to our understanding. These three energetic structures, the time loop, duality and the rational mind, are intricately woven into the fabric of the third-dimensional matrix. By becoming aware of the underlying templates from which the third dimension operates, we can begin to have the choice to step out of the third dimension. We can reconstruct and remember a significant part of ourselves, thereby freeing us to move beyond the limits of the third dimension and opening to the possibilities of the higher fourth and fifth dimensions. ✱

Keys and Mastery

Athene Raefiel

When I was a young girl, I remember living in and visiting houses that had a lot of different types of keyholes. Most were so big that you could actually see through them into the other room without having to open the door. Many of these homes had sets of beautiful keys that were large and interesting. I always wanted to own

some of them, as they were a curious thing to me.

As I got older, my youthful curiosity fell away, and I forgot about so many lovely things that had piqued my curiosity as a child. I also think I became stuck and lost in the world of serious study and experience around me. Later, when I discovered the importance of finding answers to the mysteries of life and what lies within us, I was brought back once again to this concept of keys. “Keys unlock doors in the mind,” I decided, and that was where all the doors and answers were that I needed to discover. I then began visualizing these ornate doors inside my mind and trying to find the keys to open them. It was this type of thought process that brought me closer to discovering how to open the doors in my mind and experience the awareness that it held.

Each human being is unique and individual. When humans decide to go exploring their minds, they can find all kinds of memories they never imagined could reside there. Is the mind really the seat of the soul? If so, just what part of it is where the soul is housed? As we develop our brain, we find that it is not the kind of organism that works alone. Although people do live on at times when the brain is dead, the human mind is connected to the mind of the physical body as well as to the emotional body, the astral body, the causal body, the celestial body and the Christ consciousness—or, as some call it, the mind of God.

KEY POINTS

- The key to understanding our true spirit essence is to discover how to master ourselves, knowing that even as gods, we can only create through creation.
- “Try as you might to feel you are in control, you will always discover that it leads to surrender and the option of new discovery. Mastery is not about control but about understanding, enlightenment and awareness of the whole self.”

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Often we refer to the higher self or true spirit essence as the part of self, connected to the mind of God. This relates because God—Goddess, All That Is—must be spirit, and therefore understanding this truth of spirit can only happen through the spirit self. There are more things in heaven and Earth than we will ever understand while being physically incarnated. This truth is self-evident when we simply look at life and realize that “life happens,” whether we want it to or not. The key here is to discover how to master oneself, at least to the degree of understanding that even as gods, we can only create through creation. In self-help and metaphysics literature, this is often now called manifestation.

OLD SCHOOL MEETS NEW SCHOOL

Over the many years that I have studied and learned about concepts as well as form, I have discovered that much of the old terminology has changed to address the New Age and minds of the new era. No one seeking mastery much cares for the word “creation” any longer, but the word “manifestation” evokes a feeling of accomplishment rather than divinity itself. Yes, divinity has become a source of illness in many cultures, as its roots have been demolished and rewritten many times. Such efforts bring forth too much dogma with too little study of divinity itself. So in order to allow people less of a feeling of confusion, many words have been changed to adapt to the feelings and conscious awareness of those who need that change in connotation. Just as each young person learns to use a new language when communicating with his or her peers and rebelling against the norm, so it is in metaphysics as well as spiritual development.

Many, like me, studied metaphysics by reading the teachings written down hundreds of years ago. Even though the lingo was foreign to us, we discovered that there was a key and doorway in our brain that understood what was being said. We eventually even learned to teach and speak in that language. Many still do through their channelings, as many of the divine hierarchy still speak in that language.

Now in the new age of computers and technology, what is old tends to be considered boring, and the more quickly everything can be put into “short speak,” the better. I am old school, working constantly to become new school. I want others to understand just how intelligent they are while at the same time holding their interest in divine truths. This has become a major feat when trying to meet with the minds of the young Indigos.

When you have an entire grouping of souls that are so intelligent that they see no value in solving new equations, then they have not been properly taught to love learning. This is the fault of no single industry or institution; it is simply a very accelerated energy affecting both old and new schools of thought without the proper balance. If learning can remain off balance and inadequate in certain areas, then it can excel in others and continually produce ruling factions in societies that dominate rather than share and congeal.

LOVE CANNOT BE DESTROYED

We are in an age of enhanced uniqueness in which everyone is being schooled in how to be as unique as possible and yet still ruled by the domestic need for cash. Those with the cash make sure that their children get the proper education and continue to rule the world in whatever belief system they have adjusted themselves to, thereby creating great divisions among the young, the poor and also governments. If this cycle continues, then there will be a need for planet Earth to cleanse herself of the itchy fleas that continue to bite her skin until she finally shakes them off. I think everyone can understand that statement—old or new school.

We hear about such things as the end of the world and the Second Coming. We hear these things out of context, and they are shouted out as if God, Goddess and Source of All Life has an agenda and that only through religion can we understand these truths to be inevitable. But as we look at history and science and discover that the Earth has been wiped

clean of many entire species over the years, I do not see how we could ever believe that the Source or Energy of All Life has any needs at all, unconditionally accepting our choices in whether to destroy our own habitable life-sustaining planet or not.

I have studied many religions, discourses and teachings spanning centuries only to discover the thread of truth that runs through all of them. That thread is that truth and love cannot be destroyed; only through the practice of living them daily can there be divine ascension. Am I religious about my spirituality? Of course I am. Do I discount history repeating itself or the changes that science has and can make for future? Of course not.

If we are too lazy to educate ourselves with all the information that exists at our fingertips simply because we already believe we know what God wants, then we are self-defeating. The keys and doorways of the mind, the universe and consciousness itself are unending, and the more you learn and actualize divine light and truth in your life, the more you realize that you are always at a new beginning point.

MASTERING THE SEVEN LEVELS OF CONSCIOUSNESS

All one can master is oneself; this, friends, is an unending feat that you will likely not accomplish in any specific incarnation. Try as you might to feel you are in control, you will always discover that it leads to surrender and the option of new discovery. Mastery is not about control but about understanding, enlightenment and awareness of the whole self. Mind, body, soul and spirit are the four components that must learn to regulate themselves to work together instead of against one another.

The seven levels of consciousness contained within each auric physical being are wide, varied and extremely expansive. Consciousness cannot be contained—only learned, understood and applied. This takes time, energy and discipline, all of which so many want and yet so few accomplish. The experience of life is indeed a great

teacher of truths to each of us, but without the inner understanding of our soul and spirit operation, we will only ever evolve slowly.

The most commonly used teachings for learning about the seven levels of consciousness are the teachings of the chakra system and the unseen bodies of consciousness connected to each one. Meditation is highly underrated, and though it is only through practice and discipline—combined with a vast array of other inner and outer tools—that you will find the greatest results, some-

how life just seems to often get in one's way. New priorities are always hard to set and follow through on, but even old dogs can learn new tricks.

Take a trip into your own mind:

Relax yourself in a chair and do some deep breathing. As you breathe in, imagine fresh, clear, clean energy coming in. As you breathe out, imagine old, tired, stressful energy leaving your body. Focus your attention on your third eye. Imagine it being an open doorway that you can enter. When you get inside your mind, it will be much like a set of rooms or offices.

*The key here is to open up all the windows and let as much light and sunshine in as possible. Now do some dusting and clean up and throw away all the old tapes or junk you no longer need, and then organize and add anything you feel you want to learn about into this room. Relax in this room and notice the doorways to other rooms. When you are ready to venture into another part of the mind, you will simply see the key in the keyhole, waiting for you to open it. There is no rush; you can explore and discover the other rooms whenever you feel safe and ready. **

I/WE

—Jim Peckham

*I am no/thing.
We are every/thing.*

*I am the divide.
We are the bridge.*

*I am a/lone.
We are to/gether.*

*I am ignorance.
We are wisdom.*

*I am sad/ness.
We are happi/ness.*

*I am expensive.
We are free.*

*I am the seed.
We are the flower.*

*I am you.
We are one.*

*I am the earth.
We are the universe.*

*I am the dark.
We are the light.*

*I am the past and future.
We are the now.*

*I am the concrete.
We are the jackhammer.*

*I am hope/less.
We are hope/ful.*

*I am a profit.
We are plentiful.*

*I am the end.
We are the beginning.*

*I am not.
We are.*

*I am lost.
We are found.*

*I am confusion.
We are clarity.*

*I am hate.
We are love.*

*I am the disease.
We are the cure.*

*I am oppression.
We are freedom.*

*I give up.
We forge ahead.*

*I am dead.
We are a/live.*

*I am a con.
We are a pro.*

*I am nothing.
We are everything.*



THE MOVIE MYSTIC

My Top 10 of 2009 *Stephen Simon*

As always, my film list for the year includes my own personal favorites of this year, not the films I consider best, a classification I find to be both impossible and absurd. I have no idea what the "best" film is. I only know the films I enjoyed the most. Happy 2010!

1 The Blind Side: This was one of the most touching, charming, wondrous, uplifting and miraculous movies of the last several years. Sandra Bullock was born to play the lead role and has never been better. Hollywood has to stop equating dark, cynical and dreary with quality filmmaking. This film is a throwback to a time when movies illuminated the beauty of human nature rather than its ugliness. *The Blind Side* literally makes you feel better about being human. What a gift. What a movie.

2 Avatar: Avatar is unlike any other film ever made, providing a glimpse into the potential of film to literally immerse the viewer in the story. Only peer jealousy could prevent James Cameron (director of *Titanic*) from winning another Oscar for Best Director. The spiritual metaphors of *Avatar* are also truly dazzling. Aren't all of us as humans truly avatars, spiritual beings temporarily inhabiting human bodies while our spirits evolve? Someday 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.



3 It's Complicated: Adult life certainly is! Nancy Meyers' newest film illuminates the choices we make and how time changes our perceptions of how and why we made them. Meryl Streep is her usual unparalleled self, and Alec Baldwin gives one of the most vulnerable male performances in years. This very grown-up film is resonant, witty and wise.

4 Nine: Brilliant, haunting, and completely surprising. Ads made us think it was going to be *Chicago 2* but it's much, much deeper than that. Daniel Day Lewis is mesmerizing as a very flawed and human film director in crisis. When you see it for what it is, not what a horrible ad campaign told us it was, you'll be enchanted, engrossed, and entertained.

5 Julie and Julia: Meryl Streep as Julia Childs—nothing else need be said. Just don't see it on an empty stomach. You'll get so hungry that you'll never make it to the end credits. Thank you, Meryl and Julia. And "bon appétit!"

6 Star Trek: What a great surprise: Director J.J. Abrams introduces all the characters of the original *Star Trek* series, giving them rich and textured backstories. "Oh, *that's* why they are who they are to each other," we say. An e-ticket ride through the galaxy, with real people who care about and support each other: such good fun. Beam me up!

Stephen Simon • Stephen@spiritualcinemacircle.com • www.spiritualcinemacircle.com
Welcome to the Movie Mystic! The films we discuss each month are not reviewed in the traditional sense of that word; rather, we look at metaphysical messages in films, both current and classic.





7 Up: I could have listed this film at number 6 or 8, but I couldn't resist putting 7 and *Up* together (groan intended). One of the most loving depictions of a relationship between husband and wife and man and child in 2009. *Up* also is an inspiring reminder that, regardless of age, our dreams have no expiration date.

8 Crazy Heart: Jeff Bridges gives the performance of his career as burned-out country star Bad Blake. A penetrating examination of how our actions have consequences and a reminder that forgiveness is truly a personal journey, this film includes a great country soundtrack, with Bridges doing all of his own music.

9 Cold Souls: Paul Giamatti plays an actor who has his soul temporarily removed so he can play a difficult part. His soul gets peddled on the black market, so he has to go to Russia to retrieve it. One of the most thought-provoking film premises since *Eternal Sunshine of the Spotless Mind*.

10 Invictus: Somewhat predictable and curiously unemotional at times, the film is nonetheless a wonderful tribute to Nelson Mandela's grace and vision. Clint Eastwood directs Morgan Freeman and Matt Damon with his usual confidence and taste, and the film reminds us of who we can be as human beings when we operate at our very best. ✨

Ask for **BENEVOLENT OUTCOMES** *And Change Your Life*

This month, you'll learn more about requesting most benevolent outcomes (MBOs) on a daily basis, for time compression or protection in an accident as well as asking for benevolent outcomes for other people—such as the people of Haiti—and much more! Let's get started.

USING MBOs EVERY DAY

Dawna in British Columbia writes: "You have asked for some MBO stories. I have been using them for a few years now, thanks to the *Sedona Journal*, and they work wonderfully. I am ever so grateful to have learned this easy tool to guide us in our journey on this wonderful planet. Anytime I feel low, I request an MBO for the angels of love or peace or joy (or harmony, balance, prosperity or wisdom) to please walk with me and raise my vibrations, and yes, sir—within seconds, I feel a difference. Since I am a healing practitioner, I ask for MBOs for

my clients as well. It is amazing to see the results when you ask for this extra assistance. I request the Sun to shine on days I'm going out, and voilà! There it is, shining ever so brightly. Anytime I go to town, I request MBOs for parking spaces, and there they are too!

"These MBOs are amazing tools. Anytime my printer or computer get glitches, I request an MBO that they work with ease and grace. So far, it has worked every time. For example, after many unsuccessful attempts at hooking up the right wires for my modified Xbox from the computer and TV and another gadget, I got wise and asked for an MBO that I be able to put it all together with ease and grace. I sat in silence for a few seconds and then, once again my request was answered,

I just knew where to plug each wire so that it all worked perfectly. It also worked for my cousin, who was adding some new gadget on my computer. It wasn't going well, so I talked him into asking for an MBO and of course said one as well and, as usual, it worked. He found the solution within a very short time. I was even having problems with an electric knife a few days ago; the blades would not eject, so I asked for an MBO that it come apart with ease right now, please. Well, I'll be darned



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if it didn't come apart on the next pull. Thanks to our wonderful workers.

"A week or so before I travel, I always ask for bare road conditions and a safe and happy trip for me and my vehicle to and from my destination. One time, as I was about an hour from my departure, it started to rain—big time. Wondering what happened to my MBO, I saw a very wet young man hitchhiking. I had to pick him up. We went another mile or so up the road, and I saw another very wet young man hitchhiking. Well, I had to pick him up too. With a full truck, we carried on. Within ten minutes, it stopped raining. During the rest of the three-hour drive, the Sun was shining beautifully. Later that evening, I asked why my MBO request wasn't effective, and this was the answer I received: 'Would you have picked up those two men had it not been raining?' I am a sixty-year-old single woman who often picks up hikers, but I had to admit that no, I would have only picked up one of them. So I suppose that the fifteen minutes of rain was so I could do a couple acts of kindness for some wet travelers.

"Thanks to you for your uplifting, free newsletter each week. It's enjoyable to read others experiences with MBOs, and I have gotten much inspiration from them. I am ever so grateful to you for bringing this powerful tool to humanity."

I do recommend that everyone request an MBO for your safety when you pick up hitchhikers. British Columbia must be a little gentler than some portions of the United States. I used to do a lot of hitchhiking in my college days, but you don't see it as much anymore.

BENEVOLENT INJURY OUTCOME

Linda from South Africa writes: "It is only recently that I discovered your amazing website through the Faeries and Angels social network and have been putting requests for MBOs into practice with much delight. I have been asking for MBOs for just about everything, including an increase in business and treatments in my holistic-esoteric shop as well as for my own per-

sonal protection, safety and personal healing due to a recent accident.

"I experienced a bad accident four days ago when I fell backward into a glass coffee table in the center of my lounge. A ten-inch-long piece of glass shaped like a dagger pierced the back of my right thigh just below the buttock and made its way through to the front of my body, coming out just below the hip. I remember falling and hearing the breaking of glass, but it seemed as if everything happened in slow motion. I lay there for a few seconds thinking, 'Hey, I think I am all right,' when to my horror, I felt the glass sticking out of my leg. When I pulled it out, I stared at the length of it in disbelief! I started bleeding profusely.

"I remember asking for MBOs while I was lying on the carpet—blood everywhere. I knew I wouldn't die if I requested MBOs, and I am sure that is what kept me alive until I was rushed off to the doctor's rooms, where I was treated for shock and stitched and bandaged for one and a half hours! I am thankful that it was the leg that was injured and not any vital organ; that piece of glass could have entered my body anywhere, and I put my luck down to the requests for MBOs I continued to say throughout the horrible ordeal, even though I knew you had mentioned that it was only necessary to ask for them once. I am ever so grateful to my guardian angel who stood by me and came to my rescue because of the most benevolent outcome of protection I had requested earlier that day."

Let's all say a benevolent prayer for Linda right now. Benevolent prayers are what you say for other people, as a whole different set of angels handle these requests. When forming your benevolent prayers, it is important that you say, "ask" instead of "request." I asked my guardian angel about this in meditation and he said, "Go read a dictionary," and yes, there is a difference. So say the following out loud (since you're creating energy here): "I ask any and all beings to assist and aid Linda in her recovery, and may she recover faster than any of us can hope for or expect. Thank you!"

REMEMBER TO SEND LIGHT OUT TO OTHERS

Benevolent prayers can be said for people in peril too. As an example, by the time you read this, the people in Haiti will hopefully be starting to recover from the earthquake, but you can still take just a minute to say, "I ask that any and all beings assist the Haitian people in recovering from the earthquakes, and may the results be even better than we can hope for or expect. Thank you!"

Also, when was the last time you sent love and light to this planet? One time in meditation, I asked my guardian angel how many people who read the *Sedona Journal* send light, and he said only about 10 percent. Now, that's a terrible percentage for those of you who claim to be lightworkers. It's so easy. Just imagine sending love and light completely around the planet, and then release it to go where it's needed most. Put this on your schedule at least once a week!

TIME COMPRESSION

Rick writes: "I have a compression of time story for you. I had a follow-up appointment to see my orthopedic doctor. It's a ten-mile drive up the highway. There was major construction going on, so I left my place a little early, as a fifteen-minute ride can easily turn into twenty minutes or more. I said an MBO request for arriving on or before my appointment time and to get on the highway in a safe manner (on-ramps now have stop signs during construction, which makes driving hazardous with the lane changes).

"I got onto the highway in a safe manner, all right: There was a jackknifed tractor trailer three miles up the highway. Traffic in all three lanes was at a crawl. I asked for a compression of time to get to my doctor's appointment on or before my scheduled appointment. I then sat in traffic for what seemed like an eternity, doing my best not to look at the clock. Once I got past the accident, it was smooth sailing on the highway, but once I got off the highway, I had the secondary roads to contend with, which meant traffic

lights. Well, this has never happened before, and I take this route often: Every traffic light that I passed through was green! I never stopped for a red light! There are seven lights on this route, and all stayed green or turned to yellow once I got to the intersection.

"Although I did not arrive on or before my scheduled appointment, I did get there only two minutes late and explained to them about the accident. I barely had time to sign in before they were ready for me. I went back to the exam room immediately. My wait time in the exam room to see the doctor was less than five minutes, and I was in the office no more than ten minutes. On top of that, I received a clean bill of health and was released from his care! I use compressions of time quite a bit for this trip and usually arrive five to ten minutes early. Sitting in traffic like that raised some doubts, but the end result—including the doctor's exam itself—cleared all those doubts. I'll take it!"

For those of you unfamiliar with time compression: As I explained in my first book, if you appear to be running late for an appointment as Rick was, you simply say, "I request a compression of time until ____." Or you can say, as Rick said, "... on or before my appointment time. Thank you!" We are now able to manipulate time a little, and this is a good way to do it. But remember, just as Rick did: Don't look at a clock!

FORGIVENESS

This person asked me to keep her name private, so "Joan" writes: "I need your help on a matter. I have a friend who has a hard time forgiving. I have forgiven him, but he still holds on to the past about what happened. Is there a way I could go about helping him—with the help of my guardian angels, of course—without him knowing it? I know he still loves me, and I still love him, but he won't let go of the past. If your guardian angel has any help, please let me know."

My guardian angel always tells me that he can't tell me which road to take; we're supposed to make those decisions ourselves. I think trying to recover a

relationship or moving on falls under that category. However, you or anyone else in similar circumstances can certainly say, "I request a most benevolent outcome for my relationship to improve with _____, and may the results be even better than I can hope for or expect. Thank you!" You can also say, "I ask any and all beings to assist _____ in forgiving me so that we can be close again. Thank you!" Finally, while you may not like this last one, I think it's necessary to say it, in case your soul contract is to move on so that you can meet someone else: "I request a most benevolent outcome for all emotional energy cords that are not in my best interest be severed. Thank you!" If the ties that bind you to this person are still in your best interest, they will not be cut.

MBOs IN BRITISH COLUMBIA

Patricia in British Columbia writes: "I would like to take this time to wish you and yours all the best in the new year. I never miss your newsletters, and I am so very thankful for your dedication to bringing others to the light through MBOs. I have seen my guardian angels make a 200 percent effort to answer my requests; everything I have asked them has instantly taken form.

"I had to see the doctor, as my feet were badly swollen, but my doctor was away. So I went to the clinic, which is an extremely busy place, with never less than a full house (often from twenty-five to thirty patients) from early morning to closing. There is usually a two- to three-hour wait. I said an MBO request for parking at the door, and I got one right in front. Then I asked for an MBO for a short wait and outcome. When I opened the door, there was one person ahead of me, and I was admitted in less than five minutes. As soon as I was called, the place filled up. Later I had to go for blood tests again, and so I asked for an MBO for parking and a short wait then too. Once again, I found parking at the door, and there was only one person ahead of me. As soon as I was registered, the place filled up again immediately. My son had driven me and didn't say a word until we got

back home, then he asked me, 'What just happened out there?'

"Today I baked bread with the bread machine. It usually makes such a banging noise that I stopped using it for a while, but I decided to ask for an MBO for a quietly running machine and, lo and behold, it was very quiet. Again my son asked me what I had done, and I said that my guardian angel had quieted it for me. He then said, 'That's it. I didn't believe it before, but that did it.' He didn't say if he would use MBO requests, but I'm sure he will now. I ask for MBOs for everything. My life is so much easier now. Thanks, Tom. God bless you."

Thanks, Patricia, for such inspiring stories and reminding everyone that requesting benevolent outcomes truly does make your life easier and less stressful.

BENEVOLENT OUTCOMES IN MERRY OL' ENGLAND

Annie in the UK writes: "Although it's late, I just had to tell you about the most amazing MBOs that happened today. As I wrote to you a while ago, my hubby doesn't believe in anything spiritual or out of the ordinary, so I just putter along on my own, regardless. Today he had bid on an eBay auction and was the highest bidder, but then he read the small print about the item and realized he had bid on the wrong thing. There wasn't much time left before the bidding would be closed, and he was panicked that he would end up with something he didn't want, so I silently said an MBO request. Within two minutes, someone else bid. He was so pleased! Naturally, I kept quiet about it, and he is none the wiser for it.

"The most amazing MBO, however, was when our heating system suddenly stopped working at about ten o'clock at night. We are going through a very bad winter in England at the moment, and as it's New Year's Eve tomorrow, we wouldn't have a hope in hell of getting anyone out to fix it. The heating in the UK is usually with a boiler, and if that fails, you are looking at a hefty repair bill. After numerous attempts at switching

it off and on, my husband decided the pilot light or something like that had gone and had no hope of getting anything to work. So I silently said an MBO request again and asked him to try again. It worked! We are so happy about this, as we were so cold and at our wits' end about what to do.

"You know, every time I request an MBO, I amaze myself, because it's so thrilling when it works. Besides, it reminds me that there are always invisible forces at work, helping us whenever we want, if we just ask. So thank you for your weekly newsletter, and when your new book is available in the UK, I will definitely be one of the first to buy it. Anyway, I will stop rambling on now and hope you have a very happy new year and a most benevolent 2010!"

It's stories like these that remind us just how magical requesting MBOs can be in your life. No one else might have bid on eBay, but they did. The boiler, for all intents and purposes, was as dead as the proverbial doornail, but it sprang back to life with the request of an MBO. If you haven't done so already, make a New Year's resolution to request most benevolent outcomes in your life throughout the year. It will make 2010 a good year for you!

MBO BLOCKS

Tammy writes: "I hope your New Year's celebration was wonderful. I use MBO requests and am so excited when I get one like a parking spot or something small like that. My question is this: Can we have blocks against bigger MBOs working for us when we ask for more than the little MBOs like parking spots? I wonder, because I use them and love them and am thankful

for them, but they don't seem to work for larger requests. Thank you."

For Tammy and anyone requesting MBOs, the reason I suggest that you start with the smaller requests is that the larger ones—jobs, homes, mates and so on—can take a lot longer. I've told many stories about how things have taken longer to manifest than I would have preferred, but they do manifest eventually, unless it's not in my soul contract to go down a particular life path. Requesting MBOs keeps you on your soul path—or "contract," as my guardian angel calls them. So trust in your own guardian angel to provide what you asked for at the most benevolent time, according to the path you're taking in this life.

A "WHOPPER" OF AN MBO

Marie writes: "I've had many MBO experiences lately that keep me believing that the MBOs I request for my son's safety will truly keep him safe. I had my son visit during Thanksgiving, and as we were out shopping, we decided to stop at my favorite fast food place. The whole day, I was asking for MBOs, even though my family does not believe in them.

"We stopped to get my favorite Whopper at Burger King. After we ordered, I decided to request an MBO out loud as I placed a quarter in the 'Win a Whopper Meal' container. I felt good about the quarter landing on the pedestal, and so it did! Thanking the angels, I requested another MBO for the quarter to land on the pedestal again, and once again, it did! My son wanted me to try a third time, but I felt it wouldn't happen, and it didn't. Since my son was not able to use the free meal, I gave one to a homeless man, and I'm holding on

to the other one for an opportunity to give it to another person."

BENEVOLENT SHOPPING OUTCOMES

Lynn from Oregon writes: "Hi, Tom! I got my friend Debbie in Cedar Rapids, Iowa to start requesting MBOs. I sent her your book and am now sending her your new one, which I also got and love! That could, of course, be partly because I am in it. Anyway, here is an MBO adventure that Debbie sent me, and I thought you might share. Maxine is her eighty-five-year-old mother."

Debbie writes: "I have to tell you my MBO tale from yesterday. I gave my mom a nightgown. It was too big, so I went back to the store myself to exchange it. As I pulled into the parking lot, I asked for MBOs for the whole experience of returning it. I found a perfect parking spot, even in the season rush, and it was a good spot on the end, so I didn't get my car dinged. I had a most favorable outcome in the lingerie department, where I found a better nightgown in the proper size. To top that off, a woman in line ahead of me turned and asked if I could use a coupon for ten dollars off of a purchase. As I walked out to leave, I saw a robe that had 'Maxine' written all over it (well, not literally!). I was able to use another lesser-amount coupon for the robe purchase and then had an extra coupon I offered to the person behind me. Upon delivery, everything fit perfectly and my mother excitedly modeled it all for me. Mission accomplished!"

Lynn added that she loved the 'pass it on' coupon element to that story; I loved that part too. Have a most benevolent month, everyone! ✨

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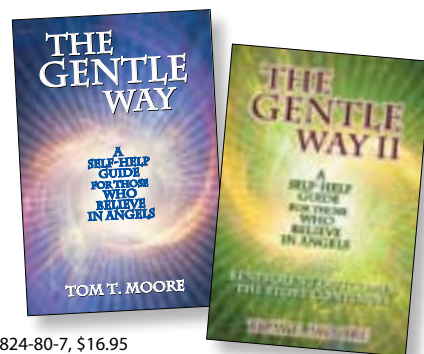
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Ask Rochelle

Stars of Celestial Waters through Rochelle Sparrow

Dear Rochelle,

I was wondering if you might answer a question or two for me. My parents are both deceased, and recently I have been having many vivid dreams about my father. However, in my dreams it seems I seek him out but can never quite make contact with him. It is just a dream but still frustrating, as there was so much unresolved between us.

I wonder if there is some message he is trying to convey, and I'm just not able to understand it. I never got to know him very well, and I just want to feel that connection with him if possible. What can I do to become more receptive? Many changes are evolving in my life right now, and I would like to know if there are any spirit energies around me that can give me the support I need right now and that I can connect with. Thanks for your time and for any thoughts.

—Best regards, Ron

Thank you for sharing, and yes, I do think you can make a connection. The guides state: "You are correct to pay attention to your dreams. Your father is coming through, and your mother will someday soon as well. You are aware that he has certain regrets," abandonment is the energy coming through, "in how he related to you. He now wishes to reconcile with you, but you must understand and know—we suggest—that you can come to terms with a greater understanding: His regrets stem from his being on our side.

"He was not able to see and understand his withdrawn, detached behavior on your side as problematic. He did not care for you in a proper manner because of his unresolved issue with," alcohol is one energy coming through and father energy is the other, which could indicate he had an alcoholic

father. "His own father was quite abusive, which obstructed their relationship." Lying is also an energy felt here. "Your father, therefore, was not able to form an honest relationship with you and continually told you parts of truths rather than the totality of the truth itself. Your father now sees that he cheated himself from great love. He regrets his decisions. He comes through to let you know he is healing, and he wants to heal his relationship with you. Blessings."

✱ ✱ ✱

Dear Rochelle,

After more than twenty years as a single mom, I now find myself an empty-nester. I am enjoying the "me time," and now that I have more freedom, I am ready for more from life. I feel like there's so much more that I can offer, but I can't seem to get myself out of this rut. I want to find both love and job fulfillment, but with each attempt, I hit a brick wall. Do your guides have any advice on how I can reach my potential in both arenas?

—Thank you, JMH

Thank you for coming to us. This is an important question and a situation many woman experience. Here is what the guides say: "You are correct to know and understand that meditation is key here. You have disregarded your interests for many years. You are correct to delve into them now." Writing is the energy coming through. "You are correct to regain interest in and within novels.

You have aptitude for explaining mysteries and solving mysteries. Why not make your interest a vocation rather than hobby?

"You have the ability to become successful in this area. We suggest you join a writing group—a nurturing group—and think of a plan to regain," the energy feels like restart, "your novel. Think also that whatever you want to do can be accomplished. Your stories can help people understand their relationship with themselves and their families in connection to love and to spirit. You can finish what you set out to accomplish, and you can reach success. That is the correct way. Blessings."

✱ ✱ ✱

Dear Rochelle,

I'd like to please ask: When will I be in a romantic relationship or renew a love affair with the biracial man I love? I think he is my twin flame—he is a Scorpio—but it is hard to get things off the ground. Thank you so much, and have a wonderful week!

—Julie

Remember, all relationships start from the inside out. Thank you for trusting us. Here is what the guides say: "You are correct to move ahead in discovering what leads you into a pattern of situations that keep



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you involved with individuals who are not trustworthy. Now this is not your fault or of your doing. It stems from subconscious, unresolved issues from childhood that kept your mother at a distance due to the feeling she was not trustworthy. You had

to do so because your mother was an alcoholic and not able to move into healing for herself, because she was not willing to move out of denial regarding her disease.

"You, however, can now see the issues of trust due to the pattern of

relationships in your life, which are not trusting. We suggest to move into a psycho-social support group, such as Al-Anon. In doing so, you will receive healing. We suggest that you focus on yourself. This must happen for your healing to begin. Blessings." *



TO RISE FROM THE ASHES

Mary Ann Antenucci

Haiti is on all of our hearts and minds. We are witnessing an immense tragedy of epic proportions. What happens when all we see is devastation? There is no program for it. Emotions can be overwhelmed to the point of numbness and shock. The emergency itself can take on a surreal effect. We question ourselves and our judgment as to why this is happening, and is it real? We feel powerless as to what we should do and how much we should do, wondering what we can really do. There are no clear answers.

What do we do when we don't know what to do? Do we wait for it to be over? Do we distract ourselves so we don't have to think about it? Do we jump right in and try to control the situation? Do we ignore it? How do we cope when we don't know how to cope?

ESSENCES FOR SHOCK AND TRAUMA

Rescue Remedy is the first choice for any disaster. Its combination of ingredients addresses the full gamut of shock and trauma. Rescue Remedy brings us back to center. The body's self-healing mechanisms are activated, and any and all distortions as a result of the shock and trauma are effectively neutralized. Think about this as a remedy to reset or reboot your internal and emotional resources.

Cherry plum essence is for the fear of losing control and being out of control. It rallies us back to center. Clem-

atis essence is for the dreamy surreal state we enter when we encounter trauma—when it just doesn't feel real. We find ourselves going through the motions or find that things don't quite add up. We feel we are sleepwalking through the event. It doesn't register into our consciousnesses.

Impatiens essence is for that feeling of having to just get through it. Whether physical pain or emotional pain is involved, we just want it to be over—things are moving too slow. We feel like we can't effect the necessary changes fast enough.

Rock rose essence is for the state of terror. We can feel frozen by the event as the emotions overwhelm our psyches. The ordeal is more than we can comprehend. We don't know who we are or what we can do. All we want to do is get away or have it stop. Star-of-Bethlehem essence is for the direct effects of shock. It helps to neutralize the trauma and restore the equilibrium.

ESSENCES TO RECOVER, RECOGNIZE AND RECONNECT

Scotch broom essence reminds us that part of our overall service to the world is to hold the light. We just do what we can do, participate to the best of our ability and recognize we are all connected. Sometimes the best ser-

vice we can provide is to be the best and most caring in our own environment. We assist our local neighbors so that they can assist our neighbors of the world.

Love-lies-bleeding is the remedy for transmuting pain and suffering. Whenever there is supreme emotional or physical devastation, this remedy helps us to shift the burden of suffering. It doesn't necessarily relieve the pain, but it may give clues or answers to how this pain may serve a greater good. Whenever we are pushed beyond our comfort levels and far past our limits, it takes us to places we wouldn't normally go. Part of the journey of this remedy is to transform our personal suffering and connect with others through a shared language of experiences. We are no longer limited by our personal traumas and dramas.

Love-lies-bleeding essence is a great emotional healer. It allows us to heal others as we heal ourselves. It helps us to recognize how we share suffer-



Mary Ann Antenucci

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ing and how we can move beyond any traumatic experience.

ESSENCES TO RELEASE AND RELAX

Arnica essence is for the physical and emotional armoring that occurs as a response to trauma. When we have many assaults to the senses, we may not even realize how our energy field has become a coat of armor. We are prepared for battle. Arnica essence helps us by restoring our natural fluidity. It helps us to release the pent-up or trapped energies in our bodies and spirit that may impede our healing process. It reminds us that healing comes not from holding on tight

but from letting go and surrendering to the process.

Lavender essence will help us to soothe our souls. With all the chaos, constant input and sense of powerlessness, we don't know if we are coming or going. Our energy does, and it is taking a big hit. We can easily get so wound up that we don't know what to do with ourselves or how to channel the excess energy, so we end up vibrating with nervous tension, either psychically or emotionally pacing. We can't let it go, and we feel all this pent up energy trapped in our bodies.

Lavender essence acts a filter for all the energies that continue to stream

into our consciousness. This essence helps us to release and moderate how we use our energy. We rebalance our emotional resources so we can fine-tune what we need and how we can be of true service.



In any traumatic situation, there is always the question of what we can do and how we can do it. Sometimes we can make a huge difference, and sometimes we can make a small difference. Our roles will change as circumstances change. Our wisdom comes from being of service in any way we can. *

Self-Discovery ACTIVITIES FOR CHILDREN

Lesson Plans for Parents and Teachers *Lynne Cox*

Blank Canvas Adventure

Waking up, you immediately remember it's Saturday! It's a free day—no school and nothing scheduled. The Sun is streaming through your window as you get dressed. You quickly change the sheets on your bed, then put your sheets and scattered dirty clothes into the hamper. Next you get out the broom and sweep your floor; you even bend down

and begin getting all the dust bunnies out from under your bed. "Oh, it's been a while since I was under here," you say to the dust bunnies as you sweep them up.

Looking around, you can see particles of dust floating around in the sunlight. You get out your long fluffy duster, and in a low tone you say, "You've got some work to do today, Dusty!" You quickly clear the top of your dresser and night stands, and with a few swipes of Dusty, they are dust free. You put everything back on your dresser and night tables and begin looking around for more dusty spots.

In a low tone you say, "Dusty, you've got one more job to do."



Swiping the top of the window sill, you are done! Looking at the clock, you are so surprised. No time has passed. "This reminds me of when Angel and I visited the Dragon and time stood still."



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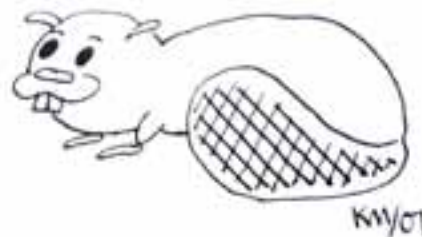
With the thought of Angel, you hear Angel say, "Good morning. Wow, you've cleaned your room! Everything is in place and it feels so fresh and clean."

"I don't know where the motivation came from, but all of a sudden I was cleaning my room. I really don't know why there are times my parents have to ask me so many times to clean it. I feel so much better when my space is not cluttered with clothes and things, and it took almost no time at all. Now I have the whole day to do something that I want to do. With you here, Angel, I'm sure that it won't be hard to find something to do."

Just then you knock over your painting easel. "Oh, I've wanted to do some painting for some time." Laughing, you say to Angel, "Well I guess painting is on today's agenda. I have a brand new canvas that I got as a gift. I wonder what the scene is going to be. I have the whole day free to paint."

After a few moments, Angel says, "Well I noticed something happening in the park across the street that I'm sure you'd enjoy seeing later on today. How about we journey over there after breakfast?"

"That's a wonderful idea." You begin to hear footsteps throughout the house. "Well, I guess everyone is getting up. See you after breakfast, Angel."



With your hamper in your arms, you open your bedroom door and almost bump into your Mom as she's walking down the hall. "You've been busy this morning," she says. Smiling, you nod as she peaks into your room and says, "Everything looks so clean and tidy. It's always great when you clean your room without me even having to ask you. Now you have the whole day to enjoy."

"That's what I was thinking. In fact, I'm thinking of doing some painting after breakfast."

"I've been wondering when you'd get out your paints. Do you have a place in mind to go?" Mom asks.

"I'll just wander around the park and see what catches my eye."

"That sounds like a good idea. I was planning to go for my daily park walk, so I'll come and join you later, and you can show me what you've painted," says Mom.

You freshen up and have breakfast together. It's not long before you are packing up your paints and easel for your journey to the park with Angel. Saying goodbye to your family, you head out the door. As the door closes, you excitedly call out to Angel, "I am ready for our journey."

You once again hear Angel say, "I'm here."

"Angel, it sure feels good to have everything done. I've never thought much about it before, but somehow when I have things to do that I haven't done, there seems to be a place inside of me taking up space and waiting for it to be done. Now that I have cleaned my room, I feel so free."

"I'm also recognizing how lucky I am to have this beautiful park across the street from where I live. If I stand in my bedroom, I can almost see all around the whole park. I've been here so many times that I know it by heart." Walking through the park, a little chipmunk crosses your path and dashes up a

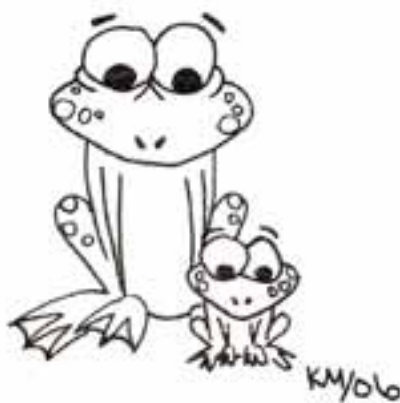


tree. Sitting on a branch nearby, he begins chattering. "I get the strangest feeling that he is trying to tell us something. I wonder what he is saying."

Turning the next corner, you stop. A large tree has fallen across the pathway. "Well it sure didn't take long to figure out what the chipmunk was trying to tell us Angel." Looking closer at the trunk of the tree, you notice that it's chewed to a point. "Wait a minute; a beaver did this! This is not a small tree. I wonder how long it takes for a beaver to fell a tree this large. Look Angel, the branches of the tree fall right into the lake. It's really amazing what a beaver can do."

Continuing on your journey, you follow the winding pathway around the lake. You turn another corner and notice another felled tree, then another one and then another. Everywhere you look you see felled trees that have been chewed at the bottom. "I can't believe how many trees are gone. Beavers sure have a lot of determination. There has got to be a beaver dam on this lake somewhere, and it must be coming up really soon, as we have almost gone totally around the lake." Looking around the lake, it's so much more open with so many trees gone. It's a totally different walk.

Your anticipation builds with each corner you turn on the pathway. "I wonder how big the dam is." You feel like running but know that you don't want to frighten the beavers, so you control yourself and become extra quiet. You round a couple more corners, and then you see it. Whispering, you say to Angel, "I knew there had to be a beaver dam on this lake, and it's really big too! They have lots of large poles and branches in there. Look at all the mud too. They sure built it quickly! I didn't notice a beaver dam last time I walked this pathway, and that was just over a month ago. I guess that's why there is a saying: 'busy as a beaver.'"



Looking at the light and surveying the area, you find the perfect spot to put up your easel. You sit down on a large, flat rock and discover it's the perfect chair height. "Look, Angel, it's a chair and a table. I can even lay out all my paints and brushes." Settling in, you become very quiet. After only a few moments, you are surprised by the activity of the area. Birds are twittering, and various groups of different types of ducks entertain you as they fly in, landing on their webbed feet, water skiing across the top of the lake for a short distance and then settling down and paddling along.

Chipmunks are dashing about and chattering away. Frogs are croaking. Dragonflies and butterflies fly about. Looking across the lake, the water is like glass, and then suddenly a fish jumps leaving circles that become larger and larger. "I never realized how much activity was here."

That's when you see something moving through the water. It's one, no, two beavers. Their heads don't look very big, but they are swimming with two good-sized branches. They frolic about over and under the branches as they swim toward the beaver dam. "I always thought that beavers were all work and no play, but those little beavers look like they are having lots of fun," you say.

When they swim past, you can see their flat tails very clearly. As



they reach the dam, you see more activity as bigger beavers poke their heads out of the water. They quickly help the little beavers with the branches, and under the water the beavers and branches go. "They sure know how to cooperate with one another," you observe. "It's very free flowing."

Angel softly says, "Yes, it is amazing what One mind can do."

Laughingly you add, "One mind, one focus—it's almost mind-boggling. I can see that humans can learn a lot from beavers about working together in harmony."

The longer you sit there, the more and more activity you begin to see. "I'm having so much fun watching the lake activity that I've almost forgotten about my painting. There is so much here, it's hard to decide what to paint," you say.

"Yes, nature always offers a wondrous variety to choose from," Angel replies.

You stare at your brand new blank canvas, then look back at this beautiful nature scene. "It feels like unlimited love energy, Angel!"

After a few more minutes of pondering, you say, "You know, Angel, each day is like painting on a brand new canvas of pure love. The big question to ask is: What will I paint today?"

"That's a very good question," replies Angel.

Illustrated by Kalie McLauchlan

LEARNING OBJECTIVES:

- ✧ Children are asked to go to the library or to search the Internet to discover the positive qualities of beavers.
- ✧ Children are encouraged to practice being a cooperative team player.
- ✧ Children explore the idea of creating each day from a pure, loving place, fresh and new, just like a blank painting canvas.

ACTIVITIES:

~IMAGINATION ACTIVITY~

After listening to the story, ask the children to talk about their experiences:

- ✧ What loving ideas would you add to this Blank Canvas Adventure story?
- ✧ Tell me about a time that you cleaned your room without being asked. What do you think motivated you?
- ✧ Tell me about a time when you were walking along a pathway and you came across a fallen tree. Why do you think it fell over?
- ✧ Tell me about a time when you saw a beaver. Was it on TV or in real life?
- ✧ What do you like about going for nature walks?

~BEAVER TEETH ACTIVITY~

The purpose of this activity is to become more aware of the powerful teeth of a beaver. Ask the children to go to the library or search the Internet and learn about the beaver's powerful teeth.

Ask the children:

- ✧ How are beaver teeth different from human teeth?
- ✧ How do beavers look after their teeth?
- ✧ How do humans look after their teeth?
- ✧ How do you look after your teeth?
- ✧ How has learning about beaver teeth inspired you to look after your teeth?

~BUSY AS A BEAVER ACTIVITY~

The purpose of this activity is to become more aware of the various qualities of beavers. Ask the children to go to the library or search the Internet and discover the many positive qualities of beavers.

Ask the children:

- ✧ Make a list of positive beaver qualities.
- ✧ What qualities do you feel that you have similar to a beaver?
- ✧ What qualities do you feel you could learn from a beaver?

~COOPERATION ACTIVITY~

The purpose of this activity is to become more aware of the times you cooperate with family, friends and teachers throughout the day. Become aware when you are feeling like you are a team player.

Supplies: paper, pencil

Ask the children to record moments when they feel like a team player. Write what you appreciate about yourself and your team as you cooperate as a team with one another. After a week, ask the children:

- ✧ What did it feel like to be a team player?
- ✧ What did you experience that gave you the team player feeling?
- ✧ What do you do differently when you are feeling like a team player?
- ✧ Share with one another some of your team player moments.

~PAINT A NEW DAY ACTIVITY~

The purpose of this activity is to envision each day as an opportunity to remember you are filled with pure loving energy. Feel yourself being fresh and new each day. Being pure love energy, ask yourself: "What will I paint on my pure, loving blank canvas today?"

Supplies: paper or painting canvas, pencils, felts, paints, paintbrushes

Ask the children to envision their day being filled with pure love energy.

- ✧ What would you want to put in your day?
- ✧ What does your day look like?
- ✧ What does your day feel like?
- ✧ What do you presently put into

your day that you feel doesn't benefit you?

- ✧ Paint or draw a picture of what you want your day to look like.
- ✧ Share and talk about your pictures.

~BEAVER FAMILY PAINTING ACTIVITY~

The purpose of this activity is to draw or paint a picture of a beaver family cooperatively building a beaver dam as a team.

Supplies: paper or painting canvas, pencils, felts, paints, paintbrushes

Ask the children:

- ✧ Share your picture with the group.
- ✧ Talk about the ways in which you have shown the beaver family working together as a team.

LEARNING SUMMARY:

- ✧ Children have explored the beaver world. They have discovered how beavers work together as a cooperative team. Beavers harmoniously share their talents and abilities with one another as they creatively build their homes. They are truly successful in all their endeavors.
- ✧ Children have experienced the feelings associated with being a team player with family, friends and their teachers. As they did this activity, they reinforced their own positive feelings associated with experiences of working together in the spirit of cooperation.
- ✧ Children have been reminded they are filled with pure, loving energy. As they wake up fresh and new each morning, they can ask themselves, "What will I paint on my pure, loving blank canvas today?" They have also explored the things they would like to add to their day. ✨



THE DREAM ZONE

Katia Romanoff, PhD, and Lauri Quinn Loewenberg

Nothing is more your own than your dreams!
Nothing more your own work!

—Friedrich Nietzsche

Dear Dream Zone,

I often dream of being in high school again and that I can't remember my locker combination. In my dream, I lose my class schedule and have no idea where I'm supposed to be. Sometimes I also dream of being in college and that the semester is almost over, and I've forgotten to go to class all semester long! Then I'm faced with taking the final exam, knowing I haven't been to even one lecture.

—Heidi, 38, Fort Wayne, IN

Lauri: Your locker is your place at school. It is the only thing that is designated to you, and therefore it most likely represents where you feel you belong in life—or more specifically, in your career. When you can't find your locker or get into your locker in a dream, it's a good indication you are feeling uncertain of yourself in some way in waking life. You haven't "unlocked" your potential. The same goes for dreams in which you can't find your class, which is another popular "back at school" dream. Are you uncertain of your place at work or even uncertain of your career choice? The forgotten class is most likely connected to a sense of missing out as well as unpreparedness and not being up to par, good enough or experienced enough. But notice how you hate the class in the dream. That's a telltale sign that you aren't too happy with your job in real life.

Heidi replies: I'm often uncertain of my career choice, because I've never been in a job I just loved and couldn't live without. Working has always been something I've had to do for income. I have always wanted to be a sign language interpreter and have taken many classes toward that goal, but I'm always derailed by having to move, not being able to find appropriate classes and so on. I currently work three jobs, just to be able to share duties with my husband and not have the kids in childcare. I know I'm not working at my potential in any of the jobs, but I am grateful to have them so I can be at home with the kids.

Dear Dream Zone,

I'm not pregnant and I'm not planning to have kids, but I had a dream that I was six weeks pregnant. I felt like I was eight months along, especially when I looked down at my belly, but when I looked at my profile in the mirror, I wasn't as far along as I'd thought. That's when I realized I was only six weeks pregnant. When I went to the bathroom, I looked at my underwear and saw bright red blood. I was stunned, because I had felt so great prior to that. I looked in the toilet and saw that I had miscarried. The toilet was flushing quickly, so I reached down to pick up the fetus before the water flushed out. When I looked at the fetus, the baby's head looked very large, and I

remember thinking that it looked like a bobblehead doll.

—Jenny, 36, Baltimore, MD

Dr. Katia: The baby doesn't represent a literal pregnancy, but something else that you are "creating" in your "oven." There is a relationship or project you've got cookin', and you felt it was farther along than it really is. You are also afraid of losing the whole project (the miscarriage fear). What are you barely into and afraid of losing? Is there something you were about to give life to that now got snuffed out? Whatever it is, it has an appearance you were not expecting (the bobblehead doll). This could mean that there are a lot of unknowns regarding this issue, almost a mystery. It is definitely something you have never done before, and you have mixed feelings about it.

Jenny replies: I'm single, and I bought my first house last year. I had plans to remodel my kitchen and bathroom along with other home projects. I thought the realization of my plans was right around the corner, so I started to get estimates. In October, my employer closed my facility and I found myself unemployed. I was afraid that I'd lose my house like millions of others, but then three weeks later, I got a job offer. The job isn't what I wanted or expected, and although it pays more than the last one, I now find myself disappointed at my job. Although my job is considered midlevel, I find myself starting over at a new company where I need to prove myself yet again before I can move forward. This leaves me very frustrated and uncertain about my career direction (or lack of one). Now I've got to put my remodeling plans on hold for several more months to make sure this job works out. *



*Dreams are messages and warnings,
something you need to know.
If you've had a strange dream
lately and want to know what
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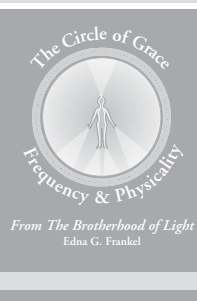
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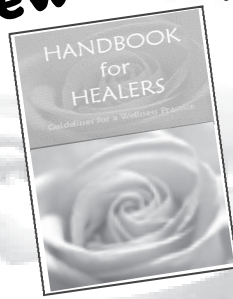
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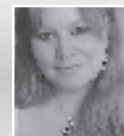
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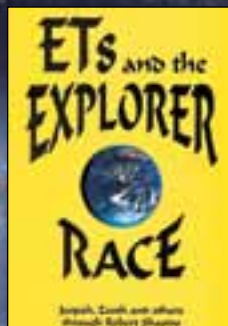


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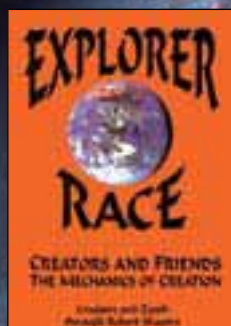


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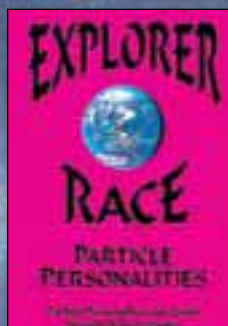


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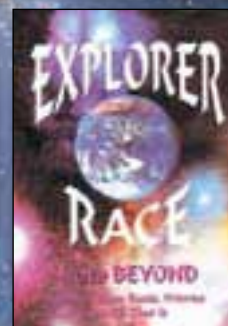


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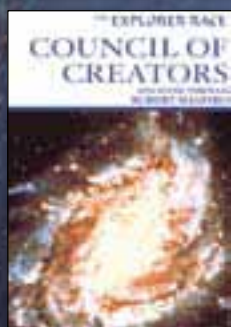


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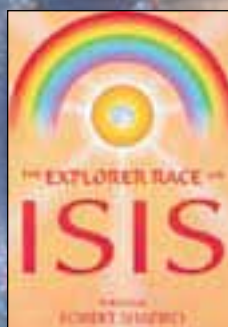


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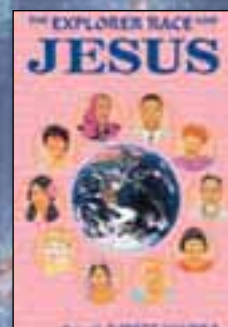


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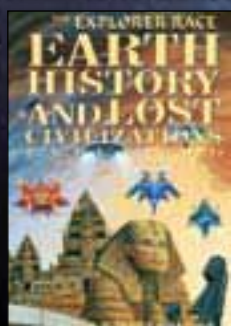


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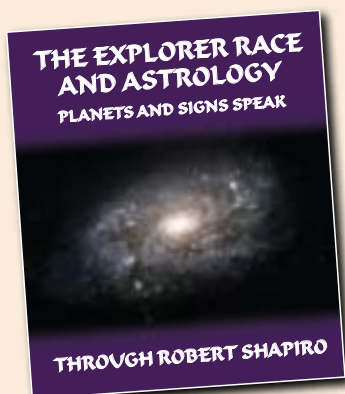
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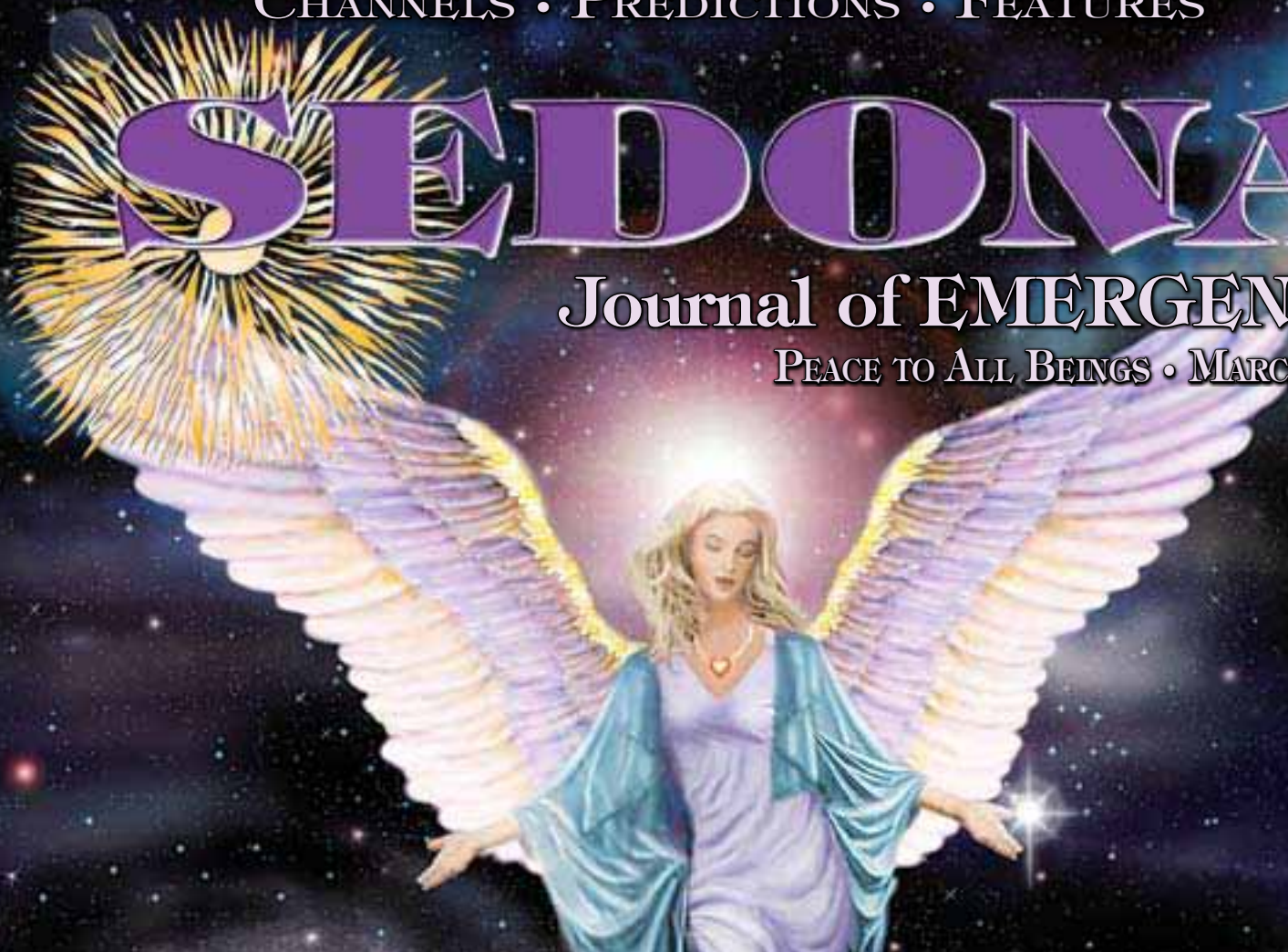


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SEDONA

Journal of EMERGENCE!

PEACE TO ALL BEINGS • MARCH 2010

**VERA NADINE BÓINN****NANCY BRADY****CHRISTOPHER
PINCKLEY****RHONDA RHOSE**

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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.

Open Your Hands And Your Heart

Aumorra through Nancy Brady

Aumorra (oh-more-ah) is a non-physical guide that translates and communicates for a collective energy of wisdom carriers from beyond this star system. The name Aumorra means "original prayer."

We greet you in great appreciation and recognition for the masters that you are. We are pleased to be here, and we carry vibrational gifts of love for you along with the words we convey. We began in the spirit of sharing, for we wished to tell you about our name to provide an understanding.

Before the universe existed in form, Source yearned to know itself as the unique being you are. Its yearning filled with the joy of all potential and overflowed as a spark of light that became you. Thus you began your journey as the original prayer of creation. And so as we continue with our message, we recognize and acknowledge you by aligning with the core vibration of you as Source. Your evolution is a return to this core vibration. Though you never wandered from it in truth, your perceptions became clouded and crusted with centuries of confusions and misunderstandings about what is true and who you are. As this sticky film peels away to reveal that which you are, it is a time of great joy in the heavens of your heart. The raw tenderness of healing the wound of forgetting is in process.

We see you doing your work of transitioning from what you call the third dimension to what you call the fifth dimension, and we congratulate you. We also offer some perspectives for your consideration. The evolution is not

only to the fifth dimension, for, from where we are, dimensions are manifestations of form and lack reality in the truest sense. From the human perspective of what you call the third dimension, it makes great sense to speak of evolving to the fifth dimension. This is in accordance with physics, the name you give the laws that explain your universe. Its limitation is that it is translated through the human mind. One must access the Source mind to understand the fullness of truest physics.

However, in accordance with these laws and discoveries, your DNA has changed and continues to change as it allows light to infuse it with the memory of wholeness. The occurrences in your DNA are in direct relationship with what is occurring for you and the universe in a larger significance. You are opening to receive the light you are. You are already beyond the boundaries of dimensions, for you are Source energy in your truest expression. You are the creator of your own experience, so the only limit to your evolution is a wavering belief in yourself that affects the vibratory signature you offer.

TRANSITION TO LOVE

You are love, the original prayer and motivating force of the universe. This love is greater than anything you can imagine from where your current transitional perspectives are contained. When you drop this limitation and know yourself as a universal being—as a natural creator emerging from creation, as love emerging from love—then dimensions fall away, and it is of little consequence where you are or where you are going.

You place so much energy upon the idea of getting somewhere—to the year 2012, to ascension, to other dimensions. Dear masters, you are already where you want to get to. If you see yourself as one in transition to the fifth dimension, then so be it. If you see yourself as one who is stuck in anger, regret and recriminations, coming up short of your dreams, then so be it. We honor your desire of creation. In spite of these default mental creations that hide the truth, there is nowhere to arrive to, and

KEY POINTS

- Be reminded that you are love, the original prayer and motivating force of the universe.
- The transition in you takes place in your awareness and in your relationship with your true self. Turn your attention inward and practice opening your hands as a symbol that you are opening your heart, releasing the old ways and surrendering your past.
- To receive the hand of grace and offer your own in return, you must first set down that which you clutch tightly in your fists, allowing love to flow through you without resistance. This is your gift and promise to yourself and to all life.

NANCY BRADY
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what you hope to be, you already are when you clear your eyes to see. By becoming aware of what you already are, you create with more clarity and joy.

The transition in you takes place in your awareness and in your relationship with your true self. Rather than seeing yourself as a human who struggles through hurts and limitations from the past to get somewhere else, turn your attention to an inner aliveness. The entire universe stands ready to support you in this. Feel the resonance in your cells, and let your heart's yearning guide the way. When your mind slows to meet your heart, you align with the very core of your being—love. From there, you create more love, and then the churning at the center of your being to be all that you are, to find purpose, naturally expresses through the abundance and joy of sharing your being rather than through lack and seeking more.

CONDITIONING

Your design is divine, for you are Source energy expressing in the one and magnificent you. Your conditioning—overlaid through misconceptions, difficulty and suffering—is part of your agreement for forgetting that you are creation itself. Choice is your gift and your responsibility. Will you choose to live in default mode according to ancient conditioning, or will you choose to be the master of your life that you are? We acknowledge that it may take some focus and discipline to align the mind with the heart, but the universe supports you in this.

As universal frequencies speed up, they naturally throw off the sluggish, crusty past that no longer contributes to the well-being of the whole of creation. This crust flies away, dissolving of its own accord, when allowed to do so by releasing your identification with it. Practice opening your hands as a symbol that you are releasing and no longer clinging to old ways. Surrender your past and let your heart open fully, unencumbered and free of the conditioning that tethers you to a halfhearted existence. Let compassion sculpt and soften the sharp edges as they chip away to reveal the texture and grace of the creation you are.

BEYOND CHAOS

Chaos is a causal agent of change, and change can often trigger more chaos, though neither way is necessary to enact change. Life moves; it is never stagnant, for the nature of creation is to create. Life yawns, crunching and stretching to renew itself, rubbing the sleep from its eyes. It shakes off the lethargy of all that has come before that moment so it can arise in a new dawn.

In your human world, many of you have learned to fear the effects of change, attempting to control the process and the outcome to the best of your mind's ability. This was necessary for a time as you learned to grapple with surviving. You have learned this, and now it is time to look in a new direction—to that which always survives. If life spins you around unexpectedly, then go with the flow, and instead of looking outside yourself for security, be spun around and

look within before you venture out again. You are the center of the universe, and where you are, Source always is.

For a moment, start with just one moment if you wish, and let go of the thought that tells you that you cannot or do not know how to access the flow of truth inside yourself. This is only a belief about a belief. Again, open your hands as a symbol for letting go, relax your chest and turn your attention to what is true in your heart. Feel the surge of what is there, whether it be joy, compassion or grief, and give it space to move and reveal the welcoming stillness that is also there, cradling it at the core of your being.

WISDOM AND FREEDOM

Every kernel of wisdom in the universe from the beginning of time continues and is already within you. There is one truth and that truth is simple: *love is*. You are that. All permutations of life are either derivatives or misunderstandings of this core truth. To access this flow of wisdom memory in yourself, turn your attention within. Listen to what your heart has to say; listen to your fingers, ears and belly. Wisdom comes alive in you, for as the original prayer of creation, that is your design. Through you, all wisdom births into life.

Welcome your own humanity with a compassionate heart as you grow into your true self. You are wise beyond your most daring imaginings. To recognize the difference between the voice of your physically focused self and your wisdom self, you must let go of the compulsion to hold on to your reflexive, conditional responses to life. Release them. Let their drama and chaos melt in the encompassing gaze of your own very compassionate compassion, for you are also compassion—another name for love.

Cease your need to be right. Surrender your need to know. Open your hands and your heart and receive that which you already are—dimensional and beyond dimension, unlimited by concepts of third, fourth, fifth or even ninth dimensions. You are you, beautiful in every way, and becoming more of what you are. Give your old beliefs about yourself to your self and discover the freedom to know who and what you are in this moment. Freedom lives here. Your beliefs anchor you to the past. Fresh aliveness, freedom and the wonder of living fully occur in this moment.

PAUSING TO REMEMBER

In stillness, the joy of love awaits its moment to arise in your awareness. This is not something to cultivate; it is something to receive. Cultivation comes as you cull the time and attention to pause so you can receive. With a simple pause of the mind's over-thinking, a stream of grace can surge into prominence, filling you, lifting you, carrying and delivering you to your true self. With compassionate patience for the self who forgot the truth, you open the door of your heart to go beyond a heart and even beyond a soul—to know yourself as whole and part of life that is continually becoming.

Grace ceaselessly extends a hand as an invitation to join it. This action humbly arrives from within you, for grace is

the movement of the love you are. To receive this hand and offer your own, you must set down that which you clutch tightly in your fists. This is an act of allowing love to flow through you without resistance and is your gift and prom-

ise to yourself and to all life. In that, as your world changes and the mists of chaos drift into renewal, you stand ready to serve with open hands and an open heart. We are complete in this moment. ✱

Maneuvering through the Web of Heart-Mind: Where Are My Chords?

The Guardians through Rhonda Rhose

Let us look; let us see. Many of you are feeling disconnected these days—disconnected from the truths you held so firmly in your heart-minds. You felt sure of yourself and your understandings of how things work in the world of spirit and were quite sure you were moving beyond the chains that held the members of the human race in bondage to themselves. You never quite fit in, and you haven't wanted to for a while now. These days you are not so sure.

You are the ones incarnated, and we are the ones who work with you when you live in the physical dimensions. You already know you have slowed down your vibration considerably just to be here and that you subject yourself to the laws of energy at that slower vibration in order to live and learn. The mere fact that you incarnate does, indeed, confront you with the aspects of yourself that require work. As a side benefit of incarnation, you are also in constant need of tweaking and rebalancing other aspects of self although you long ago learned the lessons required. Such is the way of the physical dimensions—you may find your note, but your vibration may lose its perfectly tuned resonance only to be relearned and retuned again as necessary. The key is in holding your own notes.

You developed your own notes as you found a way to harmonize with those around you. You spent a great deal of time searching for the spirit within your own heart-mind. Looking within is a direct result of that black sheep feeling. How many of you felt like you were dropped off by aliens into a family of humans? You have worked hard to find yourself

and your divinity, and you have learned much in the way of awareness. Why, then, is it so hard to move ahead right now? Because we are caught in the heart-mind web.

I AM MEANS WE ARE

We, your guides, are the ones who work with you in this life, especially through this ascension process you now feel your way through. Ascending means to experience that fully actualized I Am presence, to finally be free of insecurities and the self-imposed prisons they cause. Your lessons are here and now, and you know you grow through hardship, but you also grow through rest. We, your guardians, are not your best friends during the night. We take you to places you never wanted to go. You will experience alternate realities where you live through some of your deepest fears as well as your highest hopes and dreams. It is in this way that we strive to take you to the root of your insecurity—fear.

Your mother and your brother are going through their night schools also. As they experience their alternate realities, their guardians will work with us—your guardians—to synchronize the material and the outcomes so that you come around to each other once again, in peace. There are times when you will come together to dismantle your own systems of interacting. These are times when things appear to be falling apart or getting worse instead of better. You will know when they are coming around again, and you will be prepared to take your stance, but only to find that the players have all shifted their dance. The new wave of cooperation results in a new-found harmony. The cords you have been trying to cut, the players you have been playing with your own means of disconnection, are the ones you will connect to once again when you find your harmony within.

You can understand when this comes into play because your own key unlocks your love for all beings. You will know when you are in

KEY POINTS

- “The twelve aspects, or dimensions, of ascension are different for everyone. You are the one who will not be able to identify your own dimensional aspects.”
- “Your own reasons for moving ahead will determine your divine truth. You will explore truth from your twelve different aspects.”
- “It is in finding your own divine truths that you find your perfect notes or keys. You can finally sing your own song.”



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harmony, because you will resonate to those around you. You will understand your own note to be slightly different than—but equally as divine as—everyone else's. Your own divinity is equal to your own belief in the oneness of all. As you realize our interpretation of us, you will understand our discourse. We are. I Am really means We Are.

We, as your guardians, will modify certain aspects of you. Our mission is to bring you through the twelve dimensions of ascension. The twelve aspects, or dimensions, of ascension are different for everyone. You are the one who will not be able to identify your own dimensional aspects. You can understand the way this plays out when you understand that you will have to release your need to know. You will wonder if there is some way to move things along more quickly, and you know that you are well-informed and aware, but you simply cannot find that forward-moving connection.

You will learn to move along in your own way, without the aid of your spiritual beliefs. You will feel your way ahead and thus learn how your heart-mind works. You can understand more if you are ready to release your interpretations of spiritual beliefs. You can work on your mother and your brother or you can work on yourself, but ultimately, you each will do your own work. You can do this with us or you can do this alone, but doing it is the goal and finding your key to move ahead is the crux of the problem. You will be stuck at times, and that is when you are trapped in the web of heart-mind.

The Heart-Mind Web: Part One

You are wondering when we will explain the web of heart-mind. We will do it when we feel you understand our message enough to know that you will make sense of our explanation, so please be patient. Your own mother wanted you to call, but we knew you were busy with your own lessons of truth, and she is learning her own truth, which is different than yours. You cannot expect her to see the world through your eyes any more than she can expect you to see it through hers. You are unique in that you hold your very own perceptive window. Your window was formed when you listened to differing versions of what is right and what is wrong as well as countless other factors. You are the product of your environment, which includes your mother and your brother as well as your own belief system. How can you tell if your truth is within the realm of divinity or not? Your own belief system will tell you if you are close, but there are ways to determine if your truth is truly divine. Your heart-mind can tell you!

YOU EXPERIENCE CHANGES IN YOUR PERSPECTIVE

You all know your heart is a functioning organ, and you all know your mind is the place from where your thoughts

originate. What you may not know is that your heart chakra controls some reactions to your perceptive window—the way you see things. When your mind and your heart are in balance, they will resonate to your own private symphony. What we mean here is that your heart is reacting in measure to your perceptions. If your emotional reaction feels immature or out of place, you will be assured that your perceptions do not resonate to a most divine truth, or your highest truth. In such cases, you can be sure of your viewpoint when your heart rate is easy and your breathing is comfortable. If you are experiencing heart palpitations or the inability to catch your breath, you will know that something in your perception is out of synch. [This explanation is but one example of the physical symptoms that occur during the ascension process.]

You can understand when you are feeling out of sorts that there is a new wave of energy coming through, but you cannot understand why it affects you the way it does. You will understand when you come to terms with a thought process because you will feel the relief through your heart area and your breath. There is a reason that at times there is no relief; you cannot be excused from this assignment until you make a certain amount of progress. This is where you ask us what we mean, and we tell you that there is no one who can tell you what it is you are working on. Much of it is taking place through your subconscious mind, and you are only semi-aware of it, if that. Most times you are not consciously aware at all, you are just emotionally and physically responding to the laundering of your mental and emotional stores.

To understand why we say a wave of energy is coming through when you feel physical discomfort, you will need to know that the wave of energy is your own. You/We create it when we launder yet another fleeting thought. How does this work? We will ask you a question through your subconscious mind, and you will unconsciously answer. It is there that we tap into your mental and emotional stores and sort through to the root cause of your imbalanced perception. Once you discover the reason for your viewpoint, albeit unconsciously, we can dismantle your infrastructure and begin the rebuilding of a new and balanced perspective. You will have gained a new understanding without the lessons of the conscious mind—you will just “get it” like you never have before.

EXPLORING THE TWELVE ASPECTS OF TRUTH

Your mother and your brother will gain their own new understandings as they move through this process in their way. You all want to get through this, and you all want to move on, but you will not know where to go to find the answers. We can help you when you ask us. It is in the asking that you take conscious control of your intention to move through this process. Your request is one important key.

Your planet is moving through the ascension process as well. Planets are beings, and as such, they progress much

like you do. This planet, at this time, is one accustomed to holding her vibration back so that the incarnated beings can explore the game called free will. She is not the one in need of help to move forward in her ascension, but she does require some assistance from you. You will move through the throes of rebirthing while she plays midwife to you. She will provide the energy waves, or contractions, that propel you forward. You are. She is. We are. We are all one.

True, there are energy waves affecting the planetary alignments that cause physical distress, but understand this: coupled with Mother Earth, we, your guardians, utilize this energy to synchronize your mental and emotional healings. It is in this way that so many of your physical symptoms appear to be almost universal. Rest assured that your mother is not the one who feels your arthritis for the same reasons that you do. It is your own reasons that are being laundered, and everyone has different "laundry" to deal with. To try to second guess what someone else is learning amounts to judgment; one of the biggest lessons most of you have yet to understand. You can no more understand the reasons for your neighbor's illness than you can understand your own.

You Are. We Are. "I am you and you are me and we are we and we are all together." We play a part within your own mind, and as such, we are your first step in group consciousness. Learn to live in peace and harmony with us, and you will go far in learning to live in peace and harmony with your fellow man. We help you to explore your own perceptions and the ways you try to mask them. You will make mistakes and you will make progress, but we will keep you off balance until you can discern for yourselves when your truth is divine. We will tell you that you are in error when you are correct, and we will tell you that you are right when you are not quite there yet. You will know when you find divine truth, because your heart-mind will tell you.

One way to tell is when your emotional reactions finally match your perceptions. Your own reasons for moving ahead will determine your divine truth. You will explore truth from your twelve different aspects. You cannot know why your mother's truths are different than yours, but it has to do with her own personal twelve aspects of ascension being different than yours.

You know that your emotional body lies to you when you want something so much you can taste it, but you also intelligently know that it is wrong for you. When we keep telling you that your heart is the key, how can this be? Here it is: When your heart says, "Hey, what are you trying to do," you know that it's not right for you. Why is it that you can listen to your heart, and it tells you something that you know isn't quite right? It is because your mental and emotional perceptive window is out of balance. You will know divine truth when your heart smiles at you. Living in mental and emotional balance is part one of the heart-mind web.

The Heart-Mind Web: Part Two

Part two of the heart-mind web has to do with those around you. You are already wishing to move forward and are caught in the heart-mind web of laundering your own perceptions. We are also working in tandem with the guardians of those around you, your most immediate families. Be they at work, of your DNA or just the friends with which you play, your people work with their people. Of course we say "people" in jest, because by people we refer to "we," your guardians. What we want you to know here is this: We are the ones who orchestrate your progress with your families.

WORKING WITH YOUR FAMILY GROUPS

You will sometimes stay longer in the web of heart-mind because there must be a certain amount of progress with all parties that are considered to be a family in one particular issue or another. You can have one issue that perhaps you and your brother are working on as well as several others within your DNA family, and while you work, your family works, and you will all stay within the heart-mind web. The web is sticky and holds back your progress for a time, but once you find your truth divine, you move forward. You are the ones who will feel your way out of the web once you find your divine truth. All the magic that you've learned in your spiritually aware belief system will not help you when you are caught in the web of heart-mind.

You will find that your very own guardians appear to hinder your progress until you feel your way out of the net. You can understand why this is when you consider that you are working from the perspective of the group consciousness. You are your own best friend now, and we are your therapists. You will feel that we are wrong sometimes, and we want you to know that you can talk to us about it if you feel mistreated. That feeling just might be a sign that you are in line with your divinity.

There are times when we want you to move along but you are waiting on the progress of the group family. If we are all one, we cannot really progress until all of us feel the genesis of the oneness. You are not moving ahead when you're on your own. You are "we." You will move with those around you. You can wait to see, or you can feel your way out. Your physical being will detect the reprieve, and you will find another discourse on which to pray until some movement comes your way.

The heart-mind web is another way of looking at the ascension process in such a way that you can make sense of your own measure of self-worth. You cannot judge another for being behind, for in so doing, you just slip behind yourself. Why we tell you this is because you know that you want to move forward, and you know that you are lagging behind in your goals, your hopes and dreams. We are the

ones who will assist you when you reach a portal of progress in regard to you and those around you. It is here that you want your reward, and it is here that we help pull you forward. You are all doing great things when you assist your fellow man, and rest assured that your fellow man assists you as well. It is in finding your own divine truths that you find your perfect notes or keys. You can finally sing your own song.

As you discover your own chords, you will explore the most magnificent harmony with the chords of those in each of your family groups. We, your guardians, are your first family group. Your own mother and brother are another family-group. Your work cohorts are yet another family group. Your friends and acquaintances are a family group. You will know your family groups when you find your divine truth. Be peace, We. ✨

Medium Adventures: Two Warriors

Vera Nadine Bóinn

Note: Here is an interesting experience that occurred recently. It only lasted about eight minutes, but it seemed like several days.

I was lying in bed, just getting to what I call the twilight place—that place between sleep and awake where you begin to have very surreal thoughts and scenes pass through your mind, but you are also aware of your “self” and thus technically still awake. This is the place that astral travelers and people who practice lucid dreaming are able to maintain.

I became aware of an open field, or clearing, in which I was standing next to a muddy garden and a small run-down hut off to my right. It was just about sunset in this clearing. There was a woman crying at the edge of the clearing, and she was looking down at the ground. I approached her and gazed down to try and see what was upsetting her so much. When I did, I looked into a deep hole and gazed straight into the blank, open eyes of a man who was stone cold dead. I got freaked—as one might—and just about lost my connection to the scene and this woman. But I reminded myself of something that a fellow spirit psychic said to me when we had talked on the phone once: “Allow yourself to be startled by what you are shown, but do not allow yourself to become frightened by it.”

I slowly calmed myself and pulled

myself back into the scene. I was being shown this for a reason, and I had to stay present long enough to figure out what that reason was. I came back to the place and looked down into the grave hole again. The man was clothed in a ripped and worn woolen tunic and leather breeches. There was also a very cheap and tarnished bit of chain mail in the hole beside him. His eyes were wide open, staring blankly up into the cascading tree canopy that leaned over the edge of the clearing. In those eyes I could see shock and pain but not the normal confusion of the recently deceased.

The woman, whom I took to be this man’s wife, said to me, “He is lost. He is bound and cannot be free. I fear for his soul.” She followed this up with, “He has suffered enough. Can not you help him?”

AN ENDLESS BATTLE

At this point I became aware of this man’s spirit watching us from just inside the forest a few yards away. I stepped a bit closer to him and asked him, “Why aren’t you able to move on?” Suddenly it was just me and this spirit, and the clearing seemed to have gone dark, like the Sun had set.

The spirit raised his arm slowly and pointed to a place just the other side

of his grave and pronounced wistfully, “He won’t let me.”

As I turned, there appeared another spirit, that of a very burly, muscular man in leather and metal armor. He was standing with his feet spread wide and his arms crossed, as if guarding a doorway. He looked to be stubborn and was clearly quite angry.

I looked back and forth at the two of them several times. It was obvious that there was a strong relationship here but that it was not due to family relation or friendship at all.

Finally, I walked closer to the burly spirit and the other spirit followed me, allowing me to be the one standing between the two of them. “Why are you preventing him from passing the veil?” I asked the second spirit.

He answered quite snidely, “Because he did this to me.”

“He killed you?” I asked.

“Yes. He shall never know peace,” he replied.

The first spirit explained to me, “It was in battle.”



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Instantly I received a vision of what had happened between the two men on the battlefield. The burly man was part of an invading party—I think that they were Viking or something similar—and the other man was one of a smaller group of defending locals. I believe he would be considered Saxon. When the invaders ran at the line of local men, assembled on one side of the battlefield, the line broke chaotically. Some men ran forward into the fray with their weapons drawn. Some ran forward blindly with their eyes shut. Some men turned and ran back away from the battle and others simply stumbled backward, falling all over each other. It was a bit like *Braveheart* with Vikings, but with much less choreography and less obvious valor.

The burly Viking was not in a position of weakness, but the Saxon man was. He was encircled and surrounded by five or six foes. Like the bottle in a game of spin-the-bottle, he just kept spinning in circles, pointing his weapon outward and striking anything that he could.

The Viking was several yards away, further in the fray, dominating his enemies quickly and continuing to move on to the next. Suddenly, he pushed into the circle surrounding the Saxon.

In a flash, this smaller Saxon man ran the Viking straight through with his sword. The Saxon was equally as surprised as the Viking that he had succeeded in running him through. It all happened so quickly and without any other focus or intent on the part of that Saxon than protection and survival.

THE CONSEQUENCES OF REVENGE

The Saxon was immediately aware of what had happened and, while saddened at not having had the chance to face the man eye-to-eye when he killed him, this Saxon man was relieved when he realized what happened. For, looking at the size and the fierceness of this Viking, he knew that if he hadn't gotten lucky, then he would be the one dead. After seeing

this vision, I instantly returned to the scene in the now dark field with me standing between the spirits of these two warriors.

The Saxon man explained, rather demurely, "I was in the right."

While he said this, I saw flashes of the life that he had lived since this battle. It had been about fifteen years or so since he had killed the Viking, and in that time, he had suffered sadness and illness. This Saxon, through his own memories and through the influence of this Viking's energy around him, had been tortured. He had simply gone quiet, become uninvolved in life and withered away.

The Viking said, "My children have had no father and my wife no lover. And he is to blame."

I replied, "There is no blame in the heat of battle. What transpires simply is."

I asked the Viking, "Did you want to fight?"

"I was made to fight. My chief said it was necessary to feed our people," came his reply.

Then I turned to the Saxon and asked him, "Did you want to fight?"

"Of course not," came his remarks. "I had to fight. We had to protect our homes and our families."

"So who was in the wrong?" I asked them both.

Neither articulated an answer.

"You both chose to go to battle," I continued, "and you both chose it for what you believed were good reasons. Is that fair to say?" I asked turning to look at both of them separately.

The Viking replied in a low voice with, "Yes," while he looked at the ground.

Then the Saxon said, "I concede that."

FORGIVENESS

Now I knew that I could get these two spirits to reconcile so that they could both move on.

I knew the Viking's concerns, so I turned to him first. "Your brethren have ensured that your family was well provided for, haven't they?" I only asked this because I somehow already

knew it to be true.

"Yes, they are good men," he stated.

"They have acted as fathers and mentors to your children?" I asked. The Viking nodded his head in a yes motion.

"And your wife is not alone, is she?" I asked him.

"Not entirely, no." He replied.

I took another moment to explain to the Viking that by remaining Earth-bound, just to seek revenge upon this other man, he had actually weakened his own spirit and disturbed his own progress. "Would your loved ones want your valor to be wasting away and your soul lingering in unhappiness?"

"Perhaps not," he said thoughtfully.

Turning back to the Saxon, I inquired, "Did you feel sorry for killing him in the battle?"

He nodded his head. "After the battle, when I returned home, I thought of the many that I had wounded and the few that I had killed." He explained. "It was to the passion in this man's eyes that my mind always returned."

"How have you suffered?" I asked him.

"My passion has gone from me; my energy slowly faltered and left me here in this grave. I knew it was him. For stealing his passion, mine was lost as well," he said.

"Do you worry now for your wife and children?" I queried.

"Yes," he said. "Especially my wife; she makes herself unwell with fret for me and for food to keep them all fed."

Turning once again to the Viking I stated, "He has suffered as well. Can't you see how you are no different? That you are one and the same?"

I continued, "What does this grudge serve now that he has joined you on the path of the dead? What do you hope to achieve by holding you both here?"

Then an amazing thing happened. I saw this formerly bitter man send his energy into that of the other man through the location of the heart chakra. I saw him accept this man as an equal and as his brother.

His energy eventually came back to its own and then the Saxon did the

same with his energy, accepting this would-be conqueror as a simple man and father just like himself. After this, both of their energies became lighter and brighter.

I looked at them both with a somewhat wry smile and said, "Now that you have relinquished your physical hurts, you are free to move into the spiritual

realms when you are ready."

It may sound cheesy to some, although it was actually quite beautiful, but these two spirits then stood shoulder to shoulder, at peace and unfettered by human emotion.

They turned and walked into the fog just beyond the line of trees that lined the field behind the hut. They

had passed the physical realms as one. Almost immediately I was drawn back to the woman standing, at twilight, over the grave of her beloved and beleaguered husband.

She allowed one more tear to fall, raised her head slowly up to look at me, and asked, "Has he found joy again at last?" *

Dating the Universe

Christopher Pinckley

The biggest thing to know about the universe is that it can be whatever you want it to be without limit. The only limit is the limit that you put on it. You put a limit on the universe every time you try to tell it that it "cannot do this" or that it "cannot do that." It's like taking a piece of clay and only making squares and triangles out of it over and over again. The reality is that a piece of clay can be whatever you want to make out of it—the limit is in your imagination. If all you can see are squares and triangles, then that's all you will get! If, however, you are willing to open and expand your mind, then you will begin to see other possibilities.

Once you can see other possibilities, you can then begin to create other possibilities for yourself. For instance, you can sculpt a boat, a face, a bird, the Sun, the Moon, a car, a person, an animal, a tree, a gold bar, abstract art,

a leaf, a church, a clock, a gremlin, a mountain or anything that you can possibly imagine. This is the nature of clay; it can be molded or shaped into just about anything you can imagine within your mind. Do you not see what I'm getting at here? The clay contains within it the nature of the very universe itself: limitless possibility. Oh sure, that's easy for me to say, right? You're saying, "That's wonderful, but how do I actualize it within my life? How do I recapture the magic? How do I reignite the spark? How do I feel the vital life force flow within me again? How do I not simply acknowledge but rather embody this concept?" Well, stay with me, and let's see where this journey takes us.

IN THE BEGINNING

The ability to create with your mind and heart stems from the ability to be able to tap into the power of creation itself. The power of creation is the driving force of God, the universe and everything in existence. Consciousness wishes to experience itself, so who are you to deny it? Human beings, in their ultimate arrogance, assume that they are here to fix and quantify consciousness. You are not here to quantify or categorize anything; you are here to create everything. You are here to create that which you wish to experience.

Then, once you have done that, you may wish to help others do the same. However, until you have fulfilled your heart's desire, you will be of no help to anyone—so quit trying!

That is the nature of the unhealed healer, those who attempt to fix that which does not need to be fixed. By denying themselves the joy of creating, they become broken. Then, with a broken heart and a heavy head, they dutifully trudge off to "serve humanity" as if that were their true calling. There may be some joy, some reward for them in this path, but it will never bring fulfillment as long as they are denying themselves their heart's desire. You are a creator, so create, for God's sake!

Before you began to take a "should" all over yourself and then all over everyone else, you were more free spirited. Earlier on in life, you were more in alignment with the ebb and flow of the universe, more in alignment with the true nature of the universe and its limitlessness. When you are in alignment with the nature of the universe,

KEY POINTS

- "The ability to create with your mind and heart stems from the ability to be able to tap into the power of creation itself."
- "Your point of power is your focused attention, and wherever it goes, your energy flows."
- "The key to your authentic power is in your feeling and in your ability to get in tune with your feelings."



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you are a powerful creator in every sense of the word “creator.” This means that you inherently recognize your own limitlessness while you gaze into the eternity of creation, the still latent possibilities of the universe. Your point of power lies in your attention, your focus. What are you paying attention to right now? Are you with me here right now, or are you wandering off somewhere to the land of “should”?

Your point of power is your focused attention, and wherever it goes, your energy flows. The problem is that all too often, all you do is focus your attention on what is right in front of you. When you do this, all you are doing is molding the clay of the universe into a square again. Then, when you worry about the future based upon the present, you only shape the universe into a triangle again. So all you get are squares and triangles, even though that clay can be shaped into so many more things.

FIRED BY THE JOY OF CREATION

Can you imagine if all of the great artists in the world had thought this way? What if their imagination were as trapped as your own? The world would be such a bleak place if we all created our reality from the land of “should.” The great architect does not see a hole that needs to be filled when she looks at a plot of land in a downtown metropolis. Instead, she sees a beautiful, magnificent building within her mind’s eye. She sees the possibility, not just a spot for another square building.

The automobile maker starts within his mind, thinking of the possibilities. He is not thinking that it *should* be this way or that it *should* be that way; he is in the joy of creation, letting his mind go. An image begins to form within his mind and he puts pencil to paper. When he is done, he has something completely new, never before seen with the human eye. He takes this image and creates a three-dimensional graphic out of it on the computer. Slowly but surely, the idea begins to manifest. Eventually, this idea goes to the factory and a first car, a concept car, is built. Bam—a manifestation has occurred! The most amazing part

of this process is that it is effortless, and it is effortless because it is inspired through limitless capacity.

This inspiration takes place where the imagination intersects with the universe. From here, a spark is created and the combustion of manifestation is ignited. All great ideas happen in this way, when limitless imagination taps into the limitlessness of the universe and is fired by the joy of creation. The universe gets very excited at the joy this new creation is going to bring to millions of other souls all experiencing themselves through the medium of creation. The universe absolutely loves to create things to experience. It does not get excited by souls who deny themselves their birthright of limitlessness. You are a creator god; it’s time to bring your unique contribution to humanity, isn’t it?

THE DATING GAME

Here is a fun area to experience and create: dating! Going on a first date with someone is one of the most exciting experiences that you can have. There is the thrill of the unknown, the thrill of what is yet to be experienced, the thrill of wondering what is going to happen and the thrill of making a connection with someone new. There are also fears as well: the fear of rejection, the fear of humiliation and the fear of not making a connection. In general, both parties are hoping to make this special connection, even if just for a moment, or perhaps for longer.

There is much eagerness and expectation as each person begins to formulate potential probable realities within their imagination about interacting with this other person. Here, the imagination has begun to be utilized in an unconscious way. If you wake up for a second, you can begin to see how the imagination is the key to tapping into the limitless possibilities of the universe. When you think about this other person, you have begun to form and shape your clay, creating mental clay sculptures of how and what you want this meeting to be. The question is whether you are trying to create a square or triangle out of them again. While you are

tapping into this magnificent energy—this unlimited potential, this amazing opportunity—where is your focus?

In general, your focus is on what you are wanting and hoping from this other person, of course. However, are you truly conscious of what you want? Have you thought about what you do not want? If you have had some relationships already, then you have some material to work with. However, perhaps you have not been on many dates or had many relationships, so it may be a bit more difficult to know what you want. Perhaps it is best to just plow ahead and enjoy the experience moment by moment. However, for those people who have established what they do not want, they have the raw materials to begin creating a relationship that may be more suitable for their wants.

FOCUSED INTENT

What is it that you do not want? It is so good to create a list of things that you do not want, because this can really help you to be clear about what you do want. This is also a great step to take in becoming a conscious creator. Conscious creators are those people who create only exactly what they want. Wow, what a concept, isn’t it? Do you like the idea? What if you could think ahead and focus on what you wanted and, as a result, have the most wonderful, perfect date that you could possibly imagine? Wouldn’t that be worth a little effort, a few scribbles on some paper and a little bit of focusing your attention? I think so, and I think you agree. If you don’t, then you may not yet be ready to become a conscious creator.

How many thoughts do you think in a day? How many in an hour, a minute or a second? There are different theories about the number of thoughts we are able to think in a moment’s time, but they usually center around one thousand thoughts a minute, or something akin to that. I would not be surprised to find out at some point in the future that we think closer to a thousand thoughts per second and that we are only conscious of around 1 percent of those thoughts. In any case, your mind is constantly spinning, con-

stantly thinking and constantly trying to move you "lifeward." The problem is that you were not properly trained in the beginning to think first and act second. Instead, you were trained to act first, think second and then react third. In this way, you are confronting reality as if it happens to you when, in actuality, you *think* it first. Even at birth, you thought yourself into being. This is a hard one to prove, but you did. You thought yourself right into this physical environment, right into this life and right into that place with your parents. You didn't win them in a lottery; you agreed to meet them here, to have fun together.

The problem is that your parents were not properly trained either, and then they passed this false training on to you. So the cycle is perpetuated over each generation, and we gradually lose focus as to our purpose, which is to create. When you have so many people "shoulding" all over you, it's hard not to think that your job is to "should" on someone else. Yet this is not your job at all. Your job is to have fun, to be creative and to bring forth new ideas into being. In the process, you have the option of enjoying other people's creations as well. What a joyous celebration it all is when you realize that we are all here to have fun with each other!

VIBRATIONAL RELATIVITY AND FEELING POWER

When you and I step into a room together, something very unique begins to happen. Our vibrational set points begin to merge with each other in what could otherwise be referred to as "vibrational relativity." This means that on the quantum, nonphysical level, we begin to merge with each other energetically. This is not to say that we are physically touching but rather that you and I begin to share information at a subatomic level. The result of this is that we synch up our vibrations to form one bigger, dominant vibration. We are then more magnetic to different possibilities than if we were by ourselves alone.

This vibrational relativity can have certain advantages and certain dis-

advantages. One advantage is that together, you are a more powerful magnet. You have a great point of attraction when you are together. This means that if you are of the mind to create something together, you can work more quickly. However, if you are not in agreement about how you want to do things with each other or someone else, this can be troublesome for you. It does not feel good to synch up your vibration with someone who does not either feel good by themselves or feel good to you. If you spend more time with this person, you may begin to take on some of these feelings and, as a result, feel worse and worse as time goes on.

This is why it is so important to always be in touch with your feelings, because your feelings will tell you if someone is a good match for you. In other words, you can know ahead of time whether or not your time spent with another person will be of value to you or not. At the non-physical level, your feelings are tuned into the quantum field of possibility where everything and everyone exists. As soon as your attention is focused upon something, you will get a feeling about whether or not this person or situation is a good vibrational match for you. It's only when we ignore our feelings that we get into trouble. Someone may say to you, "You hurt my feelings!" In actuality, however, this is impossible. You can only hurt your own feelings; you can only choose to be hurt by what you believe is supposed to hurt you. This is why only certain scenarios are painful to you and others are not, because you have decided that one thing should cause you pain and the other shouldn't.

The good news is, however, that you can tune into your inner guidance any time you like. Even if your inner guidance or feeling power has been covered by years of limited thinking and negative beliefs, it's never too late to turn it all around, get in touch with your own inner intelligence and begin living the life you want. Over a period of years, or even over the course of your lifetime, you have taken on many beliefs that do not move you lifeward. In fact, they move you deathward, which means

that they block the natural flow of your energy and expansion. Any time you allow your emotions to be dictated by someone else, you have taken a step toward your own death. This means that you are allowing someone else to control your flow of vital life force, to stunt its flow into your body.

Eventually you will get to the point at which you feel ill if you persist in allowing outside circumstances and people to dictate how you feel about yourself and your life. I have seen people in these scenarios; they have become completely helpless to the whims of society. Some of them cannot bear to bump elbows with people, and others cannot tolerate the smell of a perfume on the wind. Some of them will burst into tears at the first sign of constructive feedback, leaving no room for ego diminishment and growth. Can you imagine living a life where you are at the complete mercy of the outside world? The struggles that your everyday life would entail are unimaginable, to say the least.

Your authentic power lies underneath all of your push-button, negative emotions and limiting beliefs. Under all of these judgments and beliefs about the world lies the source to your unlimited power, the very power of creation itself. You would not recognize it, yet inherent within it is the dormant power of an atom bomb awaiting your command.

THE KEY TO YOUR AUTHENTIC POWER

The key to your authentic power is in your feeling and in your ability to get in tune with your feelings. So many of you mistake your feeling power for the sense of your emotional wounds and hypersensitivities, which it most certainly is not. Your authentic power lies in your ability to listen to your feeling power and then follow where it leads you. What you do not realize is that your feeling power always leads you in the direction of the greatest amount of life force. Also, not to be mistaken with your feeling power, is the feeling that you should be doing something. It's very simple: What feels good to you? What feels right? Whatever feels good or brings about a good feeling is

what is going to provide the greatest amount of vital life force for you.

Authentic power comes from within you, not from without. Thus, trying to run around and manipulate physical things in the physical world will not yield the results that you desire, unless you are following your feeling power. Otherwise, you are just running about like a chicken with its head cut off—with no direction and no purpose, try-

ing to accomplish anything to receive some sort of validation. Unfortunately, no amount of external validation will ever make you feel complete or whole. So now, after you have been running around in circles for who knows how long, your project is still incomplete. On top of that, you have not received the recognition and validation you were hoping for.

So what are you left with? You are

left with one thing and one thing only: a time for change. That change begins when you decide you are going to follow your feelings; that is the only way. Quit thinking that you know best, for you do not. Your feelings do, so follow them and make yourself just stay out of it. Then, after all that, why don't you go out on a date with the universe? After all, you've kept it waiting long enough, haven't you? ✱