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Journal of EMERGENCE!

PEACE TO ALL BEINGS • APRIL 2010



## AMAZING CHANNELS

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STEVE ROTHER \* KAHU FRED STERLING \* JAMES TYBERONN \* AND MANY MORE!

## 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.





# 10-10-10

## THE NEXT CONVERGENCE: Merging Spirit Into Human

### A Powerful Experiential Event

# 8th-11th October 2010

**Humanity is evolving.** The Harmonic Convergence that began in 1987 is rapidly approaching the final three stages that will take us into the higher dimensions.

**10-10-10** is such a pivotal moment in human emergence that internationally recognized authors and teachers, Steve & Barbara Rother and Jim Self in collaboration with "The Group," the Archangels and Higher Beings of Light, will facilitate an unprecedented and expansive moment of spiritual emergence: **THE NEXT CONVERGENCE: MERGING SPIRIT INTO HUMAN.**



Steve Rother



Jim Self

#### MORE THAN A SEMINAR

This is not an ordinary seminar, workshop or conference. This will be an experiential event filled with energy-shifting experiences, multidimensional tools, and activations that will enable you to transition more comfortably and gracefully through the next two convergence points:

**11.11.11** and **12.12.12.**

To ensure that all participants are adequately prepared, **THIS EVENT WILL BEGIN THREE MONTHS PRIOR TO 10.10.10** with a series of exclusive webinars and tele-seminars at no extra expense.

#### WHAT CAN YOU EXPECT FROM THIS EXPERIENCE?

Please note: This is **not** a beginner's event. This dynamically focused program is being purposefully directed and co-created by "The Group" and the Archangels to enable you to step into the next level of your ascension.

#### DURING THESE FOUR UNIQUE DAYS YOU WILL:

- Dissolve the "threads of discontent" accumulated within your DNA coding over many lifetimes
- Consciously experience yourself in two places at one time
- Understand your true power and why you are a teacher, healer and leader
- Discover the difference between masculine and feminine energy, and why understanding this difference makes ALL the difference
- Learn how to blend parallel lifetimes, accessing all the skills you have mastered in each
- Expand your internal "Wiring" capacity to hold a Higher Light Quotient
- Integrate the powerful 5th-dimensional understandings of 'Love' and 'Responsibility'
- Speed up your transition from living within duality to living within Triality
- Accelerate the integration process to anchor more of your own spirit within your physical body.

**This event will include channels about what's to come. Participants also will receive NEW Medulla Pineal Activations or Enhancements and Attunements.**

**THE VENUE:** The Scottsdale Resort & Conference Center  
([www.thescottsdaleresort.com](http://www.thescottsdaleresort.com))

**REGISTRATION:** \$495.00. Reg. before June 30th: \$450.

**SPECIAL ONLINE ATTENDANCE PACKAGE:** \$295.00. Reg. before June 30th: \$250.00

**FOR MORE INFORMATION:** contact Meg Adamson-Gour at **413-259-6871** or email [meg@lightworker.com](mailto:meg@lightworker.com). Register at [www.lightworker.com/Schedule/2010/101010/](http://www.lightworker.com/Schedule/2010/101010/) (Space is limited, please register early.)

**Humanity is evolving. Are you ready to return to your awakened place of consciousness?**

**Steve Rother** is an international seminar leader and presenter of information from "The Group." He is the author of 6 books in 18 languages, and the *Beacons of Light: Reminders from Home* transcripts which are available in 21 languages.

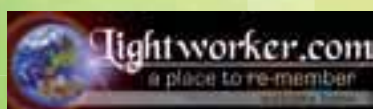
**Jim Self** is an international teacher and author who presents seminars on the Tools of Mastering Alchemy in collaboration with the Archangels and Ascended Masters.



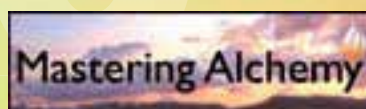
**Barbara Rother** co-facilitates self-empowerment and healing seminars with her husband and partner Steve, and is the author of the popular monthly *Connecting the Heart* messages.



**SPECIAL GUEST:** Grammy award-winning producer and performer **Barry Goldstein** combines his musical career with facilitating international workshops and seminars on the transformational healing aspects of Sacred Sound.



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## THE EXPLORER RACE SERIES through Robert Shapiro

Humans—creators-in-training—have a purpose and destiny so heartwarming, profoundly glorious that it is almost unbelievable from our present dimensional perspective. Humans are great lightbeings from beyond this creation, gaining experience in dense physicality. This truth about the great human genetic experiment of the Explorer Race and the mechanics of creation is being revealed for the first time by Zoosh and his friends through superchannel Robert Shapiro. These books read like adventure stories as we follow the clues from this creation that we live in out to the Council of Creators and beyond.



### 1 EXPLORER RACE: ORIGINS and the NEXT 50 YEARS

This volume has so much information about who we are and where we came from—the source of male and female beings, the war of the sexes, the beginning of the linear mind, feelings, the origin of souls—it is a treasure trove. In addition, there is a section that relates to our near future—how the rise of global corporations and politics affects our future, how to use benevolent magic as a force of creation and how we will go out to the stars and affect other civilizations.

352 p. \$14.95 ISBN 0-929385-95-0



### 4 EXPLORER RACE: CREATORS and FRIENDS

Now that you have a greater understanding of who you are in the larger sense, it is necessary to remind you of where you came from, the true magnificence of your being. You must understand that you are creators-in-training, and yet you were once a portion of Creator. You are still a portion of Creator, yet you are training for the individual responsibility of being a creator, to give your Creator a coffee break.

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### 5 EXPLORER RACE: PARTICLE PERSONALITIES

All around you in every moment you are surrounded by the most magical and mystical beings. They are too small for you to see as single individuals, but in groups you know them as physical matter. Particles who might be considered either atoms or portions of atoms consciously view the vast spectrum of reality yet also have a sense of personal memory like your own linear memory. These particles remember where they have been and what they have done in their infinitely long lives.

246 p. \$14.95 ISBN 0-929385-97-7



### 6 EXPLORER RACE and BEYOND

With a better idea of how creation works, we go back to the Creator's advisers and receive deeper, richer and more profound explanations of the roots of the Explorer Race. The liquid Domain and the Double Diamond portal share lessons that were given to the roots on their way to meet the Creator of this universe, and finally the roots speak of their origins, how they came to be and their incomprehensibly long journey here.

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### 7 EXPLORER RACE: The COUNCIL of CREATORS

The thirteen core members of the Council of Creators discuss their adventures in coming to awareness of themselves and their journeys on the way to the Council on this level. They discuss the advice and oversight they offer to all creators, including the Creator of this local universe. These beings are wise, witty and joyous, and their stories of Love's Creation help us realize that we live in an expanded, multiple-level reality.

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### 8 EXPLORER RACE and ISIS

Isis is the prototypal loving, nurturing, guiding feminine being, the focus of feminine energy. She has the ability to expand limited thinking without making people with limited beliefs feel uncomfortable. She is a fantastic storyteller, and all of her stories are teaching stories. If you care about who you are, why you are here, where you are going and what life is all about—pick up this book. You won't lay it down until you are through, and then you will want more.

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### 9 EXPLORER RACE and JESUS

The core personality of that being known on the Earth as Jesus, along with his students and friends, describes with clarity and love his life and teaching 2,000 years ago. He states that his teaching is for all people of all races in all countries. Jesus announces here for the first time that he and two others, Buddha and Mohammed, will return to Earth from their places of being in the near future, and a fourth being, a child already born now on Earth, will become a teacher and prepare humanity for their return.

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### 10 EXPLORER RACE: Earth History and Lost Civilizations

Earth is a home and school for humanity whose recorded history goes back only a few thousand years; its archaeological history, a few thousand more. In this book, we see the incredible panorama of brave souls coming from other planets to settle on Earth. We watch the origins of tribal groups and the rise and fall of civilizations, and we can begin to understand the source of the wondrous diversity that we enjoy here on beautiful Mother Earth.

310 p. \$14.95 ISBN 1-891824-20-1



### 11 EXPLORER RACE: ET VISITORS SPEAK

Even as you are searching the sky for extraterrestrials and their spaceships, ETs are here on planet Earth—they are stranded, visiting, exploring, studying the culture, healing the Earth of trauma brought on by irresponsible mining or researching the history of Christianity over the last 2,000 years. Some are in human guise; some are in spirit form. Some look like what we call animals that we have labeled cats or cows or elephants.

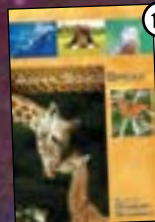
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### 12 EXPLORER RACE: Techniques for GENERATING SAFETY

We all want to be safe, but we don't always feel that way. Wouldn't you like to generate safety so you could go wherever you need to go, do whatever you need to do, in a benevolent, safe and loving way for yourself? Learn safety as a radiated environment that will allow you to gently take the step into the new timeline, into a benevolent future and away from a negative past.

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### 13 EXPLORER RACE: ANIMAL SOULS SPEAK

Each animal brings a wondrous gift to share with humanity. Welcome to the footsteps of the loving beings who support you, who wish to reveal more about themselves to you and who welcome you not only to planet Earth but to the pathway of self-discovery. Use this book to support you along your path toward inevitable self-discovery and ultimately to support the self-discovery in others that results in revealing the true and most benevolent heart of all beings.

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### 14 EXPLORER RACE: ET Visitors Speak Vol. II

For those of you who've always wanted to meet somebody completely different, here's your opportunity. This book contains the continuing adventures of visitors to planet Earth. In a strange sense, you might include yourself as one of those, as the human race does not really claim the title of full-time and permanent Earth citizen. So when you're reading this book, think about it as if you were visiting another planet. What would you say in reaction to the local population, their habits, and so on?

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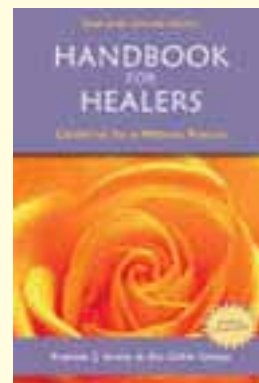
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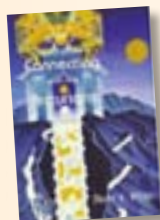
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- ◆ Remind ourselves that our light and our sense of humor will carry us through into the adventure of forever.

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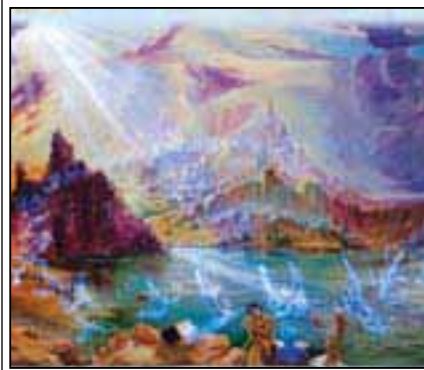
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## Cover Art: Heaven

By Jacqueline Ripstein • [www.JacquelineRipstein.com](http://www.JacquelineRipstein.com)

My art is part of a larger spiritual movement that is here to feed the spiritual needs of the world. It serves a higher purpose of unity and healing. My mission is to help inspire people's lives through my unique technique, which helps reveal the invisible world to the distressed humankind in order to help it through one of the roughest times experienced. When people have an instant of inspiration, then faith, love, peace and consciousness have a way of being created.

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# How You Traverse to Your Home Planet in Deep Sleep to Recharge

Soul Portal through Robert Shapiro

2 February 2010

## WE SUPPORT YOUR NIGHTLY PASSAGE TO YOUR HOME PLANETS

I work as an intermediary between worlds. There are many of us in existence—millions, many millions. We are part of the living spirit world that must be close to you all, all the time, in order to keep your world stable and to allow for your comings and goings. All of you on the soul level are from other planets, and you are not at home on Earth. As a result, you must go to your other planets in your deep sleep state and recharge your existence. Beings like myself will connect to anywhere from thirty or forty individuals, (and sometimes some groups of individuals up to a hundred, sometimes even more) to act as intermediaries to support moments of passage of your unconscious sleeping self to your home planets in this universe or beyond. This is why there are so many of us here.

We do not originate on this planet, but we have the capability to be present on your planet without any adaptation or training. We seem to be some of the few who can do this, and we are not here for anyone other than the human being. This allows you as individuals to traverse, then, perhaps three or four times in a twenty-four-hour day, often happening in between teachings with your guides, teachers, angels and so on. At the deep sleep state,

you might go temporarily to your home planet, but what you do there is not what you might think.

You may not know that this is necessary, but what you do there more than anything else is that, as a soul being, you will go to your home planet, and even though you are not physical there—you might even appear like a spot of light—occasionally you might appear in the form of life associated with that planet that you identify with. Almost the first thing you do is to breathe. By “breathe,” I do not mean take in air as you do here on Earth, but rather you will take in the energy of that place, just a deep reception that I would call breathing, but you do not exhale anything from Earth.

The reason this happens is that we are connected there, meaning we have the capacity to function as an intermediary, which is like a living portal creating a truly conscious portal, by which

you can make such a journey instantaneously so that all other beings are insulated and protected from all that you are on Earth that may be uncomfortable to them, including the planets. Anything on the home planet that may be incompatible with your soul does not affect you or cause any detrimental or otherwise influence to affect your life on Earth.

I personally have been functioning in this capacity on your planet now for about a thousand years. As we get more experienced and have been here longer, some of us grow larger. When we are newly arrived, some of us are smaller, but this is not a fixed situation. Sometimes [chuckles] some stay small no matter how experienced they are. But we are not assigned, you see, to souls, so we might have thousands of experiences with different souls, many experiences with some souls or anything in between.

Generally speaking, the dots that seem to make up our being have to do with one or more traverses, so what you’re really seeing is something that’s a tube. If you were to see a tube in a cross-section, it would look very much like a circle. So that’s what you’re really seeing. It isn’t a plasma that makes us up. If you were to see us in our natural state, we usually would appear as a single color and there would be none of this “little circles” stuff [chuckles]. I’m getting used to your language here.



ROBERT SHAPIRO

### KEY POINTS

- I work as an intermediary between worlds to support moments of passage of your unconscious sleeping self to your home planets in this universe or beyond.
- This allows you to traverse to your home planet to breathe in the energy of that place.
- The picture that was taken close to Bradshaw Ranch in Sedona had many colors in little tiny circles. Each one of these represents a traverse for souls. The reason there are different colors is that it accommodates the soul’s different moods, since the colors have to do with feelings.





*This photo of orbs of light was taken by a New York eye surgeon's nine-year-old daughter about a quarter mile from the Bradshaw Ranch outside of Sedona, Arizona.*

### **YOUR SOULS HAVE THE SAME SHAPE WE DO**

So I cannot tell you where I am from, because I have been told it's vitally important that this remain a secret to you. I can say that it's at the outer boundaries of this universe, but that's all I can say. This may be why we are able to help Earth souls traverse to a home planet beyond this universe, because we are used to being in our state at home. We are used to being at the border of things. Perhaps this is why we can function in an unusual capacity this way. Generally speaking, we do not stay in this capacity for more than a thousand years. I have lingered a bit and I might linger for a couple more years, but soon I will return to my home place. We are not humanoids, as is obvious, but we do have lives. We also do not have a fixed amount of life but exist in an ongoing fashion.

*Which we would call immortal, right?*

Yes, but this is what you are too when you are not in your adventurous mode exploring different life forms. You do not look exactly like us, but upon examination, you would be circular in form. This is why perhaps we were requested to come, because your souls have the same shape that we do. When you are at the deep sleep state, you are most at ease with beings who are circular like yourselves. In this way, there is a natural built-in compatibility.

*What do we do when we get there? Just take in the energy?*

You do the same thing, yes, with the energy. It's like if you've ever taken a deep breath of fresh air and felt that sense of exhilaration and refreshment. It's very much like that experience, which is part of the reason why a person can have a nap for twenty or thirty minutes and wake up profoundly refreshed, whereas they might sleep for four or five hours and not really have that experience.

*So it means you went home during that time?*

That's what it always means.

### **OUR DIFFERENT COLORS ACCOMMODATE THE SOUL'S DIFFERENT FEELINGS**

*I saw the picture of you that was taken close to Bradshaw Ranch in Sedona and you had many, many, many colors in these little tiny circles. Are you saying that each one of these represents a traverse for souls?*

Yes. The reason there are different colors is that it accommodates the soul's different moods. When the soul is coming from Earth, traversing wherever it needs to go, it will still have feelings. Even at the deep sleep level, there are strong feelings. The colors accommodate those feelings, both going to the home planet and returning, so that when you are, say, passing through Earth, you leave those feelings, and by the time you get to the home planet, you are in a state of being





*This photo of the being speaking through the channel is an enlargement of one of the beings in the photo on the previous page.*

in which you can be totally receptive. But when you return, you must pick up at least a portion of those feelings so that you are reminded who you are and can return at ease without resistance to your physical self. Otherwise, you would not want to go back to your physical self.

So the colors have to do with feelings. We do not feel these feelings, although they are within the tubes as you might see them within us. Thus, we are insulated from feeling the feelings, but with some photographs of you I've seen that are taken here and there over the world, you can see the energy feeling. Different colors are not always associated with the same feelings. It depends largely on the individual or their family of souls. Some groups of souls will radiate this or that color for the same feeling, and other groups of souls might have an identical feeling and radiate a different color. So there's much variety, I have noted.

*Do the humans in deep sleep go to you, or do you go to them? How do you connect with them?*

It is not a problem of time or space. Wherever I am and wherever they are is not a difficulty. Once you are in the deep sleep state and your soul can traverse, there is no limit to where you could be. I could be inside a mountain—just as an example, though I don't do that—and you could easily come and make your passage.

*Okay, but do we go to you? Do the same souls always go to the same beings like you?*

Oh yes, you would come. You would have to come in order to make a safe transit.

*So when you first came here a thousand years ago—that would be A.D. 1000—how much did you see of Earth?*

Not very much. In order to perform such a function, I need to have a strong connection to my home planet so that I do not lose myself, my personality, with such passages. So I do not really observe your history, your culture or anything like that. To the degree I know you, it is in my relationship with your souls. It is not based on your experience upon the Earth. My relationship, then, is that I feel you with your

essential mood as you make your traverse through and then into your home zone, so to speak. When you come back, you are a bit more comfortable for me because you are completely clear, but then you traverse back and I am releasing some of that matter of your feelings, as I said before. So I do not observe your history and manners and mores and all that.

## **I AM STABILIZING YOUR ENERGY**

*How did you happen to come here? Did someone go to your home planet and request that you do this for the humans on Earth?*

That's how all of us have volunteered to do this, because we were requested to come here to create a much better stabilized energy. When the first humans were on the Earth—not really your people—it wasn't necessary, because Earth in those times was benevolent. But once the Explorer Race, as you are deemed, came and there was some discomfiture, there needed to be not only a means to stabilize your traversing to your home planets, as I've mentioned, but also a means to insulate the planet and the planet's other life forms from such jolts, you might say, to the veil system that protects your planet and protects other planets from what happens on this place, on Earth. So we were asked to come in as great a number as needed. That's why I say there are millions of us, but one can perform such services for many souls. Even though you might have billions of individuals, millions of us are enough.

*What was your life like before you came here?*

Oh, very calm: a benign and benevolent existence with communication of ideas and concepts, like that. I wouldn't say we were purely intellectual, but that was part of our pursuits.

*Do you have a form there?*

We look the same here. We look the same, with the exception that you do not see all the little circles. We are of one color, but we would be circular.

*Ah! So before you come and then also after you go back home, all the circles are gone?*

Yes, because the circles . . .

*Are the portals.*

That's right, the traversing mechanism. It is not part of our physical functionality. Some have said it is a kind of plasma that makes us up, and as well-intended an analysis like that is, that is not the case. In our natural state, we would just be circular with no "tubes." I'm using that as a simplified means by which you can imagine in your mind's eye what that might look like, because you are familiar with tubes.

*You said you keep a strong connection to your home planet. So then are you able to connect with the rest of the beings there while you're doing this, or do you have to not do that because of the discomfit?*

Usually I would do that—speaking for myself—when I am not having traversing going on. I cannot have tra-



versing going on for a few time segments and then connect to my home planet to refresh myself. For you, such a refreshment would come in sleep. For me, it is more of being present there, during which time I do something not unlike what you do. I take it in. But I don't exhale in that sense.

*You take in the energy of your home planet?*

That's right, and this refreshes me.

*And gives you the strength to keep doing this?*

Strength is not actually a factor. We have a natural endurance.

*This is amazing. We knew we had to go somewhere during sleep to get recharged, but no one ever said before how the process worked.*

This is my experience of it. I do not claim to have all knowledge, but I'm sharing what I know based on my experience.

*Well, I'm sure that the others of your kind do something similar.*

### THE SERVICE IS THE JOY

*Are there any special joys in doing this? I mean, do you get satisfaction from it or is it just a service?*

The service is the joy. To be of service is a great pleasure. You on your planet know this pleasure, because you might do little things throughout the day where you are in service to others, and often there is pleasure associated with that. There might be other times perhaps for you when it is a burden, but it is not a burden for me or the others of my fellow beings, as far as I know, because what we do is one thing. If there were a multitude of things we had to do at the same time, then that might be too much. But the function we provide is something we can do and is easy for us, and therefore, it is a joy of service situation, as you yourself mentioned.

To be of service is natural for all forms of life. Even though there are extremes on your own planet, such as beings consuming each other, still that's a service. From my understanding of your planet—not based upon day-to-day observation but simply on what has been explained to us before we came here for service—the whole interaction of all beings on your planet is largely service. So this is part of your nature as well.

*The reason you can do this, you said, is that you're from the edge of the universe. You exist at the borders, so in your natural state do you go to other universes—when you're home?*

First off, I think you've made a slight error in your question if you're saying the reason we can do this is because we are at the edge of the universe. In fact, there are many other forms of life at or around the same "edge," and they do not do it. The reason we do it—can do it—s because of our makeup, because of who we are. I believe the reason we are able to more easily accommodate such an action is because of our

location, but I cannot state with certainty that this is so. It is what I have come to believe. But I do not claim to have, as I say, all answers. So you can perhaps rephrase the question?

### YOU ARE TAKING SERVICE TO ANOTHER LEVEL

*You said you could do this because of your makeup, because of who you are. Can you say a little more about that?*

Not too much, but we are what you are when you're not performing such a service, as is all life in this universe. And we do not have any need to forget who we are. It's important to note that so you do not put a distance between yourselves and us.

*Well, you know, the Explorer Race has some great goals. What do you think about the concept?*

It is very advanced, taking service to another level—being of service to the entire universe at the very least.

*Hopefully, all universes.*

Yet there are profound risks involved. I can see that it is essential to keep it all very well bundled so it doesn't affect other planets, the rest of the universe, and so on. So it's too soon for me to say that I think it's a good thing or I think it needs more thought. Ask me that question again when you have completed your service here.

*Okay. Why a thousand years? Who picked that as your length of service here?*

Nobody did. It's just what I have chosen.

*Oh! It's different for all of your beings?*

Yes, it's entirely associated with the individual. Some, I think, have been here for close to 3,000 years. But with me, I think I would like to return to my home planet soon.

*What do you look forward to there?*

The exchange of ideas and the interactions from one to another. Nothing complicated. It is essentially summed up by saying a single word: home. I think we will have to stop this session soon.

*You've given us incredible information that helps us understand how our life is possible here.*

I believe, on your world, with you as souls in human form, that you are constantly surrounded in every waking and sleeping moment with a vast fabric of spirit and other physical forms that make it possible for you to continue the delicate balance of your lives on Earth. From what I have been guided before coming to this place, it is a very delicate balance indeed. Yet from the angelic messenger from Creator who came initially to explain why and what and so on about your service on Earth as souls, I believe that your intention is of the highest and I wish you well in your pathway to accomplish such a worthy goal. Good night.

*Thank you very much. Good life.*



# You Seek Transparency

## The Council of 12 through Selacia

*This Council of 12 message from the January 16 global channeling is meant to address two themes that will be with us for the remainder of this 2012 window and even beyond: reconfiguration and transparency. The people I work with across the world are seeking to better understand all of the changes that have been occurring. Those I work with in private sessions are seeking to clear their past so that they can fully express their light and their purpose. People participating in the global Council of 12 channeling events are seeking to connect more deeply with truth, with their inner knowing and with a sense of community. Those from all walks of life want to discover a more simple way to be, to feel more connected and whole.*

*In this message, the Council of 12 addresses our current energies and how each of us can view the chaos and craziness of this time with new eyes. They show us how we have the energies imprinted within our DNA that will fuel our successful shifting out of density. We know how to do it. We can help each other do it. It is our very destiny to do this. The Council suggests that you sit with their words, allowing your heart to show you what is true for you personally. As you connect with that truth, you will also get a sense of your next steps, along with inspiration and confidence in taking those steps.*

### CREATING A MORE LIGHT-FILLED WORLD

**D**uring 2010, you and your world are continuing in a massive reconfiguration mode. The reconfiguration of your world will take time. Last year some of the building blocks for large-scale changes were put into place. You will be adding to these and then working with the new structures in the coming time period.

Remember that much more goes on behind the scenes than you can detect with conventional sensing. You will have moments of residing in an agitated and yet seemingly calm type of shifting as you witness and participate in this unique cycle of changes. Sometimes, you may become impatient, wishing that something more substantive would

#### KEY POINTS

- “During 2010, you and your world are continuing in a massive reconfiguration mode. The reconfiguration of your world will take time.”
- “When you look back on these times, you will understand how this major sorting-out process led to a dramatically different and more light-filled world.”
- “In general, transparency means that the walls that separate fact from fiction are weakening under the force of humanity’s emerging light consciousness. It is becoming harder to hide truth.”

happen. At other times, you may feel dizzy from the quickness and vastness of what is occurring.

There is also a middle ground, a place within which you are more balanced during the changes. Since you live in a world of opposites, however, your attention likely goes to the extremes. That means you may find yourself focusing more on those moments when things seem to be moving too slowly or on those other moments when things seem to be spinning out of control.

One thing you can be certain of right now is that your world is being reworked, because it has become unworkable. It is being reconfigured to allow for the emergence of a new type of human. You don’t have a record of what this looks like, nor do you have a proven methodology to accomplish this unprecedented feat. The path you now travel has no markers. What lies behind you on the path must be left behind. Whatever way it was cannot be duplicated; you cannot make a carbon copy of what happened before. You cannot guarantee how the next phase will unfold, either.

What lies ahead of you on the path is uncertain. There is no precedent for how you will navigate these uncertain waters and create a more light-filled world. Your elders and the wisdom keepers of long ago can give you guidelines about what is involved in a major shift of consciousness. They have experience with these types of energies. Your elders cannot, however, tell you from their own experience how you will do it this time. That’s because they did not live at this unique juncture you now face. You are creating the shift in your own way, fueled by an energetic imprint within you that’s encoded to do it. This imprint is within your DNA.

### A DIVINE PLAN FOR YOUR SOUL

On many days, as you are immersed in mundane activities, you may lose sight of this and of the larger picture of this lifetime. You may tell yourself that you have ordinary stresses, ordinary heartaches and ordinary achievements. You may be convinced that an enlightened world is a far-away dream. You may doubt whether anything really significant is happening, despite all of the media attention and lightworker communities telling you otherwise.

A wise part of you, the part with a remembrance of what you have achieved to get to this point, knows bet-

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ter. That part of you does have the big picture. It knows that everything you are doing and everything in your experience is part of a divine plan of awakening. There are no accidental jobs, no accidental relationships and no accidental meetings. Your conditioned mind wants to have a whole story of something before it will realize the amazing synchronicities in all that you experience. Your conditioned self has you believe that you must be doing a certain kind of job or have a certain kind of relationship to be on your path of light. This is nonsense, of course.

Your life today—including those things that seem to be mundane—is a part of the divine plan for your soul. Trust this. Allow your inner wisdom to connect you with what you need to know and do next. Trust that this wisdom is operating within you. Invite it to communicate with you daily. Call upon your inner wisdom to help you understand and appropriately respond to the many changes occurring now. This wise part of you has the big picture.

Major changes in your outer world—and also within you, personally—are being triggered as the ineffective approaches come to light. When you look back on these times, you will understand how this major sorting-out process led to a dramatically different and more light-filled world. You will understand how far you have come and what amazing inner strength you really have, and you will comprehend your eternal and boundless connection to spirit. You will be amazed at how relatively quickly you were able to orchestrate the sorting out of a world seemingly so beyond repair that many people wondered if humanity would need to start at ground zero or perhaps find a new planet.

### **YOUR SORTING PROCESS**

To get a picture of what you are in the process of doing, imagine that you and your society are in the center of a circle. Visualize that circle now. Giant conveyor belts stretch in front of you in every direction, and they are in the “on” position. It’s as though the universe is giving you the green light to place your ineffective energies on the conveyor belts. Those belts keep moving until you have deposited all of your third-dimensional conditioning and all of the structures that you have built to service your third-dimensional reality.

What does this mean for you as a divine changemaker? First of all, it means that you play an instrumental role in the sorting process. You face what no longer works and discover the pieces that need to go onto the conveyor belt. It is a letting-go process on a grand scale! Sometimes you may feel like the conveyor belt is not carrying away the debris fast enough. Sometimes this means that you need to repair, rather than toss out.

Relationships are just one example of this process. Most lightworkers right now are facing major reevaluations of their key relationships. When relating to others is ego-centered rather than heart-centered, adjustments need to be made. The new paradigm world you are creating has no place for ego-centered relationships based on manipulation and control.

The major repairs most relationships need to fit in with the new paradigm model would make the reality TV show *Extreme Makeover Home Edition* seem like a stroll at the seashore. If you have never seen one of those shows, the TV crew comes in and oftentimes must nearly demolish the existing structure and then rebuild. That happens, of course, with the family out of the house on vacation. With your relationships and with the other things in your world that need revamping, you don’t have the luxury of leaving home while the changes are made. In addition, you often must juggle changes in several areas of your life simultaneously. Faced with this, even the calmest person can sometimes feel stressed and insufficient for the task at hand.

The current phase of reconfiguration involves a lot of sorting. You are discovering which things to toss out, which things to repair, which things to trade in and which things to revamp. This is both personal and planetary. It is happening with countries attempting to negotiate issues that are pivotal to humanity’s survival. It is happening in your hometown: people feel uneasy and unsure about how they will fit in with what’s coming next. It is happening within you personally, as you become more self-aware and better understand your purpose of being alive during these historic moments.

### **MOVING OUT OF 3D INTO TRANSPARENCY**

The process of moving out of your third-dimensional conditioning is not an easy one. There is much to unlearn, much to remember and much to discover about how to skillfully make the transition. Your third-dimensional reality is fear-based and full of secrets, untruths and distortions of what’s really real.

When you live in this conventional reality, you can look into the mirror, but you are often tricked by what you see. You get attached to outer appearances, and you forget that what’s truly important is the love and what is inside of you. In your third-dimensional reality, you really cannot see yourself as spirit sees you. Your essence is obscured, and only the very dedicated with proper spiritual training are able to see themselves with much clarity.

Similarly, as you look at other people, your conditioned mind cannot fully see the light that other people hold. You may sometimes see glimmers of that light, if you know how to look for it, but the person’s essence is veiled. You can identify people when you meet them or when you see a photo of them. You likely know something about them too. The deeper level of who these people are spiritually, however, may elude you.

You seek transparency—to really know yourself and others. Of all the lifetimes you could have lived, this one in particular will allow the truths that were hidden to be uncovered and made transparent. This year will be the foundation of setting the new transparency energy in place. Transparency will be a theme not only in 2010 but throughout the rest of the 2012 window.

What does the cycle of transparency really mean? Certainly, it relates to your institutions and leaders being more



transparent about how they are wielding the power you have entrusted in them. In general, transparency means that the walls that separate fact from fiction are weakening under the force of humanity's emerging light consciousness. It is becoming harder to hide truth. Earth's history is being examined within new energies as scientists and policymakers seek solutions for your out-of-balance world. Dots are being connected that could not be connected before. Those from the scientific and spiritual communities are coming together in new ways to look at what you are discovering about reality.

Many truths that you as a lightworker have long accepted are just now getting the attention of those with the power to unveil them. As this occurs and the everyday person receives the information, a great leap in humanity's consciousness can occur!

On a personal level, transparency means that you are receiving potent catalysts to see yourself more clearly and

to heal longstanding issues that you could not grasp so easily before. This will allow you to see the past, present and future with new eyes. When you hold a new vision of your past and of your overall purpose here, everything will change. When you can become neutral about the past, you catalyze great lightness of being in your present.

You are able to silence your "if only" comments of regret. You are able to silence your harsh criticism of what you or others did before. You are able to hear the voice of your inner wisdom without the filter of past hurts or fantasies. You have a new freedom to be.

Contemplate today one aspect of your past about which you can become more neutral this year. Invite spirit to bring you the resources that you need to become free. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

# "What Does It Do?"

**Kryon through Lee Carroll**

**11 November 2009, Laguna Hills, California**

**G**reetings, dear ones, I am Kryon of Magnetic Service. I sit in front of one of the few audiences on Earth who doesn't need me to explain who I am. Here, there is a consensus of belief and of understanding that the energy that fills the room, esoteric though it might be, is real. There is understanding here that you cannot disband belief when you feel your heart being touched. You can't tell your intellect to ignore these things when you feel the love of God on your shoulder.

Still, there are those who feel that the intellect and the emotional heart do not belong together, that one would not support the other. They say that you have to choose one or the other, for they compete. This is the result of your singular bias that says that everything must comply with a single path or direction of thought, and that to meld is to compromise. But it is this very compromise that balances a Human Being, especially the one who has stepped out

of singularity and who understands that the intellect and the emotions together create the believer. For the intellectual Human cannot deny the love of God; he cannot deny home [the intuition that the creator is inside]. What he wishes to deny, however, is that this is all happening in three dimensions. So you might say there is a perceptual battle between the three-dimensional mind, which wants to compartmentalize everything into an existing, singular groove, and the quantum mind, which is able to deconstruct the Human bias of straight-line thinking and meld it with everything else.

This, therefore, is the subject of today's message. My partner is apprehensive, for last year we told him that there would be some channelings in which he would explain the unexplainable. This is one, and he feels it coming. It is difficult, for it requires thinking outside of the box of his own reality, and requires him to translate the channel through a filter that comes from a different paradigm—a quantum one. We've given him an opportunity to think differently so that he would be able to teach it. And the reason he's apprehensive is because what we want him to teach literally breaks even the par-

## KEY POINTS

- In many cases, your approach to things in your experience, even those things that you feel are beyond physics, still remain biased in three dimensions.
- Pondering the simplistic question of "What does it do?" and the three-dimensional bias around it will wake you up to the potentials that are in front of you.
- You must begin to think quantum in order to grab those tools that are outside of your immediate sight.

**LEE CARROLL**

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adigm of current metaphysics. Those things that you feel are beyond physics [the “meta” in metaphysics] still remain biased in three dimensions.

### **BEYOND PHYSICS AND LINEAR TIME**

Lightworkers believe they understand metaphysical things—defining this way of thinking. They have anchored it and have placed its attributes in boxes and have said, “This is what ‘beyond physics’ means,” never understanding that the truth of it is going to go far beyond any physics they truly understand. It has to. In everyday life, it has to.

Last week, I opened the door of possibilities of helping you to see the incredible Human bias of singularity. I made statements like: “You cannot move into the next portion of the shift within the energy you are experiencing now.” You can’t do it. The reason is that the energy that most of you exist within is biased in three dimensions and singularity. It is the way you think, because it’s the way all Humans think. There is nothing wrong with this, and it is the way you have existed since you were born. It’s your survival instinct to think this way, for it suits your environment. But now you have to consciously think beyond it. The quantum Human is the one who will be able to activate the quantum portions of his DNA to work with greater efficiency. So what we are asking you to do is to pick up the gauntlet and think differently [to accept this challenge]. It’s time to start the process of thinking outside of the paradigm that you were born in, and that is difficult. For some of you, it is impossible.

Last week, we showed you the bias in a message about science. We’re not going to review all of it, but let’s just say that Human Beings are creatures biased toward single directions and single digits. In three dimensions, they go in one direction in time and only one direction—forward. There is no concept of visiting the past. Humans can conceive of going forward forever, but they have trouble thinking about extending that thought into the past, for everything must have a beginning. This is the bias—that everything is on a singular track and moves in one direction. They don’t understand what the paradigm of an old soul means, since it’s something untouchable and in the past. If you are only looking forward, you cannot move into a dimensionality that considers time in many directions. You only see one.

We’ve stated many times before that the illogical nature of the spiritual belief systems you have on the planet are obvious if you back up and look at them with the eyes of a quantum thinker. In almost all of them, you have Humans going into an afterlife without ever having a “beforelife”! Somehow, you imagine an eternal soul arrived on the planet with no history or energy of the past. Yet you don’t think anything of it because the train of time only goes in one direction for you, and you can’t change its speed.

The truth is that this train of time has, indeed, sped up in the last years. Can’t you feel it? The clocks don’t move any differently than they ever did, however, and that is what you call relativity. One of your famous scientists told you about this, yet you won’t acknowledge it for yourselves, will

you? You look in the mirror and you see one Human Being. You see one single soul. You talk about the higher self as a being completely and totally removed somewhere up in the clouds. But it’s not with you, since you are singular.

Humans even compartmentalize God. There is only one God; therefore, there is only one way to God. There is only one path, and many tell you that you’d better be on it, because if you’re not when you die, you won’t be able to reunite with the creator. Do you see the singular bias? You’re on one ladder climbing to God, and they say you’d better be on the right ladder and that there is only one. You’re told that there is a God who is going to judge you if you’re not on that singular, correct ladder. So when you die, an incredible loving God, who is a part of you, is going to look at you and say, “Wrong ladder! So sorry.” Does that sound like the love of God to you? You see, this is a crippling thought bias of the Human Being who applies everything singular to a quantum God. That is how you think. Now, not all of you are this way, and I know this. But if you are, there is no judgment of it, for this is your reality.

### **THE METAPHORICAL FAIR AND BIAS**

This message is for those who have a goal to remove the bias and to start thinking past the simplicity that keeps them from seeing the quantum picture. This message is for lightworkers who feel they’ve got it figured out, when they really have only figured out the three-dimensional part, and now they want the rest.

I want you to place yourself for just a moment in a metaphorical scenario where you’re in one of those psychic fairs, with service booths all around you. There is a numerology booth. There’s a bowl-playing booth. There are musicians. There’s a booth with many stones, crystals included. There’s a booth for astrology. Now, I’m going to visit all of them with you, and I’m going to show Human bias in each one. Along the way, I’m probably going to offend almost all of you, but this is not a critical message; it is an exposé of bias.

Why is it that when Humans, even in a metaphysical place, go from booth to booth looking at the newest items, they ask the same question? It’s a question that gives away their bias. Perhaps they ask it about a crystal bowl or a gemstone; perhaps they ask it about something that has been manufactured. Perhaps they ask about a system or a process. But Human Beings look at it and will always ask, “What does it do?”

### **THE NUMEROLOGY BOOTH**

Let me take you to the numerology booth. There’s a world-class numerologist in the room, and she already knows where I’m going before I start. [This is Barbra Dillenger.] Numerology would seem to be one of the most linear, esoteric sciences you could have. It distills large numbers down to one digit and then identifies the energy of that one number. Numbers are very linear, and they exist in a row, so you might think they represent a more linear and singular reality. That’s what it looks like. But that’s not what’s going on.



Let's have some fun. You arrive at the numerology booth, and greeting you there is a reader who performs a system or "reading" that gives you a number 1. You look at it and you ask, "What does it do?" What you're really asking is, "What does this energy do for me? What is a 1 doing here in a box of my creation? How do I use it?"

Now, from a totally biased, linear point of view, the 1 sits there alone, looking at you, and the person at the booth may explain, "Well, the number 1 means new beginnings."

You think, "Thank you, that's what it means. Great. This is nice. I have new beginnings to look forward to based on this reading."

Now you've had your linear answer, haven't you? But let's go to another dimension for a moment. What does the 1 think about it? Oh dear, I think I've just lost some of you. Numbers don't think! Perhaps they don't in your dimension, but they do have energy. So let's examine this question.

This number was not originally created alone, but you're looking at it as if it were alone. Do you think humanity developed the concept of 1 and then waited a few years and discovered the 2? [Laughter.] No. It was never alone. Never. It has always been part of a numerical system. You can't put a 1 in a box, but you did, and you defined it and used that information for a reading.

What is the 1 thinking about in that three-dimensional box of yours? "Where are my friends? Where are the other numbers? You can't put me in a box!" Now, suddenly, we are dealing with quantum thinking, not linear thinking. The number 1 is used to having numbers all around it. So what are the attributes around the 1 in the context of the reading? Do you know its history? Was it part of counting? If you ask these questions, then you have to ask what effect the 0 and the 2 might have had sitting next to it. What if it were part of the results of a computation? What if it sat there as one of the digits of the number you call  $\pi$ ? Does it then have a different energy? You see, now it's outside of linearity—outside of anything singular or linear.

The Human cannot really ask, "What does it do?" or really even "What does it mean?" The number does nothing by itself, for it must have the Human's quantum energy to relate to. If the reader is a world-class reader, she will also know the history of the 1, how it was generated and the implications of the numbers that might be around it, both past and present.

What I'm telling you is that numerology is quantum, and you can really never look at a number and ask, "What does it do?" The numerologist knows this, and the numerologist will do her best to put the numbers together with other numbers in order to develop a quantum answer, given in linearity, that can describe something that is needed for you to know.

This makes the numerologist a quantum translator. The question "What does it do?" then becomes the kind of question a child might ask about the word "love" as it sits on the page. I'll let you answer the child. [Kryon smiles.] Imagine picking a letter out of the alphabet and separating it from a system that was designed for words and communications, then saying, "What does it do?" For the answer will be,

"Nothing, without the other letters!" Ah, now you see that numbers perhaps are also a language? Indeed, they are.

## THE TAROT BOOTH

There have been quantum science procedures and processes on the planet for a very long time, and yet Human Beings still tend to make them all linear. Numerology is just one. A second one is tarot. Here we have the Human Being who wants to pick a card, any card, and so he picks one at the tarot booth. He places the card on the table and asks, "Well, what does it mean?" The Tarot reader will look at the Human and say, "It means you don't know about tarot. The card is nothing by itself. You've got to surround it with the other ones. It depends upon the spread; it depends upon the direction that the card is facing. It gives a message that must be combined with the rest of the cards, chosen randomly in a synchronistic fashion by the Human Being involved in the process, asking about a specific attribute. It requires consciousness to hover over it and ask for intent. It also reacts to the mood of the one picking the card!"

The Human, not really listening, continues to pick cards, and suddenly the devil card pops up. The Human Being taps it and says, "That's bad, isn't it? What does that mean? What does it do?" This reaction is because you're so linear, you see? It's built in to your three-dimensional consciousness. The tarot reader will try to explain that it's the collection of the random, synchronistic attributes of the card that give hints to the hidden energies around a situation—it is not an evil card—and he will read the direction potential for you. That is a quantum event! Do you see the difference? The Human wants to take the singularity of one card and project an entire scenario around it.

## THE PSYCHIC READER

A Human Being will go to a psychic reader. The reader will give him a psychic reading, and the Human Being will come out of the booth and say, "This is what's going to happen to me," never understanding that, a moment later, all that could change! A moment later, there might be an event in his life that brings him to his knees and opens his heart, and he makes a decision that completely voids what was in the reading. Do you see? Most Humans don't think that way, however. They only see the linear track in front of them. If someone tells them that's in their future, that's all they see. They don't allow themselves any quantum thinking at all, nor do they give credit to themselves for their ability to change it. So what about this future telling?

A good psychic reader will explain that he or she can see only the strongest potentials of that moment. Since the Human is totally in charge of his own life, he can change any of it at any time. So you might say that the reading is only good for the "now." There actually is no time for event potentials given in a reading such as this, only snapshots of potentials that may or may not develop.

Some Human Beings will start a life on a track that's singular and go all the way to the end, taking their last breaths

and thinking that's the only opportunity that they had. They walk in a straight line all their lives, not understanding that with a quantum consciousness they can even stop the train if they want! They can change tracks or even reverse it if they want. They can live longer if they want. All of these things are a result of quantum thinking.

Karma is an old linear system that sits upon Humanity and makes individuals feel they must accomplish this or that or be this or that, all to satisfy an energy that speaks to them in a cellular way, that pushes them into a reality groove. Again, we tell you that this old karmic energy is waiting to be changed in this new shift. You can step out of it any time you wish. We first brought you that information in 1989, and you can read about it in the first book of the Kryon communications.

### THE BOWLS BOOTH

You move to the next booth, and there they are, glistening in front of you: all of the singing bowls! They are beautiful in their different colors, they are, and the Human mind is filled with linear thinking at the sight, asking the questions around these magnificent creations. Look! Someone likes the green one and just loves the sound it makes when played correctly. "What does it do?" he asks of the bowl master.

The bowl master swallows hard and tries to think of a linear answer. He gives the best answer he can in a linear fashion, "Well, it happens to be the F note in music, and it is the color and the chakra of the heart."

"It helps my heart?" asks the attendee.

"Not exactly," replies the very patient bowl master.

A long pause ensues . . . "Have you got one for my elbow?" the attendee asks. "My elbow is sore. I need a bowl for my elbow." The bowl master tries to excuse himself.

Another person overhears the conversation: "I'm a gardener, do you have one for dirt?" [Laughter.]

So here is a quantum instrument, and the Human wants to compartmentalize each shape and color and make it "do" something! Human Beings think in a singular, straight-line fashion. They go right to the object and they say, "What singular thing does this do? How many do I have to play so that I'm totally balanced? How many chakras, how many notes, how many colors? Wow, I'll take them all!"

Do you see what I mean? Now, let's back up a moment so that I can give you some insight into what the bowl master knows. He is a quantum creator. The bowls have different colors and are made of very different materials, sizes and shapes. When played by vibrating them into sound, the vibrations in the air make a difference because the vibrations are heard as notes in music. The main tone that the ear hears because it is the loudest is called the fundamental tone. Surrounding that fundamental note are both overtones and undertones, some of which are even beyond Human hearing in both directions. In this beautiful, quantum music, there are vibrations that create energies that literally speak to the akash and will come together in a certain way to create a language of the soul.

And still the Human Being will ask, "What does it do?"

Here's a bowl that can talk to your soul! The quantum vibrations will go into your ears and create a quantum event in the air around you, for the air knows who you are. It knows the bowl, and the elements in the bowl know you! This is a quantum event. If you choose to own the bowl, it knows it! If you choose to play it while you're alone in the dark, it comforts you. It's not about your heart or about the color green, and it's not about the F note. All of that is linear. It's really about a quantum intelligence that is at the soul level. And how does the bowl master explain this to the Human who asks, "What does it do?"

The particular bowl master who is here today [William Jones] is actually reinventing how to put quantum-ness within the crystal tones that have been around forever, using the substances in unique ways to create a quantum event. The essence of what is being created with a singing bowl is a mini-portal, and that is the truth. If you've heard them played around you, you know what I mean. Indeed, they soothe your soul, don't they? So how does the bowl master then answer that person who stands in front of him and asks, "Well, what does this bowl do?"

### MUSIC AND ART ARE QUANTUM

Let us say you are an alien and land from another planet and you've never heard music. You arrive on Earth, and you hear something amazing and ask a Human Being, "What is that?"

And he answers, "It's music."

Then you ask, "What does it do?"

How would anyone answer that? Music and art are already quantum. You sit in front of a maestro, and he conducts an orchestra to play the sonorities of what you call vibrations and harmony, and some will smile and some will weep. You hear a song that has been written by a great composer as you're sitting in front of the orchestra with all members playing together, and some will smile and some will weep. Some, who know of the composer, will visit his essence even as he wrote it! Now, that's quantum.

You see, this is what music does, and yet there's the Human Being who will say, "What does it do? Specifically, I want something for bedtime. I want something for my health. I want something that I can play for my plants." That's so singular! In the sonorities of the chords, there's magic. It is, indeed, quantum. What if I told you that one composition could help you and your plants? In a quantum state, life force reacts much the same way.

Many sit on the benches in front of the beautiful paintings in the Louvre in Paris. Some will sit and weep for an hour—watching the painting, participating with the artist in every stroke, looking at the genius of the colors that come together and swim in a way that sings a tune. It took the artist a long linear time to paint it, yet you can see it all at once. That's quantum! Can you apply that to everyday life, Human Being? Can you apply that to your singularity? I'll get there in a minute.



## THE GEMSTONES BOOTH

On to the next booth, where you visit the rocks and gemstones. Now, there's also a rock master here. He knows who he is. He is drawn to the rocks; it got him into this business. He's the one putting on the show today! [Kryon is speaking of Brandon, the owner of Awakenings Bookstore and Growth Center in Laguna Hills].

The attendees are fascinated. They are going from rock bin to rock bin and reading the labels: This one is for balance. This one makes you float a little. This one's for health. This one's for grounding. They don't even have to ask, since the bins are labeled! How singular for them! Humans love that, so the labels get them interested. Let us say that you pick up the rock that says it's for balance and you hold it for a moment. Are you satisfied? Let us think quantum for a moment. Now, this is where it gets good. Listen: How does the rock know who you are? Is it just going to balance anyone? What if you're an especially difficult case? You see, the rock, when held, knows who you are! If it, indeed, is a rock that is known metaphysically for balance, then there's a quantum event going on when you pick it up. Do you see?

Human Beings usually don't realize that this is a quantum event. They haven't followed through the logic, they're so singular. They say, "I'll take it." They put it in their pocket. "Now I'm balanced." Some day they'll discover it in their pocket in the closet. Then they'll know why their life is so bad. They forgot the rock! But their jacket sure is balanced! [Laughter.] That was another Kryon joke. But do you see the folly of this? It is fun and it is laughable to look at the bias. But you know I'm right.

Let us talk about the mother of all energetic stones, the crystal. Now, perhaps you look at it and you say, "Oh, there are so many slopes to it; look at the inclusions!" The crystal is a quantum stone. It has to be, for it is the only known rock—if you want to call it that—that can hold memory. We've talked about the crystalline grid, and we've spoken many times about the crystals in the cave of creation. There's a reason why we call them crystalline, because they play a part in this planet. Long after you're gone, dear ones, they will hold the memory of who you were and who you are. Your soul essence always stays on Earth.

With crystals, there is an interaction between geology and the Human. It's profound and it's quantum. Geology is like that, and I will give you the information again that we've given before: Just because it looks like a stone doesn't mean it is not alive. There is life in things that you call inanimate objects, those things that hold memory for you and for your home. There is a quantum intelligence of the ages there, and some of these gems know you because they've seen the old soul in you and they respond to the dirt of the Earth. There's a cycle in this process, but the typical Human Being just takes the crystal and puts it in his pocket, walks out and leaves it in the closet—not understanding that the two of them are participating in a beautiful quantum cycle dance on this planet. From the dirt of the Earth, you arose. There's life in the dirt, and there's life in the stones.

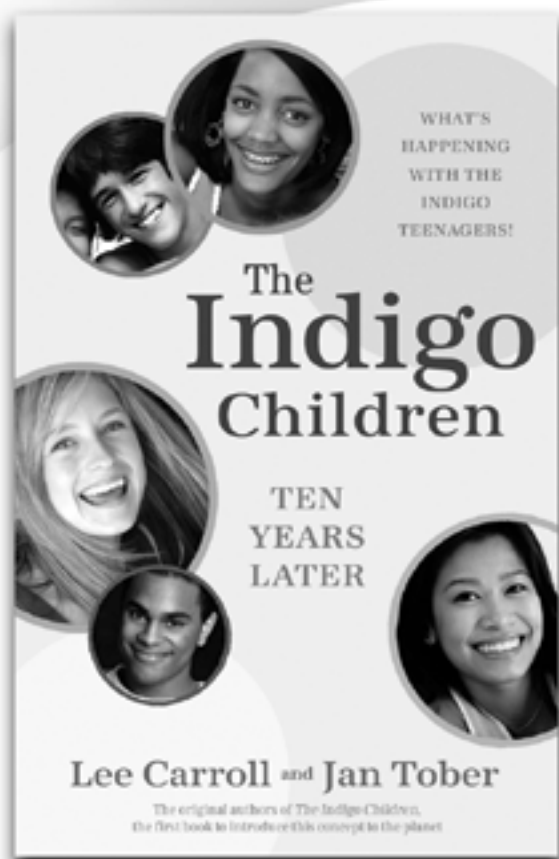
## THE ASTROLOGY BOOTH

Let's go on to the last booth. This one gets complicated. Here is one of the oldest sciences on the planet: astrology. Astrology might be called "energy work," for it was the first type of system that described the energy that affected a Human on the planet. It was a system that described a specifically circumstantial energy around a Human Being, and was dynamically involved in the solar system of your origin. Developed using a complex set of circumstances around the orbital mechanics of the planets, it truly describes a beautiful quantum event. With the Sun acting as the fulcrum, or engine, for a gravitational magnetic source and the planets pushing and pulling on that force, astrology is the effect of the Sun's attribute of blasting that push-pull quantum information to the Earth through solar wind, interfacing with the magnetic grid of the Earth and then into your DNA. You see, it's more than it seems.

Many Humans get their chart done—one chart for one Human Being. The Human Being will look at it and say, "Well, what does it mean, what does it do, what does it mean to me? Is it something that tells my fortune? Is it going to help me in business? Is it going to help my sore elbow?" [Laughter.] Oh, how singular! [Kryon smiles.] Many look at these things in a very singular way, not understanding the profundity of any of it—not really, not after I tell you what I'm going to tell you. I'm going to give you a rhetorical question. It's one you can't answer. And yet you will have the answer, intuitively, in a quantum state; it won't be linear yet, and that will disturb you.

There's a world-class astrologist in the room, and she's going to be one of the first ones to develop quantum astrology [speaking of Michelle Karén]. In the last year, we have given all of you information about what the akash means to you in a quantum state—what it means to you personally in your DNA. There is no such thing as a past life, is there? You can't say you have a past life, because what you carry around with you is a culmination of all lives lived on the planet right up to now, old soul. You may have shamanic backgrounds that got you to this place, and they're still in there, ready to be retrieved. The wisdom you carry in you is a reflection of all the lives you've lived. The Earth knows it, you know it, the cave of creation knows it and the angels who came in with you know it. That's what allows the psychic readers to see who you are so easily, for you carry around a quantum energy that can be "seen." They can see the lifetimes, the energies that you've had here—not in a row, but in the quantum soup that is who you are, a collection of lifetimes that are seen as one.

I have a question for you: What is your astrological sign? Well, you'll say, "Let's see, I was born in February . . ." No, no. I didn't ask you when you were born. I want to know what energy of astrology belongs to you, old soul, for if you're a combination, a soup of lifetimes, perhaps you were born in every single month in every single hour that exists. Think about it. I want you to talk to me now. What is your astrological sign? Perhaps it's all of them? Is



## 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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it the most current one? Is it the one that has arisen in your akash because it's the one that you pulled up on purpose this time? It is possible for you to change your astrological attributes. Did you know that? This is because you have been most of them, old soul! Think about it. Who are you, really?

Now, I'm going to leave that thought for you, but I will tell you that there are those in the room who have changed their sign. This fact is going to force astrology to look at akashic attributes, and this can only be done by one who can read them. Yet it's not going to be that hard to read, for those of you who are becoming quantum will show it clearly. The old soul in you is going to be visible by those around you, and many will see it in your eyes—the wisdom of love.

### RADIONICS

I've described the specialists today, but I may have left out one. There is an energy of healing that has the ability to be sent long distance. There are four of you in here who can do that kind of healing. One of you uses a device called a radionics machine, while the others do it all by themselves. Let us speak of the device for a moment, because it seems like it's singular when it's really not. This machine diagnoses your problem, and it does so appropriately in three dimensions. It reports, "Here is what your chemistry needs. Here are the specifics." The Human Being is satisfied with that, because it's what a doctor would do. It's very singular, you see. However, what comes next

is the difference. The operator of the device, combined with the device, then proceeds to do something quantum. Even though you walk out of the room and you go to your home—wherever that may be, in whatever country that may be—the operator and the computer together, using radionics, then send the energy solution that the device measured to you! There is one here who knows this and is "one with the machine" [speaking of Bea Wragee, who is in attendance].

Can this be possible? Indeed it is, because it represents a quantum process. However, let me ask you this: How does the energy know where you are? Seven billion people on the Earth, and it's going to go right to your home and go right into your body? How does it know where you are? This is what gives many in metaphysics a bad name, for this process looks foolish and unbelievable. The next time you think that, however, ask a quantum physicist about entanglement. Quantum physics represents much of what we now speak of. Do you really find it that unusual that spirituality has these properties? Think of what the creator energy represents.

There are healers in here who can read you over the phone and send healing to you. They can look at the attributes in your eyes and send healing to you; this is real. And he knows who he is [speaking of Keith Smith in the audience]. When he sends the energy out into the ethers, how does it know where you are? The answer is beautiful, and I'm going to give it to you now as we close.



## START TO THINK QUANTUM

Every molecule of air knows who you are. Every speck of dust on the planet knows who you are. It's all part of a system that you created, and it's a system of life force. All of the Earth and all of the things upon it are designed by the Creator who is inside you in your DNA. The shift that is happening to this planet is awakening you to that, and in the process, you are becoming more quantum.

Is this just thinking differently? No. It's you actually touching the face of the Creator within your cellular structure. Look at yourself in the mirror. How many of you can see that? There aren't too many yet, but there will be. In three dimensions, you just look at an aging Human Being—that's all you can do. However, blessed is the Human who can go past that. I challenge you to stare in each other's eyes in the mirror—at you in the mirror! Do it for a long time. Try smiling a little. Try congratulating yourself for being here. Try seeing the enormous group that you represent in the universe, the piece of the Creator that you are and even perhaps the joke that you can't see it.

All of these things I give you, for they are needed for you to understand what you came for. I want to tell you that it's a quantum thinker who can look at Human Beings and love them no matter what they've done, who can meet them for the first time and know they're old souls. It takes a quantum thinker to look at humanity in general and not judge them,

but love them—to look at solutions and not problems. That's a quantum thinker. For these Humans will see the history; they will see the cycle of life and the connection with nature. They will see the part that the animals play in all things, and the part that the air plays, the rocks, the energy and the systems. These things are all designed not to be singular.

"What does it do?"

Maybe pondering this simplistic question and the three-dimensional bias around it will wake you up to the potentials that are yours that are in front of you. You must start to think quantum, just a little, in order to grab these tools that are outside of your immediate sight. The acupuncturist who works with the twelve meridians has got to start looking at the meridians above the meridians, to start putting what would be the esoteric needles in places that don't seem to even exist.

Science is going to move in that direction anyway. Are you going to let physics move on and leave the body behind? Every molecule, every atom around you is begging for you to find that quantum soup of the Creator inside. There's a quantum glue there, and this is eventually what will change this planet. We don't even have a name for it, so we'll say that it's the evolution of Human consciousness. That's the message of this day as we sit and wash your feet, as we sit and love you. I am Kryon, lover of humanity. And so it is. \*

# Puzzles and Kaleidoscopes

## Sarrinn with the Ancients through Daniele DeVoe

**W**elcome, lightworkers! As spring arrives throughout the northern hemisphere, light expands and welcomes you all back outside to reconnect with nature and your neighbors. Many will think of this expansion only as the yearly effect of longer days and, of course, that is a part of what is occurring. However, in addition to your longer days, more light is truly shining and flowing into the sacred realms of your beloved Gaia and your omnidimensional lives. And what is this light? It is the light of Source.

### KEY POINTS

- With the increased light of Source flowing onto the Earth, the gathering of lightworkers throughout the universe that is happening around your world now is unique. You are now receiving new levels of light.
- Shift your intention to the practice of creating your dreams within the illusion while simply aligning with the true reality, the loving and infinite world of the omniverse.

It is made of and contains divine love and wisdom. It is the vehicle of compassion. Its present expansion is an inevitable characteristic of your planet's movement through the galactic center. It is the blessing and the inspiration for the change that you all have requested with your prayers, meditations and focus. It is alive, and it loves you.

If you wish to activate it fully, love is the energy that begins the activation. Meditation is the activity that aligns and locks in this glorious light most powerfully. Your personal resonance (your resonant signature) is the energy that aligns you with this light and the experience you call life. Joyful, beautiful sounds move the light throughout your many levels of existence—your aura and your light-bodies—and all dimensions, known and unknown.

You would be amazed if you could sense how many

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people reading these words are thinking, “Here we go again! Love and meditation . . . blah, blah, blah.” And yet there are many more of you who are realizing that the opportunity facing you all—us all—is unique. The gathering of lightworkers throughout the universe and the gathering of light and sound that is happening around your world now is unique. Your world is the only one transiting its galactic center at this time. Your opportunity is dramatically expanded by this transit and by the unprecedented number of participants working for your successful and full ascension. You are receiving new levels of light now. Your soul and higher self are aligning with the potential timeline in which you claim your enlightenment and achieve your ascension now. The only player left with tasks to complete is you.

### NO MISSING PIECES

So where are you going to shine your personal share of energy and potential that flows to you from this lovely, expanding and vibrant light? How about on the pieces of the puzzle you believe to be missing? In metaphysics, it is very popular to use the metaphor of a jigsaw puzzle with missing pieces to symbolize a person’s life and to help them understand the human journey as a (never-ending) search for the missing puzzle pieces. What we would like you to consider is that you have no missing pieces, that your puzzle is actually complete and that there is no need or advantage to expend energy seeking what you already possess.

For many of you, this doesn’t make sense, because when you view your energy field and your life, you see gaps where the missing pieces belong. And you know that the pieces are missing because the things they represent are missing from your life. How long have you been seeking vital things like love, money, relationship, health, jobs, passion or security? The list of possible pieces is quite long.

All the success and love that you are seeking in your physical reality must be found and activated energetically within you first. That simple, universal law has always been in place and has always preceded success and failure. Have you ever truly and clearly, lovingly and fearlessly wanted something without receiving it? Have you ever truly and clearly feared you couldn’t accomplish some dream without stopping its flow? What if those missing pieces are actually in place in your puzzle, and you simply do not have the eyes to see them? The new levels of light can help you to see clearly, to finally see what has been there all along.

### ACTIVATE YOUR PIECES

Take a moment now to meditate (lightly) as you continue to read. Allow your resonance to smooth and flow. All is well, life is as it should be and love surrounds you. Do you remember the source breath that we have taught here in the past? It is so simple: Breathe at your normal and comfortable rate. As you continue to relax, acknowledge that you are surrounded by source—because, after all, everything is source. Remember also that every cell of your body is a consciousness with its own unique soul. These cells are



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Next, inhale air and source through your nose and through every cell of your body. Feel oxygen and source filling you, blessing you and loving you, and then exhale through your nose and through every cell, sending air outward and sending source energy to All That Is. The shorter way to say this is: “In with divine light and love and out with divine light and love.” This is perfect giving and perfect receiving, balanced and empowered. If you choose, ask that this mode of breathing be your truth in this moment and in all the moments to come. Give thanks.

After you have done this, activate your intuitive eyes or your Ajna, your heart, your inner being—whatever words make it easy for you to succeed—to find your energy field (your jigsaw puzzle) and see that it is complete. There are no holes, no missing pieces, no experiences that are inappropriate and no lessons that are unaccepted. Pieces have seemed to be absent until now simply because lifetimes of training have caused your brain to be blind to the experiences that are represented by those spaces. Allowing them their placement in your energy will not cause you difficulty, trauma or even a detoxification; your acknowledgment of them will give you full access to the wisdom available from their occurrence and your interaction with them in the past, present or future.

Finally, take a few moments to imagine that there is a table upon which the completed puzzle sits and that this table is somewhere near the center of your sacred heart. Enjoy this, continue to use the source breath and, when you are ready, return to the present moment. As you might imagine, what we are asking you to do is to recognize that love exists within you, that abundance is all around you, your inner being is the foundation of all relationship, health is your present state and that, with loving attention, you can raise the resonance of your health . . . and so on and so forth!

Your sacred heart center is a magnet and that magnet attracts to you all that you experience as life. In your meditation, it will be very powerful to imagine your completed jigsaw puzzle placed lovingly within your heart. As you decide that you want a particular experience, such as abundance, a relationship or peace, meditate and observe your completed puzzle, intuit which piece represents your intended desire and activate that piece in whatever way



feels loving, understandable, and for the highest and best good of all with harm to none. Feel the energy of that desire even as you give thanks and return from your meditation. And as you continue through your days, feel the energy of your desire. That feeling assures you that you are in alignment with your inner being and as it continues to feel good you are moving in the direction of your dreams.

### **SPIN YOUR PUZZLE**

Once you are comfortable with the image of your complete jigsaw puzzle, we also suggest that you allow your puzzle to become kaleidoscopic! For what does a kaleidoscope do? It transforms elegantly, fluidly and easily into evermore beautiful designs, colors and shapes. And isn't that what you are seeking? Isn't that an elegant symbol of growth and joyful experience?

If you activate the kaleidoscope before you believe that your puzzle is complete, it will tend to cause a great deal of chaos in your life. Why? Because there are so many unknown variables and wild cards where the invisible pieces reside. Have you ever heard Abraham and Esther Hicks talk about the art of deliberate creation? Deliberate creation is a wonderful technique that we consider to be the conscious use of the puzzle pieces you want to be dominant in your life turned and adjusted like a kaleidoscope to evolve your experience beyond your imagination.

As you activate the kaleidoscope, please also notice that the "spin" produces a beautiful tone—a sacred sound that, to some, sounds like the most exquisitely sung Om possible. As you meditate and spin your puzzle, what do you hear? And how does that sound make you feel? Once you have activated it and returned from your meditation, can you still hear the tone? What we are asking you to do is to rethink your methods a bit. Rather than working so hard to find what is not there, it is time to relax and recognize what was there all the time.

### **CREATING IN THE ILLUSION**

Another aspect of this is what we call "illusioning." If you have been studying and following metaphysics for many years now, it is likely that you have run into the concept that your soul and the other spiritual aspects of you are living in the true reality and that this physical experience is actually an illusion. Some call your third-dimensional and fourth-dimensional reality a dream while others believe it to be a nightmare. As we observe it, your conscious reality is the result of your own soul's meditation and, if you can learn to be a lucid meditator, you will learn to be in command of your reality.

As you consider that your reality is the illusion and life in the omniverse is the reality, think about what has happened every time you have attempted to create your own reality. Most of you are completely unaware that every attempt you have put forth to create or co-create reality has succeeded completely, only it did so most often exactly where you asked it to happen—in the true reality, not in your illusion. What we suggest for now is that you begin to shift your intention

to the practice of illusioning, of creating your dreams within the illusion where your consciousness is presently focused while simply aligning with the true reality, the loving and infinite world of the omniverse.

Actually, for most of you, the idea of creating illusion is far simpler than the idea of creating reality. Why? Because for you, illusion has no density; it is the result of imagination and is extremely malleable. When you consider what you believe to be third-dimensional physicality, you believe the density and absolute structure of it is impossible to change with your thoughts and intent. The universe is very literal. When you ask to create abundance in your reality, that is where it is created. And when you ask to create abundance in the illusion—to imagine and experience abundance in your soul's meditation—that is where it is created.

### **ALIGN YOUR DESIRE**

Imagine the effect on your lives if you spent a bit more time meditating and discovering the difference between reality and illusion and then applying those discoveries to creating lives that bless your every moment! As you work in this way and begin to have some success with your illusioning, please notice that the vibrancy of the illusion is dependent upon emotion. And if you want to begin to illusion and live in new and heretofore unimagined potentials, blessing your work with love and resisting the temptation to limit your results with words is also quite important.

Why? Because imagination as you use it today and words as you speak them now are constructed from what you already know. New experience has no words. True bliss cannot be described with words. Experience that takes you beyond imagination begins in this energy that words cannot express and can only begin to be described when the unimagined becomes the known—the wisdom of your soul and the experience of your personality. Feelings will never confine you, nor will they ever lie to you, and loving feelings will always move you toward the harmonious future you so dearly desire.

So what is it you desire, lightworker? Or have you been taught that desire is inappropriate to your ascension? Desire is a focused intention, imbued with emotion. How can that be inappropriate? And if that intention is blessed with love and passion, how can you possibly mis-create? And as you work with your desire, remember that every piece of your puzzle is intact and ready for your activation in this illusory experience. If you align your desire with the energy of that piece and love it unconditionally, you will attract it to you.



If you are one of the many lightworkers who have come to the realization that they have all they want and need and that life is a beautiful flow of divinely blessed experiences, we suggest that you find the puzzle piece that represents universal harmony and peace, love it, contemplate it and then watch its evolution as you activate your kaleidoscope and take it beyond imagination. And if you like, we will add our passionate desire to yours! Namasté. \*

# Preparing for the Fourth Dimension: A Four-Body Balancing Act

Master Kirael through Kahu Fred Sterling

**F**or 50,000-plus years, the third dimension has hosted human life. Third-dimensional human energies have a voice, which means they have language, and that makes duality viable, because it encourages definition. Defining things means you will eventually compare them, which is essential to a yin-yang society: up-down, front-back, fat-thin. It's unavoidable. That's why when you get to the fourth light, eventually you will speak telepathically.

## THE JOURNEY OF LOVE TO LIGHT

The most important part of your third-dimensional experience is moving from fear to love. You have a fear, overcome it and find love. But it doesn't end there, because another fear comes up for you, and you overcome it and find love again, and so on and so forth. It's a cycle of moving from fear to love.

Many realities have come out of this third dimension, and at some point, those realities experienced a shift, came to an end and all Earth humans were sent home to the Creator while the Earth plane remained stagnant for a while. However, this time, the third-dimensional cycle is coming to an end, and some of you will remain on the planet and move into the fourth dimension where no fear exists. It will be a move from the journey of "fear to love" to the journey of "love to light." You must prepare for this dimensional shift by coming to completion in all four bodies in all areas of your current life.

When you are ready to move to the fourth dimension, you will go through the portals. In order to see those portals, you must go through a process of in-lightenment, meaning you must bring more light into your physical body by removing the fear. As a result of such in-lightenment, all four bodies will be lighter. The lighter your bodies are, the more awareness you will have, and the more apparent the portals will be to you.

### KEY POINTS

- "The third-dimensional cycle is coming to an end, and some of you will remain on the planet and move into the fourth dimension where no fear exists."
- "When you have no fears whatsoever, you will already be in the fourth light and you will know what to do."
- "You must understand the fear through love. That's where the real healing power of love comes in."

At the moment, you are not fully fourth-dimensional beings, but you can visit the fourth light during the sleep state to get an idea of what it will be like and to prepare that plane of consciousness for your eventual habitation. That journey is available to you now. In the fourth light, you will have 2,000 years to practice this process of moving from love to light, or from a physical love body to a lightbody. When you have brought so much love into your body that you are in your lightbody, you will move on to the next dimensional journey. I have just laid the basis for our discussion. The rest is up to you. I will take your questions now.

## THE TEN PRINCIPLES OF CONSCIOUSLY CREATING

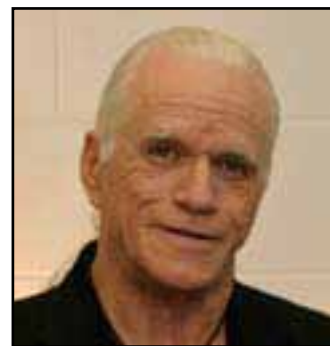
*How do the ten principles of consciously creating, particularly the trinity of truth, trust and passion, prepare us for the fourth light?*

The study of the ten principles of consciously creating,<sup>1</sup> especially the trinity of truth, trust and passion, are more relevant to the third-dimensional journey than they are to the fourth-dimensional journey. The principles help you to bring more light into your bodies, which will make your journey into the fourth dimension easier. In the fourth dimension, or the fourth light, as I like to refer to it, you will already know the basics of the ten principles of consciously creating. This means you must study them now and make them part of your daily life. Some people read the principles numerous times and still don't understand them completely. You'll never fully understand them until you get into the fourth light.

*I listen to the ten principles of consciously creating all night, but I wake up tired in the morning. Is listening to them all night a good idea?*

Listen to the principles during the first stage of your sleep state, but release them before you go to the fourth light; otherwise, they will call you back to this dimension. The ten principles of consciously creating are geared for the third dimension, and you hear them with third-dimensional understanding. You're probably weaving them into your journey into the fourth dimension during the sleep state, and that is probably causing you

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to get caught up on the exit from and entry to the third dimension. Get the principles out of the part of your sleep state that involves the fourth dimension. Your body feels those principles, and it is having a hard time letting go of this dimension.

*Will the ten principles help us resolve our fears?*

The ten principles will help you work through your fears and reach completion in your third-dimensional journey, which is easing you into the fourth-dimensional process by making you aware of your shortcomings. When you are aware of your shortcomings, you can resolve them. If you are third-dimensional, you have fears. It is in the nature of duality that fears exist. You fear you're doing something wrong, and you fear whether you will get it right. Right and wrong are part of your duality. Moreover, if you're worried about something happening, it will happen because you're focusing so much energy into worrying about it. It doesn't need to happen, but worrying about it presses it into this dimension. In other words, your journey is being filtered into this dimension to facilitate your understanding of fear and love.

To find love, you must get through your anticipated fears. If you have a pain in your stomach or your head, and it's still there when you're through with this third-dimensional process, then you didn't complete the journey. The five or fifty is the only way you will get into the fourth-dimensional journey.<sup>2</sup>

So, if you have a pain you haven't gotten rid of, get rid of it today. Use the ten principles and signature cell healing or some other modality to get rid of that pain. Make it a four-bodied healing, because that's what'll get you into the fourth light. You don't want to walk into the fourth light with all your shortcomings intact.

### **RESOLVE YOUR FEARS NOW**

*What's the best way to deal with fear so that we can complete our third-dimensional journey?*

While you're in the third dimension, you must go through the process of weeding out anything that no longer serves your light as a fourth-dimensional being living a life in the third dimension. You are fourth-dimensional at your core, and that means you can handle anything that's happening in your third-dimensional life. Nothing in your life should cause you fear. Resolve your fears, no matter how long it takes, five steps or fifty. Line up all the things that cause you fear and take them on one at a time. You'll come to a space where you realize that you can live in this third-dimensional body in a fourth-dimensional way.

You're slowly working your way into the fourth dimension. You have four bodies—the physical, emotional, mental and spiritual—and you can work now to lighten, or bring more light into, those bodies. With enlightenment, the emotional, mental and spiritual bodies can stay in the fourth dimension, while the physical

remains here in the third dimension. That's the perfect journey. Work on picking the fears out of your physical body's cellular consciousness while the other three bodies are in the fourth light. Fear is the only thing left for you to deal with in the third-dimensional journey. Working on overcoming your fears is the only way you'll get into the fourth dimension.

When you have no fears whatsoever, you will already be in the fourth light and you will know what to do. You will love it, because you won't fear death, taxes or anything!

*How does truth in the third dimension differ from truth in the fourth dimension?*

As a third-dimensional concept, truth is merely about telling the facts as you see them, putting your words together in a fashion that relates things as they seem to have occurred. In some cases, you speak the truth and you hurt someone's feelings. That is truth at an elementary level. Love is conditional in this dimension, and levels of truth exist, but in the fourth dimension, only one truth exists: the purity of love. And it is unconditional.

In order to reach a higher level of truth, you must add the purity of love to the equation. When you add the vibration of pure, or unconditional, love to the words you speak, you will have reached an understanding of truth on a higher level and you will speak in a way that doesn't bring pain.

When you get to the fourth light, you won't have to ask what truth is. You will know what it is. Truth will be the foundation of everything for everyone in the fourth light. Everyone will know truth and you won't have to worry about anyone lying to you. When asked if you've completed a project that you haven't completed, you will simply say, without excuses, "It's not done." You won't have to explain why, because the other person will know why. Your job will be to learn why you have not completed the project. You will eventually learn that you must act in the purity of love to complete your project on time.

### **CHOOSE YOUR PORTAL**

*How many types of portals are there for the shift, and will they all lead to the fourth dimension?*

From the third dimension, only two portals are available to you. One goes deeper into the third dimension, and the other goes to the fourth dimension. If you enter the portal leading deeper into the third dimension, you will go backward. If you go backward, your body will tense, because you will find your fears coming at you like a bullet train. It will be as if you were standing on the tracks, waiting to get hit. You don't want to go into this portal, because all the things that you've already worked through are there, and you don't want to repeat lessons you've already learned. Going through this portal means you will go through trials, problems and maybe even disease to get your answers.

Those of you who are working earnestly on your journey will leave behind what doesn't serve you as you enter into the fourth dimension. The portal to the fourth light will

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lead you to the answers you seek without your having to go through trials, problems or disease. Go into the fourth light and get the same answers in love. The third dimension is rising up to meet the fourth dimension, and it's pulling many of you along with it.

*Is that what happened to Tiger Woods? Did he go backward into the third-dimensional portal?*

Yes. Tiger Woods has spent most of his young life and adulthood practicing and playing golf from the fourth dimension. That's why he's so enthralled with playing the game. Watch his eyes when he's playing golf. He's all fourth-dimensional. He reached the point at which he was able to look back at the third dimension. When he did, he saw that he was failing that journey. So he went backward into that third-dimensional portal and got into the sex scandal.

He chose a difficult journey, but he will come out of it quickly, the hard way, having learned something; and he'll be better for it. He knows that he has to stop what he's been doing and get back to what he wants to accomplish. Let him do his journey. His sponsors will come back begging to get into his journey. He is the best at what he does. He'll come out of this thing as the most powerful golfer ever to live on this planet. Until you get to the fourth dimension, no one will come close to him. Whoever gets him as a mate—his current wife or someone else—will get a fourth-dimensional being in a third-dimensional body process.

### THE NEW CHAKRAS HELP YOU STAY IN LOVE AND TRUTH

*How will the new chakras assist us in going into the fourth light?*

The alignment of these new chakras will give you an empowering feeling of love and light, a new level of awareness, and will help you understand what you encounter in the fourth light. In the awakened state, the new chakras will make it easier to do all the things necessary to finish up this third-dimensional process, and in the sleep state, they will make it easier to work on the fourth-dimensional process.

When these new chakras are fully in place and your three bottom chakras are absorbed into the heart chakra, you will find it easier to stay in love, to stay in truth. You will get the feeling that you know what you're talking about, and you will see light emanating from everyone. When you can see the light in someone, you will know that the two of you are one and the same. In the fourth light, with those new chakras in place, you will only have to focus on what you're experiencing. Your love and light will be balanced.

*Does the spirit body experience illness, and how do we bring the total lesson to closure and heal ourselves in all four bodies if we are not aware of what caused the illness in the first place?*

You can't have an illness in the spirit body. When you have an illness, it travels from the spirit body through the emotional and mental bodies into the physical, where it stays. If you send an illness down through your system of bodies, it means you need the illness, because a lesson is attached.



The process works something like this: If you have cancer, it started in the spiritual body as a simple thought, such as, "What lessons are involved with this cancer?" The spirit body then sends the thought to the mental body, which says, "Well, you didn't get the lesson in the last lifetime. That's why you've sent this from the spirit self. So I'll kick it down to the emotional to find out if this cancer has any emotion attached to it." Your emotional body might say, "Well, let's see, this will be hard to bear, because I don't know how to do this cancer journey. I'm going to be afraid, aren't I?" With that, fear comes into play and, "boom!" the cancer goes right into the physical. That's how it gets started.

If you want to fully heal from the cancer, you must send it back up into the emotional and mental bodies and then the spiritual body, which will know exactly what to do with it. Some of you are wondering how you go about that process. First, you must understand the disease in order to take it from the physical. That means you must prana breathe and do automatic writing to learn how you created this cancer. Speak with your spirit self, which is right above you. You don't have to reach up into the clouds and outer space to find your spirit, or higher, self. Just go outside your crown chakra a few inches. It'll be right there. Second, do prayer, meditation, sleep-state programming and masterminding, and live the principles of truth, trust, passion, clarity, communication and completion. These principles are based on the fact that you're not your physical body. Your physical body is a manifestation of all your bodies collectively. Living by the principles will bring light into your body, which will help heal the fear that is causing the cancer.

If you simply hand the cancer over to your emotional body without understanding the dis-ease or the fear through love, you might cry up a storm, because the emotional body will not deal with it. The emotional body knows it cannot have cancer, so it will either give it back to the physical body and you will die, or it will give it to the mental body, which might give you a fit, because the cancer is not supposed to be there either. When the cancer returns to the spirit body, the spirit body will give you a fit, because it just gave you the cancer and now you're sending it back. In other words, shortcuts won't work. You must do the journey and understand how you created the dis-ease. When you understand the dis-ease—the fear—through love, you can move it all the way through the emotional and mental bodies to the spirit body, which will know what to do. It will take the dis-ease and rid your physical body of it. That's the five or fifty, my friend.

### **YES YOU CAN**

*I've been reading about the frequency that causes a gap in our DNA. What is that gap?*

That gap is the space, or portal, just before your two extra strands of DNA. In your third-dimensional body, you have two strands of DNA that are visible to scientists. Beyond those two strands of DNA, scientists see shadows and think they're not getting a true picture. That is

the true picture. They see the other two strands of DNA that most of you already have, but haven't figured it out yet. In order to see those two extra strands for what they truly are, your scientists must be able to look through that gap, that portal. This is all about what they can't perceive. They can't clearly perceive the extra DNA strands, so they can't believe they're viable. They can't believe it because they don't want to see through the gap. They don't trust the gap, so they're looking past it. So at the moment, they're only looking at the two visible strands of DNA. Someone will eventually recognize that that gap just beyond the visible strands of DNA is the portal into the extra two DNA strands.

Your scientists refer to the shadows beyond the gap, or portal, as junk DNA. So they know that the shadows are extra strands of DNA, but because they can't see them in purity, they think the strands are not viable. That so-called junk DNA is six feet long, and it is not junk. Why would the Creator put junk into your body? It didn't put anything in your body that you don't need, including cancers or whatever else might be there. Those things are there because you need them.

This so-called junk DNA can be clicked on and off. The junk DNA of the seventeenth, or angel, chromosome goes into a cell and says, "This cell doesn't look right. I think I'll fix it. Nah, I'll just kill it," and "boom!" it's dead. That's what your so-called junk DNA can do. When you get to the fourth light, those two extra strands will be there in purity—no more shadow. Most of you have four strands of DNA at the moment and the last, or fourth, strand is the gold strand.

*How will we evolve in the fourth light if we don't have to struggle? How will we navigate the fourth light?*

You can stay here in the third dimension and have cancer or go broke or have other fears, or you can go into the fourth dimension and forego all of the trauma. In the fourth dimension, you will learn everything by going from love to light. What does that mean? It means that you will live and learn in and from love through your exponential four-body system. Each of your four bodies has four bodies within it, and you will be able to turn all of them loose on your journey.

You won't walk out of the portal into the fourth dimension and instantaneously get everything you want. In the beginning, you will still be thinking from the third dimension and your thoughts will manifest right before your eyes. You might think that's good, but it will be bad if you have a bad thought. You will have to do the journey to gain clarity of thought in love and light.

You will have to learn to work with the four-body system to reach higher and higher levels of awareness. I have said in the past that when you awaken in the fourth light, some of you will jump and float up into the air, and it might take fifteen seconds for you to descend. If you want to maintain your ability to float, you will have to perfect it in the four spirit bodies, the four mental bodies, the four emotional

bodies and the four physical bodies. Remember, this is an exponential journey.

You will practice by imagining it with your mental body and feeling it with your emotional body, and when you get to the spirit body, it will say, "What are you doing? You're not supposed to do this." You will think, "Oh, I'm in the fourth dimension. Yes, I can," and you will jump higher than you can imagine now. It will take some time to get to that point. If you jump and stay afloat for fifteen seconds, the likelihood is that you can jump even higher. Beyond that, with some practice, you may be able to jump forward for fifteen minutes. Who knows where you will end up?

You have everything you need to get to that point, but you analyze with your third-dimensional mind what will happen in the fourth-dimensional light. Stop it. That's what you have me for. Your job is to imagine it, visualize it and feel it. Leave the analyzing to me. Remember, your ultimate goal in the fourth light will be to move from a physical love body into a lightbody.

### **SLEEP-STATE PROGRAMMING**

*Would you explain sleep-state programming? I don't think I understand it.*

Many of you think you sleep only to allow your body to rejuvenate and regenerate, but when you sleep, your spirit travels into the other dimensions. You can use sleep-state programming to engage your higher self to heal your husband or wife or girlfriend, to go somewhere to heal yourself or to meet with someone in the ethers—any number of things, including healing insomnia. That's right. You can "sleep-state program" your higher self to heal your insomnia. You may use sleep-state programming to do almost anything except force someone to do something against his or her will or for purposes that are not in the highest light.

The sleep-state programming process is easy. You set your intention, get your passion in alignment with it and ask your higher self to do your bidding with someone else's higher self in the highest light. Then in the wake state, you do the journey, the five or fifty. Your sleep-state programming will make the five or fifty a lot easier. That's the perfect journey.

*My sleep-state programming isn't working quite right. I go back and forth to the fourth dimension several times each night, and then I end up being tired and out of it in the morning. Why am I so tired in the morning?*

Sleep-state programming involves three stages. In the first stage, you leave your body and spend a little time doing things that will ready you to fully travel outside this dimension. In the second stage, you go through the portal into the fourth dimension and do a journey there. In the third stage, you return to the third dimension and go into the dream state, which is the last thing you do before you wake up in the morning.

You must go through those three stages each time you leave this dimension. In your case, you have been traveling to the fourth dimension three or four times a night,

and that is totally against your physical makeup. If you're traveling and returning three or four times each night, you will come back so tired that you won't be able to function. It's not just the traveling that is making you tired. When you get the emotional, mental and spiritual bodies out, you leave the physical body here by itself. Coming and going multiple times is empowering, but it also drains your body of all its energy.

As you come in from the fourth dimension and go through that gap, or portal, into the third dimension, you have to bring all three bodies that were out there with you into your physical presence, and it is uncomfortable at best. You have to push those bodies through that portal into the physical body, and it is dramatically hard on your physical presence, which is your only landing space. Your physical body gets slammed with each powerful landing. So returning to the body once is enough. Program yourself for one trip a night. Don't keep going back and forth in one night.

### **YOU CAN LOVE YOURSELF OUT OF FEAR**

*What happens when we go through the portal to and from the third dimension, and what do we do in the fourth light?*

When you go through the portal to or from the fourth light, your memory is cleansed of this journey. You're cleansed as you leave and as you return. Some of you travel to the fourth dimension to figure out how to build houses in trees while the tree continues to grow. You talk to the trees, which are loving energies, like pets. They love you so much. When you finally get to the fourth dimension in the physical, during the shift, you will build houses, even though you don't know how to do it now. You are acquiring your knowledge during the sleep state, and you are learning that the trees will form themselves to fit what you want to do. All of this you know already, but when you come back through the portal, everything is temporarily stripped from your memory. The information is not permanently gone. You just can't access it in the third dimension.

*It feels as if the fourth dimension is coming to me rather than my going to it. What's actually happening?*

The fourth dimension cannot come into the third dimension. It can come close, but it cannot enter into this dimension. The fourth dimension looks similar to the third, but one dimension cannot fill the other without one of them being gone. If the fourth were coming into the third, you'd all be out of here. In your case, you travel to get to the fourth dimension, but you still have a hand on the third dimension. If you feel the fourth dimension coming into the third, it has something to do with your journey. It's not real. You might be moving toward the fourth dimension, but you don't realize it.

You have to do this journey right, and you're trying to force yourself through to the fourth dimension. Back off a little bit and take your time. You have fears that you need to

complete or resolve, and you can't superficially pop through them and leave them on the side. If you do, you'll have to return to clean them up before you leave this dimension. Your fourth-dimensional journey will be masterful. You're a healer and you know it. Right now, you must concentrate on healing your third-dimensional journey so that you can get out of here into the fourth light.

*When I'm working with my fears, I don't feel good. If I feel love, the fear seems to disappear. So I feel as if the fear is out of my reality. Was I doing what you said and just popping it out of there temporarily, or can I just continue to get that feeling of love to move beyond the fear?*

You can love yourself out of fear, and you might actually be doing it. However, I would caution that if you love the fear and it seems to disappear but then shows up in another form, you have not actually healed the fear. You can't just love fear away. You must understand the fear through love. That's where the real healing power of love comes in. If the

fear's not coming up around another corner, then you've probably healed it. You will have to determine whether or not that is what's happening for you.



Love is the energy that will heal this planet and its people. I am talking about a fourth-dimensional love, a love you feel in all four bodies, love that is the absence of fear. Success in healing is always a four-body experience. Use the tools I've given you to prepare yourself for the great shift. You won't be sorry. \*

1. Master Kiraël brought the Ten Principles of Consciously Creating to the Earth plane in preparation for the great shift.
2. "The five or fifty" means making sure you have done everything you need to do, whether it takes five steps or fifty.

# Chaos Is Cleansing!

The Brotherhood of Light through Edna G. Frankel

February 2010

**G**reetings, dearest ones, from the Brotherhood of Light. We are the Melchizedek Order, spiritual guardians of your quadrant of space. The ascended masters are our guiding hierarchy, leading the vast number of loving brothers to help you at many, many levels. Our healing legions are led by Lord Sananda, whom you call Jesus Christ. Truly, he is beyond religious labeling. He is very saddened that His name has been appropriated by some and denied by others.

It is time to let go of your religious boxes, dear hearts, for as long as you cling to separatist beliefs, you will not ascend into the true reality of spirit, where we all reside. The warrior legions of brothers are led by Archangel Michael—yes, he who carries the big blue Sword of Righteousness. The energetic lightworkers probably know by now that Michael cuts the ties that bind you to your past density, and then Jeshua heals the wounds left behind. Because there is an average of five brothers for every human soul here present,

do not doubt that Spirit is on your side! Above all, do not doubt that your future is bright with promise and joy.

## It's ALL PART OF THE PROCESS

By now, in 2010, you should be well into constructing your future foundation. Most of you have awakened, and aware ones have either moved or decided to stay put. You have been taking care of your physical vehicles with exercise, rest and pure food and water. You have been loyal to a daily practice, clearing your energetic layers of old 3D density. You know to take vitamin supplements, avoid stress and listen to your body's instructions. So with two years left to go before the great shift of the ages, why do things seem to be going from bad to worse? Ah, dear ones, that is the emerging face of an old friend you call "chaos." Any cook will tell you that soup needs stirring once in a while, and certain chemical reactions must occur between the ingredients, the stove and your intent before the food is ready.

We speak of transformation in seemingly simple terms, yes? [Chuckles.] Chaos is simply part of the cooking process! Politics must be pushed to a tipping point

### KEY POINTS

- "The best antidote for chaos is to slow down, take it easy and take the time to take care of yourselves."
- "Your auric release of pressure will become easy and quick, with wave after wave of pressure lifting off in the same peristaltic motion as your internal systems use."
- Creating your own sacred place is vital to the healing process.

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before change can happen. All of the “dark” institutions that were run without spiritual integrity have come into the light of awareness and change. From Enron to Wall Street, from the banking industry to the mortgage house of cards that inevitably had to tumble down, the global downturn that followed is a clear lesson that you are all interconnected, that what you all do affects all of you. The weather is also increasing in severity, as exemplified by the most recent earthquake in Haiti. All of these seemingly disparate things going on contribute to the general feeling of chaos all around you.

When you factor in the speeding up of time, no wonder you feel stressed! To quote Alice’s white rabbit, “So much to do, so little time!” The best antidote for chaos is to slow down, take it easy and take the time to take care of yourselves. The Circle of Grace is but one example of a meditative practice that can be more healing than you can imagine. The need for daily cleansing is becoming vital, children, truly vital. Whether you are a runner, a bather or a yoga enthusiast, do something! As we have said before, the coming changes in energy upon your planet are like a big sieve through which you must rise. Your higher, clearer energy parts will rise through the sieve, but your dense energy blockages will not. Once you incorporate a daily practice of some sort into your lives, you will be amazed at the amount of etheric baggage you have to release. Don’t be dismayed or discouraged, and do not fear that the clearing and energizing you receive during the Circle of Grace meditation is addictive; it is simply teaching you how your energetic layers work. Feeling better is within your reach, and pretty soon you may not need to reach for so many pills!

### THE HIGHER LEVELS OF THE CIRCLE OF GRACE

For those of you who have adopted the Circle of Grace as your clearing meditation or have combined it into your favorite process, we would like to discuss the advances you will experience as you work your way diligently toward donning your lightbodies by 2012. Once you have removed the major boulders [chuckles] in your meridians and can tune into the cleansing process of your nervous system, several things will change. Yes, please remember, change is good!

We remind you here again that every organ and system in your physical core is mirrored in your aura. You already know that your entire GI tract, from swallowing to excreting, is performed by your inner muscles in waves you call “peristaltic motion.” Once you have accomplished a good bit of clearing, the Circle of Grace sensations will change as the flushing meridians combine into one big release pathway, clearing the front of your body, then the back, in slow, rolling waves moving downward in tandem with your breathing and eye pulses—which we touched on in the November 2009 issue of the *Sedona Journal* and will soon explain more.

Your auric release of pressure will become easy and quick, with wave after wave of pressure lifting off in the same peristaltic motion your internal systems use. Since this is a closed-pressure system, your aura always replaces the spent

energy with the new, more refined energies now coming onto your planet. Imagine what a power nap that will be!

At first, you may feel a blending together of all your front meridians and experience pressure rolling down the front of your body like a blanket and exiting from the hands and feet. When you achieve that level of clearing, you will surely recognize it. Those waves of release will continue until the front meridians are cleared of pressure. When that subsides, your aura will switch to clearing all of your back meridians, again flowing down and out your hands and feet. How perfectly economical is that? Kudos to all of you who can do this, and blessings to all for seeking to know what to reach for.

We have gently joked with you that the more you know, the higher you can go. You are only limited by your own imaginations, but we also say that your potential is unlimited. Have you figured out yet that you can clear a headache while doing something else? Simply focus on your nondominant arm and tell it to release your head pressure. Drop your jaw open, tip your head to that side, and your body will quickly respond! We advise you not to do this while driving, until you have fully mastered the technique. Yes, meditating while operating heavy machinery can be hazardous to your health! [Chuckles.]

### EVERYTHING YOU PERCEIVE IS IMPORTANT INFORMATION

Please look again at the simple concept we stated above: “The more you clear, the higher you can go.” Do you see that this is a statement of science as well as of faith? The more you learn about how your human form functions energetically, the closer you will draw Science and Spirituality. Yes, we give those two words capital letters for a reason—the merging of Science and Spirituality is the greater mission of the Brotherhood of Light. In that blend, you will find true science and much better pathways to health.

So congratulations are in order! Your doctors have discovered another way in which reading the aura can help determine the health of the body. Congratulations to all of you dear researchers as well.<sup>1</sup> This technology is called “magnetoencephalography,” and it is the mapping of electrical impulses that occur in the brain’s neural net. The innovative test that uses this technology is called SNI, or synchronous neural interactions, and so far it has a 90 percent success rate in detecting post-traumatic stress disorder (PTSD).<sup>2</sup> The test is also quite accurate in diagnosing other conditions, such as multiple sclerosis, Alzheimer’s disease, tinnitus and chronic alcoholism. The SNI test is, like EEGs and EKGs, mapping the aura in order to determine levels of physical health.

We have explained in earlier work that the aura mirrors the body in organ and function, but that the body’s balancing controls are in the aura. Once doctors know where to look and can develop the proper measuring tools to do so, your scientific and medical knowledge will make huge leaps forward in understanding how the human body functions and how to keep it in balance. Well, that prediction is coming true!

Another prediction we made [*Sedona Journal of Emergence!*, December 2009 Predictions Issue] was that the swine flu is not the global pandemic you all feared it would be. That one came true the same month that the article was published. You are now finding out—in Europe first—about the hoax perpetrated on you and the billions of dollars spent on hastily formed vaccines that benefited the drug companies more than the rest of humanity. With all the news you have available from around the world, didn't it seem a bit odd to you that the swine flu had been front-page news for so long? Even more odd is the lack of news about Morgellon's disease [also see *Sedona Journal of Emergence!*, December 2009], which is the next global threat to human health. Every time you spot imbalance, dear ones, stop and think about why it stood out to you. Anything and everything that comes into your perception carries information, whether you recognize it as such, or not.

Hone your discernment, dear hearts. Stop and check in with your physical, emotional, mental and spiritual (PEMS) layers before you form a thought, an opinion or make a move. The Circle of Grace will help you not only hone but integrate your PEMS layers so that your senses, your perception and your reality will grow apace with the rising energies on planet Earth. Discernment leads to detachment, which is a state of having nothing to gain or lose in any situation. Learn to distinguish your heart's whispers from the yammering of your left brain, and your lives will be so much more peaceful. [Chuckles and a big hug.]

## Frequently Asked Questions About the Circle of Grace

**B**ecause clearing your bodies now is of paramount importance, we have compiled a list of general questions regarding the Circle of Grace clearing exercise. We will stress first that this process works by itself or augments any daily practice you may already have. The Circle of Grace is not a modality; it is a physical cleansing system already present in each and every one of you. We are merely teaching you how it works and how to make it work best for you.

Your open jaw is the on switch to release meridian pressure from both body and aura. When the teeth are clenched, all of your musculature is poised for fight or flight—the entire body tenses. When the jaw joints are open, your whole body relaxes. That's why it is so difficult to meditate while clenching your teeth. Take a moment to loosen your jaw right now, dear reader, and take a long, slow breath. You will feel the difference in your own body. If you're convinced that you cannot meditate because you cannot relax, please try it one more time with your lower jaw loose. It is vital to master some kind of daily practice and incorporate

it into your lives. After the shift, when you will feel all the PEMS layers of your being as clearly as you feel your bodies right now, knowing how to eat and excrete energy will bring your lightbodies into perfect balance. We are teaching you basic care and maintenance of the aura, dear ones, both at the physical and nonphysical levels.

*I start the Circle of Grace exercise by calling in Father/Mother God, the Brothers of Light and my higher self, as instructed in your work. I also call for Archangel Michael's sword and recite other masters' decrees. Then I do more visualization exercises by different ascended masters, including source breath. In the end, I thank the Brothers for the Circle of Grace. Is this okay, or should I only concentrate on the Circle of Grace exercise by itself? I really don't have time to meditate twice a day.*

That is fine—quite excellent, in fact! Since the Circle of Grace is a process within your body, all modalities and spiritual practices can fit in with it quite well. The more you tailor the spoken prayer to suit your beliefs, the deeper the experience will be for you. Amend the four-part prayer to suit your religious beliefs, say it out loud, and then lie down face up, with pillows beneath head and knees, and your arms and legs uncrossed. Close your eyes, drop your jaw open, and focus on breathing slowly and evenly. You will feel pressures rise and release as you track the pathways of your nervous system, cleansing you from the inside out. It matters not if you combine the Circle of Grace with your favorite meditation, affirmations or visualizations. What matters is keeping your jaw relaxed.

### THE SPOKEN WORD GIVES PERMISSION

*In the April 2008 issue of Sedona Journal, the Brothers said to call upon them before going to a doctor or any other important activity. My question is: Do you have to verbalize the complete healing prayer on all such occasions, or can you simply call in the Brothers to help?*

Yes, verbalizing the prayer—speaking it aloud—is necessary, because “what you speak becomes concrete!” We speak here of a fundamental law of sacred science: All life is composed of varying chords of energetic frequency. By speaking aloud (i.e. through the vibration of your voice in the dimension of physical reality) you are giving us nonphysical beings permission to connect and interact with you in your physical space. That is in keeping with the Creator's laws governing your freewill zone. Only by permission, remember?

If your mate is asleep, you can speak the prayer in a low voice, or a loud whisper, in the bathroom when you brush your teeth. If you are an energetic practitioner waiting on a client with a narrow religious view of life, say the connecting prayer before the client arrives. Call us in, discuss the case and invite us to lead you intuitively to the highest good for you and the other person. Dear ones, don't feel silly speaking to an empty room, for soon you will feel us and see us much more clearly. We are so excited; we can hardly wait!

To answer the other part of your question, yes, again. Calling upon your version of true source, your favorite ascended masters, guides and angels, and then calling upon us, the Brotherhood of Light, to join you and then your own higher self to guide and lead—that whole four-part prayer

is actually a vibrational chord, if you will, that best sets up the connection between you and your higher help. Do you follow? We hope you will.

Of course, if you are in an emergency situation and call upon Spirit's help and protection, the response is immediate. Please remember that you split apart different aspects of Spirit (historically) and gave us individual names. As we are all one in the greater body of God, so we would all respond even if you just called out, "Dear God, help me!"

If you have a planned event or appointment, you can call us in with the four-part prayer—out loud—before you leave the house or while driving. A doctor's appointment, a driver's test, whatever you wish spiritual help for, never hesitate to ask. We admit to having a fondness for shopping [chuckles], for it is always a good opportunity to demonstrate how synchronicity abounds in your life. Tell us what you need, what you are looking for, even how much money you want to spend, and we will facilitate your finding it.

### **ADAPT THE COG METHOD TO SUIT YOUR NEEDS**

*I am very healthy and do not feel the movement of energy either from the crown chakra, on down the body, or from the dominant side to the non-dominant side. Is that okay since the Brothers are moving the energy the best way my body needs?*

Yes, the body and aura automatically do what needs to be done, you only need to follow it with your conscious awareness. Have faith that we know what we're doing—your faith fuels the process! A healthy person has free-flowing meridians, so the intake of new energy and the release of old pressure may not be noticed as such. For those of you with chronic aches and pains, or those who are challenged by ailment or injury, you also may not feel any energetic movement at first. Why? Imagine your aura like an overfilled balloon; it's hard and shiny, with no give to it because it's so full. After letting out a bit of pressure, the balloon becomes soft and malleable so that when you squeeze one end, the air inside will move to the other end. In the same way, your aura will soften as the pressure within it is lowered. Once there is enough room inside the meridians for the flows to move downward, those sensations will increase. Be patient and diligent, dear one. When you grow familiar with the Circle of Grace process, it will draw your attention to when and where you need to clear a blockage.

*Can I do the COG exercise while sitting? Can you explain other ways to do it?*

Yes, you can do the clearing while sitting or reclining. You need armrests or pillows to support your elbows, and then let your hands dangle with the fingers pointing downward. If you are comfortable with your hands resting face-down on your thighs, your hand chakras can also join with the meridians that run down the front and middle of your legs. Then all the pressure from your upper body will move down the legs and out the feet. Because this system is all about pressure, remember that crossing your ankles will prevent the flows from exiting your foot chakras.

If you are uncomfortable lying on your back, you can curl up and do the Circle of Grace on your side. Use three pillows, one for under your head, one to hug to your chest, and one to place between your knees. The knee pillow will keep the weight of your upper leg from straining your lower back. The chest pillow will keep the weight of that outer arm from pulling on your upper back. If you wish, you can turn over after a while and let the other side clear. Or simply ask us to continue clearing you all night on both sides while you sleep. We love to oblige.

### **YOUR MERIDIANS RELEASE PRESSURE WHEN YOUR JAW IS OPEN**

*Can the lips be closed with the jaw joints open?*

Yes, if you can keep your jaw muscles relaxed while your lips are together so that your teeth stay apart. And please don't try to keep your tongue pressed up against your palate. That strains the tongue and neck muscles, and will quickly block the neck area. We try to keep things simple so that your meditation will remain fluid.

*At night, my jaw clamps together when I am in deep sleep. When I get up between bouts of sleep, I open my jaws and request the Brothers for healing again. Could you tell me what can be done?*

It does help to wear an appliance at night to keep the jaw from clenching in spasm. Your teeth can become sensitive from all that night grinding, adding to the constant pain. A dentist trained in TMJ problems can fit you for an appliance and adjust your bite so that your teeth are in proper contact. Once you achieve the right alignment for the upper and lower jaw, tension problems often ameliorate on their own. We highly recommend that path, unless you cannot afford to do so. The Doctor's NightGuard is a typical brand you can buy for about \$20 at the drugstore or grocery store (U.S. and Canada). It comes in small, medium and large. You boil it, dip it in cold water, then bite into it and mold the plastic around your teeth. Once you line up the midline between your two front teeth, you should get a good fit. It helps by stopping your teeth from touching, so the jaw cannot clench. It is also a soft plastic, which is preferable to biting on something hard.

People who unconsciously clench their jaw—day or night—or grind their teeth in their sleep have less opportunity for self-clearing. As we have explained, the Circle of Grace is the name we gave to a process in your bodies that clears your nervous systems of stress and strain while you sleep. Because the jaw is the on-off switch for your meridians to flush pressure down and out, those who clench their teeth are not allowing their nervous system to clear and rebalance for the next day. Chronic aches and pains never seem to go away, they are more easily tired and their sleep is not as restful. At the physical level, their eyesight, sinuses, ears or jaw joints may be affected enough to cause pain, because the TMJ muscles radiate all around the side of the head, up to the temple, and even down the neck and into the upper back.



In terms of energetic clearing, being aware of your jaw helps to recondition the body to new behavior. Your new goal is to achieve the state of “non-clenching.” When in Circle of Grace mode, ask your group of Brothers to work on “rewiring” your head, face, neck and shoulders—every part is linked to every other part, yes?—to release tension and stay relaxed. Check in with your body during the day; see if your shoulders are knotted, if your face feels tight. If you have trouble letting those muscles go limp, try pressing your thumb gently against your top front teeth. This will key you into feeling your head and skull. Then drop your lower jaw, and the sensation of release will be quite evident. Don’t do this too often or too hard, because your front teeth may become sensitive. This is a biofeedback trigger that will help you attain a new, more comfortable relationship with your muscles to break the tension loop you have been stuck in. If you find that you are grinding your teeth unconsciously during the day, wear your night guard during the day when possible.

### STRETCH TO RELEASE ETHERIC BLOCKAGES

*Some days I feel too stressed or too tense to lie down and do my daily practice. Any ideas to help me relax so that I can focus?*

Yes, we always have tons of ideas [chuckles]. This is an excellent question, which brings us to a very important point about the human body and its systems. Your circulatory system is run by your heart as it pumps blood through your body. Your endocrine system has no pump. Your lymphatic system, for example, relies on body movement to circulate lymphatic fluids. Ditto for your spinal fluid. Apart from the natural magnetic (interactive) properties of nerve synapses, what is the pump for clearing your nervous system of excess pressure? Again, motion. That is one of the many reasons why consistent exercise is so important for good health. If your life precludes you from regular exercise, how about twenty minutes of stretching? Simple stretching, like neck circles, arm circles, leg lifts, twisting at the waist, bending down to touch your toes and so on, forces your muscles to elongate. This helps to break up muscle spasms, and at the same time, meridian blockages.

Remember, we said that every organ and system in your physical core is reflected in your aura. Your aura is intrinsically entwined throughout your body; both are truly one system. Your nervous system is reflected by your meridian system. If muscles are bunched tightly around nerves—like in a sciatica problem—the meridians in that area will also be constricted. So stretching can help to break up etheric blockages that are too big to slide down the meridians as they are meant to do. Then your Circle of Grace session will be more efficient and effective. There are many different types of meditation. Some are moving forms; others are sedentary. As always, we try to reach every reader at his or her own level. Some people like yoga; others like to jog. The basic law of balance requires movement away and back to a center point—here, motion and rest equal better health. If stretching is not your preference, how about a hot bath? The heat and weight of the water really get your meridians flowing.

You can release lots of pressure when you relax in a hot bath. Equally effective is a half hour in sunshine, which also boosts your vitamin D production. Vitamin D regulates the balance of calcium and phosphate in the body.

After bathing, your self-clearing session will be augmented. Another wonderful way to relax and start breaking up those blockages is by getting a massage. Better yet, after the massage, take a hot bath, then lie down and join us in a Circle of Grace session! Again, do what works best for you, just do it regularly. Your body will thank you, and your quality of life will improve.

### SACRED SPACE

In conclusion, we leave you with the antidote to chaos, because we love you so much: Create your own sacred space. It matters not whether it is a separate room or a corner of your bedroom. Ideally, your home should be a haven from the chaos of outer physical reality. Many of you have had rough transitions in the last year or two, and are still picking up the pieces. Now is a perfect time to throw out that old chair you don’t like any more; it will feel physically good to get rid of it. Pick one pile of papers to sort every night. Or divide one box per day into three piles: pitch, give and keep. Clean and tidy a few dresser drawers as you watch TV. Your home, car and yard are outward expressions of your inner health. Every time you clear a space, energy can flow more freely. Keeping your living spaces neat will help you feel better, think more clearly and be more efficient.

The rules of feng shui will become more and more important as the energies rise, for you will be feeling those energies in a new, more intimate way. We could also say that the energies will thicken as they rise, for the shorter, sharper waves will actually be denser than the longer, slower energy range you are accustomed to in the physical realms. The end result? The more sensitive you become, (i.e. the more your senses expand into the nonphysical range), the more keenly you will respond to imbalances around you and within you. Do you see why creating your own sacred space is so vital for your healing process? A place where you can shut out the chaos, turn off all the noise and just be still. Many of you keep busy getting as much done as you can before bedtime. For you, we offer this little poem from the Circle of Grace material:

*Achieve a state of Be-ing,  
And from that Be-ing, do.  
Don't run around just doing,  
Or you'll forget to Be!*

We are, in All love, the Brotherhood of Light. ✨

1. Jason Palmer. “Simple Scan Spots Stress Disorder,” *BBC News*. January 21, 2010.
2. *World Science*. January 21, 2010. Post-traumatic stress diagnosed using magnetism. [http://www.world-science.net/othernews/100121\\_ptsd.htm](http://www.world-science.net/othernews/100121_ptsd.htm)

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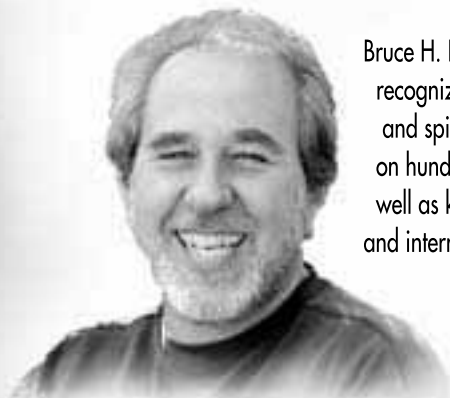
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# Assist in the Process of Planetary Purification

Master Djwhal Khul through Kathlyn Kingdon

**B**eloved students, I greet you once again, this time in the hustle and bustle of a seasonal shift. Those of you in the northern hemisphere are celebrating the beauty of springtime emerging while those of you in the southern hemisphere are celebrating the rich colors of autumn. Indeed, each of these seasonal transits encourages celebration, since each shows movement in the planetary cycle. At this particular time on planet Earth, it is wise to generate a true awareness of the whole planet—not just the planetary particle of your own area. In this way, you may more readily comprehend the planet as a single being.

This is much the same as the manner in which you experience in your own body. When you think of yourself, you do not think of yourself as a mobile liver, a couple of roving lungs, or as a heart or brain separate from all your other body parts. To do so could certainly create a lot of confusion about just who (or what) you are. Rather, you think of yourself as a single body—one that is, of course, made up of many parts. However, you recognize all the parts as pieces of one whole. In this way, you have a single sense of the multiplicity you are. Likewise, it is important to begin (if you have not already done so) thinking of the planet as a single whole. While most of you know that such is the case, I notice that you do not create your daily experiences and expressions as if that were your truth.

## SEEING THE EARTH AS A WHOLE

It is tempting to perceive and think along the lines projected by the mass media of the United States, since

### KEY POINTS

- It is important to begin thinking of the planet as one whole organism of which every individual is a cell. You are all a part of the whole.
- The awareness by which you perceive the planetary consciousness is that by which the planet becomes aware of you. Just as individual consciousness is awakened through the process of enlightenment, so planetary conscious must be awakened as well.
- A purification gift to the Earth with dedicated quartz can help assist you both in your own personal purification process as well as in your work to purify the planet and awaken planetary consciousness.

this is the model that influences most of you. For example, if you watch the evening news in most U.S. cities, you would have very little idea that any other part of the world exists. Oh, yes, there is mention of other areas of the world, but in the regular course of news reporting, world news generally gets roughly one minute in a half-hour broadcast. Of course when there is a devastating event in some other part of the world, then you see coverage of the situation, but mostly you only see the coverage that pertains to the horrific nature of the disaster. You seldom see examples of the spiritual deepening or the collective empowerment that also arises in these situations. While it is important to see the images that stimulate your compassion, it is also important to recognize that such is never the only story arising.

Should you have opportunity to see the news in other countries—say in England, India, Japan or even Malaysia, you would get quite a different picture. You would discover that in even remote regions outside of the United States, there is at least as great an emphasis on the world situations, if not more so, as there is on local breaking news. An unfortunate result from regularly viewing most commercial network news offerings is that they have a tendency to distort your own view of the planet. Since the mind is continually creating its own map of the world, the disproportionate representation of the world by corporate media necessarily influences how each “ingester” of the news product “digests” that product in his or her mind.

Why not dedicate the month of April 2010, to the process of opening to a vaster view of the planet? Can you see the planet as a single body, carrying out all the functions of life, self-maintaining and self-regulating? Just as in the physical body conditions that may be arising in the liver are not necessarily known to the arm, so in the planetary process, certain conditions may exist in one area of the world that are unknown to other areas.

However, should you notice symptoms arising that indicate a liver problem (such as some yellowish discoloration of your skin or in the whites



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of your eyes, or perhaps suffering more irritation and anger than you normally would), you would seek the help of a professional who could point you in the direction of the source of your dis-ease. When you awaken to what is really going on, you have a much better indication of how a malady in your liver can affect your body as a whole.

In like manner, when one begins to see the Earth as a living being—when one can sense the pulse of life within her—then one also begins to notice areas in which the individual plays out miniature episodes reflective of those playing out at the planetary level. This heightened awareness is, of course, not likely until one learns to identify the planet as one's self. This part can get a bit precarious, particularly for those who suffer from one type of grandiosity or another. However, the overall movement into the notion of a vaster self—one comprised of infinite complexities—is paramount to the collective process now needed by sentient beings dwelling on Earth.

### PERCEIVING THE PLANET AS THE SELF

As long as Earth is seen as “other” to the perceived individuated self, global healing remains outside of the purview of even collective movements. This is not to say, of course, that they are of no benefit whatsoever. Indeed, they can offer much-needed experiences for individuals to come together in a shared goal. Throughout the course of planetary history, many teachers, particularly Eastern teachers, have instructed their students that both the experience of health and that of sickness arise within the mind. If this is true for an individual self, then is it not also likely to be true for a planetary self?

If we conclude that both disease and of healing arise within the mind, then it must be critical that the one who desires healing, whether person or planet, must have knowledge of how a mind so afflicted works, whether that mind is individual or collective in nature. Furthermore, just as one can only change relational dynamics by changing the way one sees the relationship, so changing or healing a planet requires that the individual pieces of the planetary consciousness learn to view the planet as the self that perceives the planet. Of course some care must be taken not to confuse the planet for the self but to see the whole planetary field in an entirely different way.

Clearly, learning to see the planet as the self requires the seer to hold a different point of reference than that which has been “normalized.” At first, perceiving from the perspective of the planet seems a bit contrived, perhaps even delusional. However, as one practices seeing in this way, one effectively moves the ego aside, which is a positive achievement for both the planet and the local self. The thirteenth-century German theologian Meister Eckhart von Hochheim wrote, “The eye by which I see God is the eye by which God sees me.” What this means is that while the direction of viewing can be focused in either of two directions, in both cases, the Viewer/viewer is only One. This remains true even if not perceived so by the viewer in the beginning.

We could reissue this old adage by saying, “The awareness by which I perceive the planetary consciousness is that by which the planet becomes aware of me.” Just as the individual consciousness is awakened in the enlightenment process, so planetary conscious must be awakened as well. We could posit that as the individual awakens to planetary consciousness, planetary consciousness is awakened to the individual. Thus, the “eye by which . . .” is opened, and seeing can take place in both directions simultaneously. I have somewhat simplified the process in this description with the intent of making this miracle of seeing easier to understand. Suffice it to say that this seeing is already going on—in both directions. However, without awareness of what is being seen, the preciousness of the process can neither be comprehended nor appreciated.

Indeed, all comprehension is in the seeing, is it not? Even the realization of enlightenment is in the seeing—a process that must be accomplished by the “I” who perceives what must be seen. Once again, this holds true for both an individual process as well as a planetary process. If this all sounds a bit circuitous, just know that profound mysteries do not fit very well into conventional verbiage. Rather, a vaster container than the conceptual mind is needed to hold and process mystical symbolism. The rudimentary process of simply getting to some bottom line yields amazingly little when the symbolic data arising is spiritual in nature.

All that said, the comprehending still abides in the seeing. This remains true for virtually every stratus of spiritual accomplishment. Until the seeing is in place, comprehension is impossible. Thus a large part of the spiritual practice must be focused on the seeing. How is it possible to open to a manner of seeing never before experienced? Clearly, this is not a visual skill that can be forced, nor is it a process that can be tracked in a linear manner. Ultimately, one discovers that seeing with the eyes of enlightenment requires the development of many mental skills as well as the application of multiple spiritual talents.

### PURIFYING PERCEPTION

At the foundation of this entire arena, not surprisingly, lies the matter of purification. One way of describing what might be termed a revelation process would be to call it a process of stratified purification. Thus, when one level of seeing is purified, another level opens and presents itself to be seen. When that level is purified, another level opens and presents itself for viewing, and so on. As the individual learns to hold successively vaster and vaster perception levels within his or her consciousness, a vaster understanding of the definition of the self arises as well.

This process can be substantiated in all levels of perception, not just those applying to mystical revelation. For example, at one level, a person might blame a mother, father, teacher or relational partner for the suffering he or she experiences. When the karma arises for the person to see in this way, it is very powerful—and in truth, the person

can see the matter in no other way. However, with a little more maturity, that person can begin to see that he or she might have something to do with this perception. If one has a problem with, say, criticism from others, then perhaps it is time to look closely at what one might be doing that draws criticism. With a little more maturity, the person is able to see the ongoing interactions of his or her karma meeting the karma of the other person. Eventually, with even more maturity, one learns that one does not want to be confused with one's karma. This is truly a useful stage, because it leads to a more accurate way of seeing *all* beings, avoiding the confusion of any person with his or her karma.

In the previous example, it is readily apparent that purifying one level of seeing and perceiving leads to profound realizations that can truly be seen as spiritual revelations. While cutting through various levels of karma may not necessarily be deemed spiritual revelation, indeed it is. Something in the way the person perceives his or her world of relationships has been purified, and that person can never again perceive in the old way without an inner wince. The presence of that inner wince is proof of the purification. You see, prior to purification, no wince would have been felt whatsoever. In the first stage, one only feels blame for others. In the second stage, one may feel blame toward both self and others. In the third stage, one often feels blame toward one's self. When the purification process is complete, however, one feels blame for no one and recognizes the power of karma meeting karma.

### HEALING IS NOT A COMPETITION

All of this becomes quite a remarkable matter when placed in the context of planetary evolution. Indeed, many levels of global interaction are emerging into the collective understanding as needing purification. Yet, as mentioned, this mass purification remains beyond the grasp of realization as long as those invoking the purification see themselves as separate from that which needs purifying. While wise aspirants must hold to their most mature way of seeing the global matter, they must also allow for the purification process of the planet to flow through them—the agents who call forth this important purification.

Who is it that calls forth this profound event? Well, it is you, the individual, and it is you, Earth. Now I suppose I should reinforce the fact here that healing and purifying Earth is not a contest among her inhabitants. It is not so simple a matter as to decide that "I" with "my group" does it better than others or other groups. This kind of thinking misses the point altogether. Rather, what the process calls for is the effort of *all* of Earth's progeny. Competition among aspirants only adds a huge complication. It makes about as much sense in the larger picture as would a situation in bodily healing wherein the liver would try to compete with the lungs for healing while the lungs busily compete against the heart. Clearly such a condition within a physical body would only weaken the person trying to heal.

In like manner, when humans compete against each other to heal Earth, they often end up harming themselves and others in the process. If you could see each person on the planet today as a living cell in the mass of tissue comprising something like a planetary brain, you would have an example to serve this lesson. In the human brain, healthy functioning only occurs when the cells of the brain fire in an organized, or you could even say "orchestrated," way. When synchronous firing takes place, the brain is capable of some very sophisticated functioning.

However, when brain cells fire in opposition to one another or in a random and disorganized fashion, healthy functioning may be shut down altogether. One example of this might be a grand mal seizure wherein the person loses consciousness and may inadvertently damage his or her body in the process. This microcosmic event is not so different from a macrocosmic or global event such as war. In war, some of the "brain cells" launch attacks against other "brain cells," and the overall effect on the larger organism (the planet) is the wounding and scarring of her physical body and a great deal of trauma that is passed by vibration to her offspring: minerals, plants, animals, humans and sometimes spiritual helpers as well. This is not to say that spiritual helpers have physical bodies and ego structures by which to register trauma, but they can nonetheless experience the trauma that arises between warring factions.

### CREATING A FLOW OF FUNCTION

To create a flow of organized functioning among all the "cells" in the planetary brain, there are several steps to create. First, it is necessary for a majority of those so-called brain cells to begin seeing the goal of healing the planet in a similar way. As the majority (50 percent or more) "catch the vision," a vibratory congruency will arise within the functioning organ that will both strengthen it and allow for it to discover its optimal level of functioning. Of course there will always be some perceptual differences from person to person (or "cell" to "cell"), but the overall collective visualization of a successful outcome needs to be clear and essentially congruent among those who hold it.

Second, each little cell must begin to identify itself in a vaster way. While it will not necessarily lose its personal identification as a cell, it must grow to understand itself in the larger vein as well. It must learn that it is part of a much greater whole. In this way, it is able to not only recognize other like cells that support and somewhat define it but it is further able to appreciate the process whereby their collective local identities dissolve into an ocean of oneness. Oh yes, each cell will continue to carry on its own individual metabolic process. It will possess its own mitochondria, its own genome particulars, and so on, but its highest functional profile can only arise and thrive within the whole of the brain it supports—and by which it is supported. The functions of any given cell are not appreciably different from those of other cells, and they all function best when

order and synchronism is shared along the field of cellular activity. Indeed, it is their perfect similarity, not their array of differences, that provides for the overall health and functioning ease of the brain.

Third, there must arise in each cellular participant a recognition of the shared organic intent and a willingness to project, or radiate, the vibratory constituents of that intent on behalf of the organic whole. This is true whether the organic whole is an organ, a body or a planet. That emanation is, of course, the primary causative force for manifesting the shared vision for the greater level of organization. While most people give little or no thought to the intention factor arising within the cells of their various tissues and organs, such intent is nonetheless quite present. In fact, one way to define the breakdown, or deterioration, of an organ is to say that its cellular agents have somehow lost their collective ability to *intend* health.

While this notion may seem simplistic at first, I think you will find you can make as good a case for it as you might for alternative notions regarding organ depletion or compromise. You could also say that when a person succumbs to the influence of a virus breeding within the body, the presence of that virus somehow disrupts the body's organizational capacity to intend, or emanate, good health. If the influence of the virus is potent enough, it may take a week or more for the body to restore a synchronous force—an intent—for health.

A fourth factor for consideration is the cell's (or person's) willingness to become the larger unit. While this is not generally a problem for a physical cell, it often invites resistance from a person. If a person is unable to grasp the concept that the vaster whole is a higher form of functioning than an individuated self, the ego can generate tremendous resistance to the notion. Fortunately for the overall functioning of the human body, cells and tissues were not imbued with egos! Again, this resistance arises as problematic until individuals are able to comprehend their true nature—that they are part of something much greater than they had previously been able to grasp. In seeing their own true natures, the true nature of everything can be comprehended.

### ACTIVE AFFIRMATION OF INTENTION

If we revisit the matter of invoking purification for Earth, we can now determine that this process must be an active process imbued with intent. Simply hoping the job gets done is not sufficient for actualizing a planetary vision. However, there is a simple, albeit effective, way for those who hold the vision to begin this task. Those who participate in the work must collectively affirm their intention for planetary purification, knowing that purifying any particular level of perception will open the door to a vaster view. Just as this is a positive achievement for an individual spiritual aspirant, it is likewise a positive achievement toward a global shift in consciousness.

Once an aspirant sees the value of holding a fervid intention to both offer and participate in global purification, the

next step is to identify the areas in which to apply one's attention. While I realize that there are folks who resist actively working on themselves as part of their spiritual practice, I also know there are many of you who will gladly accept an assignment on behalf of the planet and will carry it out faithfully with spotless dedication. These are the ones to whom the future of the planet is entrusted, and it is to these individuals that I now speak. If you are one of the committed ones, please generate a list of ten to twelve personal areas wherein you would like additional clarity in your own life. Then notice the correlation to planetary areas that need clarity or purification as well.

For example, if you carry some non-clarity concerning financial matters, how timely a moment it is to offer that area for purification in your own creative process—and the planet's as well. So at the top of your list, you can write, "purification for financial clarity." If you would like more clarity and purification in a personal relationship, you can list "purification for relational clarity" among your items. If you want to be more truthful with yourself and with others, also list "purification for truth-telling." If you would like to be more generous, list "purification for generosity." For deepening your compassion quotient, write, "purification for compassion." Continue on like this until you have completed your list.

You can use general areas as well. If you tend to be a fearful person, list "purification from fear projections." If you tend to wrestle with anger, list "purification from angry projections." If you struggle with poverty consciousness, add "purification from impoverished projections," and so on. When you feel your list is complete, take a moment to see how purifying these areas would be beneficial to Earth. Then cut your list into strips of paper such that each area you listed is on a small strip of paper. When you have accomplished this, put your stack of paper strips aside for the moment.

### USING QUARTZ TO ASSIST IN PURIFICATION

Next, go outside and collect ten or twelve—depending on the number of items on your list—small quartz stones, since quartz is the easiest stone to mentally program. You may use small crystals if you choose, but this is not necessary, since a quartz stone will work very well for our purposes. Quartz stones are often white in color, although they may have hues of yellow, red or even purple. If you are unable to recognize a quartz stone, ask someone who is familiar with rocks to help you. When you pick them up, thank the Earth for having created these marvelous pebbles, and thank the stone for allowing you to find it. In this way, your work for the planet is grounded in gratitude, which actually strengthens your spiritual work.

Next, prepare a dish of water in which you dissolve salt. Using a tablespoon of salt for a quart of warm or hot water is a good mix. Dissolve the salt in the water completely by stirring or shaking your container. When the salt is dissolved in the water, pour it into a bowl, a larger



jar or another glass container you can cover. Place your stones directly into the jar with the solution. Be sure to cover your stones tightly, so that the water solution does not spill out on the ground or on a windowsill. When you have your stones deposited into your salt solution and the container tightly capped, place your right hand on the top of the container and your left hand under the bottom of the container. Then, with strong intention, dedicate these stones to the holy mission of purification to the microcosm and macrocosm experience of Earth. Take at least ten seconds to instill this intent into the solution. When complete, give thanks for the opportunity of service shared by you and the stones you selected.

After you have done this, place your stones and solution somewhere outside where the Sun's rays strike them by day and the Moon's rays strike them by night. It does not matter if you live in a cloudy or rainy climate. Even on days when you cannot see the Sun, sunlight is bouncing all over the planet. If you live in a sunny climate, just make sure that your stones are not placed in the shade of a tree, building or other physical object. Whenever possible, they should be available for the direct light of both Sun and Moon. While a placement outdoors is preferred, if you are unable to find a place where your stones and water solution will be unbothered for a week, it is better to use a place indoors.

Visit your stones once a day to reinforce the dedication with which you energetically encoded in the solution. This can be done by placing one hand on one side of the jar or container and the other hand on the other side of the container. In so doing, you connect your own energy with the cleansing process of the stones. After one week in the water and salt solution, bring your quartz stones inside, remove them from the container and discard the salt solution down the sink drain. [Note: do not pour the salty water on the ground!] Gently rinse the stones, cleansing all the salt from them, and set them aside to air dry.

When they have dried, look carefully at them, deciding which stones will correspond to which purification statements on your strips of paper. Then set your stones on the strips of paper and place them inside on a ledge or windowsill where they may absorb direct sunlight. Extend your hands, palms down, directly above them, and dedicate each stone to the purification of the item listed on the strip of paper beneath it. Having dedicated the stones to their work of service, leave them on the ledge or sill for three days.

### GIFTS TO THE EARTH

After this dedication, bury each stone in the ground at a point of your own choosing. It is not a good idea to simply dig one hole and throw them all in the same hole. Instead, dig a small hole for each stone, and bury it with the strip of paper. The paper will decay. [Note: do not use glossy or colored paper. These contain toxins that actually harm the soil. If possible, use newsprint, since it decays faster than

most other types of paper.] As you cover each stone with precious Earth, say these words: "Dear stone, I now return you to the soil from which you came. I acknowledge and honor your service to Earth. As you radiate the energy with which you have been encoded, may all beings everywhere experience the purification you offer."

When you have buried one stone, simply move on to the next. It is a good idea to offer their gifts to the Earth all on the same day. However, if this proves difficult for you, it is not strictly mandatory. When you complete burying your stones, or the portion of them that you bury at one time, stand, close your eyes and graciously dedicate the service of the stones as well as your own service to the liberation of all sentient beings from their personal levels of suffering. You might inwardly say something like, "By the power of the service here rendered, may all beings everywhere be happy. May they know peace. May they have ease and a sense of well-being. May they be filled with love and kindness, and may that indwelling heal their bodies, their minds and their spirits. So be it!"

I do realize that many of you live in areas where you cannot get at the ground at this time. For those of you whose soil is now undergoing the purification of snow and ice, simply prepare your stones and set them in a place where they will not be disturbed until you can plant them in the soil. If you do not have a yard or garden area where you live, you can plant your quartz stones in a public garden, as long as you take care not to disturb other growing plants or landscaping that has been set in place. If you put your stones in a flowerbed, it is best to put them on the periphery. That way, they are less likely to be disturbed when the bed is tilled.



As you observe the subtle shifts that begin to take place within you as a result of this service, you may find that you want to repeat the process to purify other areas as well. Always make a mental correspondence of how such purification will benefit you and how it will benefit the planet. Continue to be grateful for your ability to serve the planetary process in this way, and enjoy the fruits of your precious efforts. Please also share this process with all you know who would enjoy participating with you in serving the vaster whole in this fashion. Be sure to keep a journal to chart the shifts you experience throughout 2010 and, if possible, to share with your spiritual friends and family. Open discussion and sharing further locks in the mental shifts you accomplish and encourages others along the way.

Above all, enjoy your service. Know that service offered in joy is the most powerful of all transformation gifts you can offer to your precious planet at this time. Furthermore, know how precious is such service to those of us who watch over your growth process. Accept our sincere gratitude in advance for your dedication to create a purer, clearer and freer world! ✻

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Overlight 6  
Certified Training

April 2 – 4, 2010  
Sao Paulo, Brazil

Eight Sacred Rooms

April 10 – 11, 2010  
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Virtual Light  
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### Free Seminar

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### Free Seminar

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Worldwide Tele-Class  
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May 22, 2010  
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Awaken the  
Master Within

April 30, 2010  
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Tele-Thought  
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What's New &  
What's Next

April 16, 2010  
Edmonton, Alberta,  
Canada

How to Channel  
Level 1

April 17–18, 2010  
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Every Wednesday  
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Installation of the  
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May 28 – 30, 2010  
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Trip to Ojo Caliente

May 31, 2010  
Hot Springs, New Mexico

Grand Canyon  
Raft Trip

July 21 – 26, 2010  
Grand Canyon, Arizona

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# Auras, Angelics And Antimatter

Archangel Metatron through James Tyberonn

**G**reetings, masters. I am Metatron, lord of light, and I greet you in a plethora of unconditional love. And so we speak again of matter and antimatter and of the synergetic flux between the two that defines your realities. There is a constant shift between matter and antimatter that flashes consciousness units into both realms through macro and micro white holes and black holes. This is the underpinning of the now reality that converges into all time holograms. It permeates all matter and antimatter, and you live in both.

Matter and antimatter form different types of parallel universes. Some are separate dimensional planes governed by distinctly different sets of physics, geometrics and physical laws. Others duplicate your universe quite closely. Some parallel universes exist in subspace within parameters of “formless geometry” and are completely different quantum realities. Some universes are smaller than a molecule—such is the paradox of spacial enigma. Physical universes such as yours are the exception, not the rule. Indeed, there are highly evolved beings in the cosmos who are quite unaware that realms of physical universes even exist. There are distant components of your own beingness who are quite unaware of your physical selves.

The visible physical matter that is understood within your current limited level of technology actually makes up less than 4 percent of the multiverse. Approximately 20 percent of your universe is composed of what is called “dark,” or invisible, matter. The remaining 76 to 80 percent is antimatter. That which you refer to as the crystalline lightbody, or merkanah, interfaces within and without all

three. Indeed, you journey within dark matter and antimatter every night in what you term the lucid dream state, in an etheric state of ultraviolet, within etheric bioplasmic energy bodies. Most of you can recall little of what occurs in these nightly sojourns. However, this information is accessible for those of you prepared to achieve the merkanic level of consciousness in the trilevel merkavic system of crystalline lightbodies.

## THE POLARITY MERKABAH IS OBSOLETE

Let us be clear, however, that concerted effort is required to develop cognizance into this crystalline lightbody system. The old polarity merkabah will not serve in this capacity. You see, the electromagnetic (polarity) grid is collapsing as the crystalline grid comes into full energy. In kind, the human aura tied to the electromagnetic grid cannot and will not hold the higher frequencies of the unified field of quantum crystalline energy. The Crystalline Age is upon you, and duality systems are quite obsolete within this upshift.

As such, both your physical bodies and your auric systems are demanding greater and greater focus as the Earth approaches this supradimensional graduation. The increasing frequencies of the planet are requiring humanity's transition to the trilevel merkavic modality of crystalline multidimensional lightbody auric function. Much of humanity has yet to recognize that the old auric system is unable to carry the increasing crysto-light energy of the planet. As a result, a form of pressure differential is occurring that results in an auric stress overload, causing fissuring and the development of auric bleeding and short circuits. We have referred to these actualities as “ascension maladies.” Unrecognized, they can lead to energy loss, chronic fatigue and depression.

This we have shared with you in several essays. Yet the mass of humanity has not taken remedial action, and will consequentially remain tied to third-dimensional functionality. Indeed, December 21, 2012 will appear as just another day for the vast majority of humankind. But for the inspired minority that

### KEY POINTS

- “The interface of the angelic realm to the human material realm is through the antimatter field, and the antimatter plasmic composition of that field composes what is called the parallel dimensions of omni-Earth and the multiverse.”
- “The realm of the angelic exists within antimatter but not as antimatter. It is better to say that within antimatter is the underpinning concept of all life and all consciousness before it materializes in matter.”
- “The interfacing vortex organs of your etheric body through the chakra system are, in a sense, focal particle accelerators that form open cones into the field of antimatter.”

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choose to develop crystalline lightbodies, dramatic leaps in consciousness are in store—and indeed ongoing.

### **CRYSTALLIZATION UPSHIFT OF RNA**

Many of you on the path of ascension are aware of the crystallization and twelve-strand shift of DNA. We tell you now that RNA is also upshifting in kind. RNA is equally important; it is, in fact, the messenger that relays code changes to DNA. Now, the primary biological functions of RNA is protein synthesis within a cell and the processes of expression of hereditary information. This is well understood by your biological and medical academics. But we tell you that RNA is not only the catalyst of human biological shift but also the receiver of information from higher realms. It is the signal-code, radio-receiving apparatus of your new biology that allows for the crystallization and twelve-strand DNA—the crystallization of the pituitary, pineal and thymus glands—to come into place. RNA is shifting from singular strands to a crystalline weave of six strands.

While your physical-matter bodies are now moving into twelve-strand DNA and six-strand RNA, your merkanic crysto-lightbodies are shifting to 144 and 72 respectively in an algorithm system of crystallization into multidimensional bioplasma consciousness in both matter and antimatter composites. The multidimensionality of quantum consciousness becomes both requisite and available to those seekers in humanity who shift into merkanah.

The crystallization and upshift of RNA is paramount in this process, because it communicates in multiple time dimensions and receives information through its crystalline linear chain mechanism. This is how RNA molecules assemble the physical matter proteins in the ribosome in order to receive the codes of upshift. In fact, the RNA receives communication that is constantly being fed to the back brain or the God mind from what you would term as angelic, extraterrestrial and divine oversoul consciousnesses. Most of these communications are within antimatter, and all of these work in bioplasmic crystalline merkanah systems. RNA receives concise information codes that act as catalytic evolvment enzymes for new prototypes for the upshifting of the carbon-based physical body.

The upshifted crystalline RNA can receive communications of a vastly greater array, enabling a broader reality conceived within physical space-time. The crystalline six-strand RNA transduces the codes and electrochemically transports them to the cerebral cortex of the brain, which acts as a neural time-diffraction process. One could call it “wet-ware,” to relate to your computer vernacular. This structure of the brain compiles, converts and further decodes the omnidimensional, multidirectional space-time wave flux downward through helical vortex communications within merkanah photonic vortex filaments.

These incoming helical code messages are consciousness unit waves of the complete spectrum of the physical and non-physical mass reality of the universe embossed with the physical and linear-time images that humans perceive in physical

duality. It is a transduction received through RNA through merkanah to the aura, and it represents an incredible upshift in human biology. Those referred to as the “Crystal children,” or Meruvians, are incarnating with these bioetheric shifts already intact. In fact, there are myriad changes in the DNA and RNA of the new humans. These transitions are available to those of you of the pathfinders who are indeed seekers on the avenue of enlightenment, but assembly is required.

### **ANTIMATTER AND MATTER OF FACT: THE FOURTH AND FIRST STATES**

Your mainstream academics understand that the planet Earth is surrounded by an ovoidal shell called the magnetosphere. They do not, however, uniformly acknowledge that within this magnetosphere there is an invisible, charged-matter particulate called plasma. In fact, the dominant state of matter in the multiverse is a plasma state, but because it does not produce a radiation that they can see or measure, academics do not formally concede as yet that plasma is in fact matter. Some theorize its existence as dark matter, but it is not, in truth, truly dark. In time it will be understood that plasma is the fourth state of matter from your present perspective.

Matter exists beyond the three phases of solid, liquid and gas; it exists as plasma. And we tell you that it is not truly the fourth state, from a higher perspective, but the first state in omniverse cosmology. It exists in varying layers within its own concentric dimensionality, and it exists within dark matter as well as antimatter. Your etheric lightbody is also encased in an ovoid, similar to the magnetosphere of your planet, and it is composed of stealth plasma. In fact, all of you in higher forms of your multidimensionality have bodies—not of carbon-based chemical clothes, as on duality Earth, but rather in the crysto-realm of complex bioplasma.

These bioplasmic versions of you exist in the realms your scientists ironically term “dark matter.” We say ironically, because that which you term dark matter is actually far lighter and exponentially greater in frequency than physically dense matter, and in terms of consciousness, it is anything but dark. Within it is the interfacing lens of the angelic realm. Dark matter, in your vernacular, is invisible matter. It is only dark in the sense that it cannot be identified by your current instrumentation. It is a stealth form of matter that remains undetectable over the entire electromagnetic spectrum detectable by your scientists, from the long radio wavelength to the far shorter-length oscillation of the gamma ray.

Your merkanic field, dear ones, is crystalline bioplasma. On the Earth plane, all of you are composed of a carbon body that is aurically interfaced with an etheric body of bioplasma. When you transition to higher realms, you will be fully conscious in that etheric energy, in a body of crysto-bioplasmic light. In fact, the greater part of you lives now in the liquid crystalline cosmos of what you call dark matter—invisible light matter in crysto-electric bioplasma.

Stay with us and keep your focus, for this is a great truth we attempt to explain to you. Masters, while this may

seem confusing, it will become more apparent to those of you expanding into the crystalline auric lightbodies, the merkanic phase of the three level merkavah. That is the level where you connect to the angelic part of you, a part that has been filtered away from you in duality. And science aside, all of this essay is about you returning to your higher state, so do not get lost in the syntax. Do not be overwhelmed by the science or terminology we use, for the higher part of you already knows the truths we share with you in this teaching. Indeed your will to learn and achieve merkanah is your ticket home. It is why you are here, so we will share with you both background and the mechanics of how to get there.

### **HYBRIDS OF MATTER AND ANTIMATTER**

Because your etheric body interfaces into antimatter, it can be said that human beings are in fact hybrids of matter and antimatter, conceptually evolved from within antimatter. But listen carefully: Your core consciousness exists vitally within antimatter but not *as* antimatter; there is a difference. Your core genesis is divine thought, and it co-creates and permeates every matrix. The conical apertures of the human chakra and auric systems are extending and expanding in function as you develop Level 2 and Level 3 merkavic lightbodies.

The subtle energy that composes the merkavic auric system has the properties of an electromagnetic current, yet they are not electromagnetic in terms of duality. They are liquid crystals in nature, but they operate in current-field flows similar to the polarity of the previous system. Crysto-merkanic energy flows through conical vortex operandi and is fed into meridians, taking on the properties of cristo-coherent particle streams—similar to laser light in trinity-level merkavic system functions. It is the same energy that flows through phi crystals in that it is coherent.

Your vortex chakras are capable of multiply receiving and transmitting. This is optimal in the third level of the merkavah system, the merkanah, as we teach in the Metatronic keys. In the merkanic manifold, there are great and greater ties into group soul-consciousness and systems of omni-Earth and the multiverse cosmos. In group consciousness levels of merkanah, what you think of as psychic telepathy and remote viewing occur automatically—not as the goal, but as a natural occurrence of that divine level of consciousness.

Indeed, this occurs through connectivity in the neural networks, or plasmic filaments, of the living cosmos and gestalt energy you call God. Just as you have a network of neural filaments and nerve fibers in your human brain that communicate in currents, there are in kind similar networks that act as information conduits that exist in the successive multiverses of the living cosmos, which, comparatively speaking, may be viewed as the brain of God, the All That Is. In that analogy, it may appropriately seem that you are living in a cosmos that is an omnipotent brain, and indeed these cosmic neural corridors are constantly sending information to and through your RNA.

### **NEURAL NETWORKS IN MATTER AND ANTIMATTER LAYERS**

It is in fact through this apparatus of filamentary current conduits that phenomena such as remote viewing and bilocation seem to occur. Neither bilocation nor remote viewing truly involve physically seeing or being, as much as they involve processing information codes and patterns received through cosmic or terrestrial neural corridors through your RNA and the crystallized pituitary and pineal glands. We tell you that these codes of information are the neuronal networks in matter, antimatter and dark plasma in which the omni-Earth is contained.

What this means is that a system and structure is in place that you can, with effort, purposely evolve into. The learning of the trilevel merkavic system is imperative, because it is required for you to consciously ascend into the next level. But keep in mind that the greater you expand into the merkanic level, the greater energy you carry. And with greater energy comes greater responsibility. You must be able to control your energy field frequencies and modulate the power within through mental balance and self-disciplined control. Through the development of the crystalline lightbody trilevel merkavic system, you gain the ability to navigate within higher dimensionality, and in so doing, freely access greater consciousness.

The effect of this access is the development and utilization of coherent cristo-light energy. This is particularly useful to healers and can be developed and fine-tuned by motivated master healers in the second and third levels of the merkavah and merkanah. Coherent cristo-light energy can be projected out from the body of a master merkanic healer through the hands by beaming his or her personal chi of coherent emanations of cristo-energy into the patient's body. By developing this system, you will grow in myriad ways and reacquire abilities that you have only dreamed of—literally.

### **CHANNELING ANGELICS AND DIVINE SELF**

The phenomenon you call channeling also occurs through this process. But to be clear, in the vast majority of cases, channeling is an enhanced communication with the divine self within you—not with archangels or ascended masters, but with the self. We are indeed communicating from without into the circuitry of this channel, Tyberonn. Archangels and ascended masters do in fact communicate with certain channels and teachers, but the great majority of conscious mediums are channeling their higher selves. Such was the case of the renowned Edgar Cayce. His channels came from Ra-Ta, his ascended higher self. This is not only available; it is ongoing with all of you. What must be developed is the ability to consciously retrieve the information in real (linear) time. This requires effort and a sufficient light quotient through the open circuitry of the merkavah of the avatar. Did not the avatar Jeshua ben Joseph tell you that you can do as he can?

Masters, in higher realms you integrate into group consciousness and become a player in group identity with

far less emphasis on individuality. You become a willing chord in a celestial symphony returning to the divinity of your true divine self. And so a great new world is within grasp, and the development of the crystalline merkavah and merkanah is offered to you. But before you can shift into this energy, you must acquire the basic understanding of the optimal maintenance mechanics of your auric field and chakra system. You have to learn to walk before you learn to run. It is an ironic juxtaposition that many of you on the path of enlightenment have achieved considerable knowledge of metaphysics, and yet you make surprisingly little conscious effort toward understanding the compulsory mechanics of auric circuitry and physical maintenance interactions.

Understand that your compulsory maintenance of the merkavic system is an integral journey, not a summit destination. Your integrity and impeccability of thought and action influence your auric integrity. If your load-bearing cornerstone cracks or slips, so will your merkavic access. The mind-etheric body connection is immediate. Energy and consciousness cannot be divided. Your chakras can only operate optimally when your etheric field is intact. Your lightbody has circuitry that is only functional when you achieve the understanding of how to connect it and maintain it. This is offered in the Metatronic keys in crystalline transition, but optimal operation has been known and taught by esoteric teachers throughout the ages. Charles Leadbeater of the Theosophical Society was quite brilliant in his understanding of the duality phases. It is now time to understand the crystalline upshift.

### SYMBIOTIC COUPLING

Just as your planet's electromagnetic grid is collapsing as it is transposed by the crystalline grid, so is your polarity-based etheric energy field unable to hold the greater frequency of crystalline light. There is a symbiotic coupling force integrating the levels of your etheric field in matter with the crysto-photon body of the merkavah and merkanah in antimatter. This key symbiosis is operated through the particle accelerators you call chakras. Each layer is separated by double-layered membranes of bioplasma, each lined with opposing currents to form a durable lamina sheath. There is mutual affinity between the bioplasma and the physical and biomolecular bodies, and this occurs through the double-coned receiving and transmitting chakras, which extend sensory transduction filaments into each sequential matter, dark matter and antimatter dimensional field. This process will generate a to-an-fro helical path that will have a conical spin.

In merkanic systems, the chakras expand to 96 in the Level 1 merkavah, 144 in the Level 2 merkavah and 240 in the Level 3 merkanah (from twelve in duality fields). These extend filaments that operate in a liquid-crystal phase. They are free to move about in a pseudo-fluid movement, yet constantly remain angularly oriented to the geometry and crystalline currents of the merkanic field. What you

think of as the lower chakras in physical form—relating to survival, sexuality and emotion—are not eliminated in crystalline merkavah, but are upshifted into functions unrelated to gender or physical survival.

Sexual polarity and gender do not exist in the zero fields of higher celestial realms. Gender does occur in certain extra-terrestrial civilizations that exist in stealth (dark or invisible) matter and antimatter, such as the Pleadians and Sirians. However, it is not hard-wired into the urgent fashion of species survival and emotion as the humans experience on Earth. Rather, it is far less polar and does not have the hard-lined physical drive associated with human biology.

### PREREQUISITE OF MERKAVAH

Now, the optimal, healthy human auric field is the etheric body. It is composed of stealth matter and connects both into physically dense biomolecular matter and into antimatter in parallel. It is quite complex and is the base level of pre-merkavah, but it is not merkavah. The auric system receives and autoprojects charged energy particulate; this occurs somewhat like the aurora borealis, or northern lights. Every physical being will generate this field. It expands as the biological human grows in consciousness, yet the aura on its own is not the geometric lightbody. It is an ovoid, complete with a tapestry of horizontal and vertical currents and circuitries. In its initial level, there are seven active chakras that can be progressively activated to twelve as their light quotient is increased.

Expansion is an analogous process that has something of an induction domino effect. One light turns on the next, in time. The primary longitudinal axial current is received through the seventh chakra vortex and assimilated through the pituitary to induce secondary and tertiary currents at specific angles. The optimal human aura protracts and elaborates through this process until it achieves full circuitry in the 13–20–33 ratio: twelve chakra layers that form one  $12 + 1 = 13$ , twenty sublayers that exist in antimatter, and the amplified integral cosmic system of 33.

This system takes many lifetimes to achieve, and once achieved, it is the requisite entry certification that allows one to graduate into merkavic light vehicles. As such, 13–20–33 is a key frequential combination that resonates with and facilitates entry into geometric merkavah. When the frequential resonance of the 13–20–33 ratio is optimally achieved, the chakra system is in full circuitry, functioning with vortex centers, helical intake and outtake receivers and transmitters, intradimensional conduits of connectivity, and aligned node points of supracurrent flux. At this point, it is ready to be taken into merkavic geometric crysto-lightbody vehicle.

We have shared with you that the interface of the angelic realm to the human material realm is through the antimatter field, and the antimatter plasmic composition of that field composes what is called the parallel dimensions of omni-Earth and the multiverse. Now, as we have said, the realm of the angelic exists within antimatter but not



as antimatter, and there is a difference. It is better to say that within antimatter is the underpinning concept of all life and all consciousness before it materializes in matter. But life forms do indeed exist within antimatter and stealth matter—including all of you.



The interfacing vortex organs of your etheric body through the chakra system are, in a sense, focal particle accelerators that form open cones into the field of antimatter. This is something that will become known to humans within the next three generations. Matter, antimatter and bio-energy plasma life exist in varying layers of dimensional resonance, frequency and intensity. Your developed merkanah field is indeed capable of holding this energy and transporting you inside and outside of it.

You are divine beings, with aspects that are both finite and infinite, and in the merkanah you are able to unfold the finite into the infinite. New frontiers are opening to you in the ascension of Earth into greater and greater dimensional access. Your mainstream academics will continue to avoid being ostracized by safely remaining in the restrictive cage of the status quo, accepting only what can be measured with truly simplistic scientific instrumentation, and those who choose to remain in the third dimension can indeed do so. But those who choose in this way will indeed miss the opportunity to make bold strides in understanding not only the true nature of life consciousness but also the vast realms of the omniverse cosmos, including the Earth itself. Yet all of you with farther-reaching intuition can reach beyond your conceived grasp. I am Metatron, and I share with you these truths. You are beloved. And so it is. \*

# How to Help the Planet Balance

OMA through Frankie Z Avery

18 January 2010

**W**e wish to speak of what people could be doing for themselves and the world at this time. These are interesting times for many, many reasons. As you know and as you look around you, the earth changes spoken of the last thirty years have finally become very obvious. As the earth changes continue, energy cycles are doing an interesting ballet upon your planet and changing the magnetic blanket surrounding your Earth. So many things are afoot! Of course what occurs as you see more and more changes taking place and as you can interpret more things as devastating, the more the consciousness of the planet and its people become fractured. Let us speak of what you can do to help heal fractures in consciousness in a group and by yourself.

## MEDITATE IN GROUPS OF LIKE INTENTION

Because God and physical reality are essentially one and the same, the first thing we recommend you do to help is begin with meditation and prayer. At this time of change, people can get together in groups of three or five to form small medi-

tation groups. If it cannot be done daily, then it would be of a goodness to do a weekly meditation where people sit together in prayer and bring the light unto themselves. Then they can transfer or see light made manifest in the physical world. One of our recommendations for this small group of people would be to sit in a circle and begin first with a prayer of gratitude:

*As I awaken to the divine light, I am grateful for the light around me  
And the joy that is surrounding me at all times in the physical world.  
I am grateful for the opportunity to bathe myself  
In the waters of wholeness and unity.  
I am grateful for the opportunity to spread love and light to the world.  
It is from gratitude that I present myself upon this day.*

After this prayer, people can continue sitting, and after a few minutes of quiet, they will begin to notice a rhythm. They will become aware of a palpita-

## KEY POINTS

- Meditate in small groups and bring the light unto yourselves.
- Crystals can reorganize your energy as you sleep.
- Fear and stress can cause your muscles to contract; stretching can help you release this tension.

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tion occurring approximately six inches outside of themselves, between the heart and the throat chakras, where a very quiet but all-pervasive rhythm will be occurring. This is actually the sensation that occurs when the masters of the planet are sending energies to all people to open the indigo chakra—the new one we have spoken of that runs between the heart and the throat; it is beginning to be given the name “indigo,” although the actual color is turquoise—and people can begin to feel this chakra. This is a change that is occurring.

Another goodness, because of the wonderfulness of your cyberworld, is that people can get together in cyberhavens and work through and create meditation and prayer centers. This would be very, very good if it occurred on as great a scale as you could organize. Bring together people at a specific time and place to meet and sit with intention. It doesn't have to be for any longer than three to five minutes in which people can contemplate and calm themselves. This could have a calming effect on the energies surrounding them and the energies of the world. A good prayer for this type of gathering would be:

*We are grateful for the opportunity to gather together  
As one mind and one heart,  
To unify ourselves with the energies of the divine,  
To perpetuate and manifest this upon the Earth and all  
of its people.  
We awaken to the joy, to the love and to the light.  
And so it is.*

### ORGANIZE YOUR ENERGY WHILE YOU SLEEP

You are seeing so much havoc played out in the health of the consciousness of people. One of the reasons for this is because of sleep deprivation. And one reason there is such a problem with sleep deprivation is that so many pervasive energies are available. Oftentimes people sleep with crystals around their necks or on their wrists. When you go to sleep with crystals around your neck, you are swapping those energies, which then are being magnified to and through your body. This blocks energy and superimposes an artificial energy upon you. It would be of a great goodness when people slept if they took their jewelry off and, even better, if they stored any jewelry in a box or put it up in a closet.

In intimate private spaces, we recommend another action: that people get for themselves two easily obtainable crystals. One could be a piece of amethyst. People can set this piece within the room where they sleep somewhere up around their head or in the direction that their head points. The amethyst can be set on a table or on the floor—any place that they want to put it, but ideally within about four feet of their head. For the second stone, we recommend that people get for themselves some type of magnet. A piece of lodestone would be good. If they can obtain lodestone, they should place it by the wall in the direction of the feet. What will

this do? Within one to two weeks, this will begin to organize the energy of the room and then, of course, of the physical body as the person lies there. We recommend highly that people remove all other crystals from the area where they sleep, with perhaps one exception. An alternate stone that could be good to have in the room where you are sleeping would be a moonstone.

*What about keeping a quartz crystal for meditation, a stone for grounding or a malachite for healing in the bedroom?*

Well, those are good sometimes, but not for right now because of the energies that are happening. If you wish to replace the amethyst with malachite, that would be good, but we recommend that you keep the lodestone or the magnet at your feet. And for now, eliminate the other crystals from your sleeping area. Your sleeping area includes the bed and the six feet surrounding it. What we want to do is get people balanced. Because the changing of the energy is becoming so erratic and chaotic, people are beginning to dream each others dreams! People are even beginning to absorb the fears of their neighbors. Of course those neighbors could be on the other side of the world, which then begins to enhance the fear. Do you see what we are saying?

*For example, the devastation in Haiti, all the panic that would be going on everywhere, then?*

Yes, of course.

*Around the time of the earthquake in Haiti, there were two eclipses and three planets appearing retrograde. Are there physical, magnetic relationships among eclipses, planets and earthquakes? Will we eventually be able to quantify these forces so that we can predict when and where earthquakes will occur? Is humanity close to being able to figure that out so we can use it?*

Of course there are relationships among eclipses, planets and earthquakes; that has already been figured out. Eclipses have been used for predictions of traumatic events for thousands of years. Just read what science is out there. You have the technology to detect events weeks and months ahead of time. And the Haiti area was—it just wasn't released. Someone knew, but not much could be done.

### HOW YOU SLEEP IS IMPORTANT FOR PLANETARY BALANCE

*In a terrible situation like an earthquake, might the goodness be that people come together to help one another? For humans to come into greater consciousness as a species, do not the least of us have to become aware? Does it matter how high the highest get if everyone has to come along?*

Part of what will come out of a disaster like the Haitian quake is getting people used to mobilizing to help one another—as opposed to making war with one another. In the past, the most mobile people have always been the warriors. Now more than ever people are mobilizing for peace and health and healing.

What we want to do is bring inner balance to individuals so that they walk in balance. Then their thoughts

become their own again, and they can send inner strength and inner peace to meditations and visualizations. This becomes what they project as opposed to the disorderly chaos that they can absorb when they are asleep and then put out into the world. How you sleep at the moment is going to be very, very important for personal good health and for planetary balance.

During these very trying times, we also recommend that from April until November of this year, people make particularly sure that they are eating many, many green, yellow and orange foods. Foods of these colors affect the central nervous system in human beings and also feed the brain. They have a positive effect on the nervous system, reduce stress and, on a physical level, allow for the strengthening of the immune system in both the physical and the energetic bodies. People are always speaking of the immune system in the physical body and taking things and doing things to improve it, but seldom do people speak of strengthening and making immune their energy bodies.

Another thing that you don't get in your foods that would be very, very good to supplement is trace minerals. You are beginning to see a tremendous rise in birth defects. Every day more children are becoming diabetic. You are seeing a propensity for obesity in children that has never before been seen on your planet. One of the reasons for this is that parents, or people as they become parents, are missing the trace minerals in their bodies. What is happening is that they are trying to overcompensate for what they are lacking. What is a shame in other countries is a crime in yours where everything is so available. People are missing trace minerals, so we recommend that they get supplements, because these minerals aren't available in food. Get trace mineral supplements and begin using them on a daily basis.

While we are talking about food and diet, another thing that we highly recommend is that people begin to add avocado to their nutritional intake as often as they can for many, many, many reasons. The avocado is one of the best overall foods. It is especially good as a single source of stress reduction that people can do for themselves. The eating of this wonderful food, the avocado, reduces stress greatly. Consume some along with vitamin E while you have your black coffee—any way you can get it. Each person will find a way to eat it. Guacamole is good.

### **STRETCHING RELEASES FEAR, STRESS AND ANGER**

Another thing that is happening in the world is that the more fear and stress and devastation that occurs, the more people's muscles begin to contract. And when your muscles are contracting, whether you are conscious of it or not, you remain in a perpetually angry state. Contracted muscles are a defensive position. So it would be of a great goodness to stretch. People would benefit from spending at least fifteen minutes a day—preferably two or three times a day—doing some kind of stretching exer-

cise. It doesn't have to be some type of formulaic stretching exercise like yoga or tai chi; it can simply be some way a person follows the guidance from their bodies and just makes up for themselves. The more you stretch, the more you are taking yourself out of contraction and the more you are reassuring your consciousness. You're letting your consciousness know that it is safe and sound in the world. And you want to begin to release on a spiritual, on a physical and on a primal level.

For those people who haven't exercised for the last decade or two, OMA would recommend getting a staff. We have spoken of working with staffs before. Simply take a five- or six-foot-long stick and work with it. The point is that you stretch and move and bend and elongate those muscles. You could put it over the back of your shoulder, put your arms around it, and just twist and turn. Do twisting and turning exercises, leaning to touch one end of the stick to the floor and then bending to the other side so the other end of the stick touches the floor. Move back and forth. Even without any aid, make sure you are wiggling, jiggling and moving within your body.

Write! Another thing that we recommend is that people write. This is something better done with pen and paper rather than on the computer. Sit down and take a moment to breathe deeply with your eyes closed, and then with a pen, write on a sheet of paper:

*I now awaken to the golden energy that surrounds me,  
Moves to me and moves through me,  
And for this I am grateful.*

You can either keep writing this for two to three minutes, or you can write it once and read it for two to three minutes. This is a very good practice to bring into your life. Another thing that we recommend you write on a card that you can hang up so you will see it is this simple statement:

*I am grateful for the opportunity  
To awaken to joy and happiness.*

In sum, as you go through your day, be aware of the joy and happiness that manifests in the moments of time and space in your life. And with those recommendations, we wish you a glorious farewell! OMA is wonderfully grateful to have had this opportunity to observe and share with you. \*



# The New Decade

## St. Germain through Judith Coates

**B**eloved friend, peace be with you. I am the one you have known as Joseph, Earthly father to the one you know as Jeshua and beloved husband of the one you now call Mother Mary. I had my own life, my own identity as Joseph, and I lived that lifetime happily in the Essene community. After releasing the body in that lifetime, there were other lifetimes when I collected much wisdom, the same as you are doing now, and I brought it once again into an incarnation that you now call St. Germain.

It is from the vantage point as St. Germain that I would speak with you now, for there is a message from the Council of One that has been given to me to pass along to you. You have heard me speak of the Council of One. It is truly the council of all of the higher souls, the souls that have come into awakening. Even though you have focus upon your present personalities and lifetimes, you are part of the Council of One, for in truth, there is no separation. We are all one. We are all of the divine one mind. As you have heard it said, you are the expressions, of the one creative principle come forth into various realities to try out different scripts, to try out how it would be to create, and vast and myriad have the creations been and will continue to be—even outside of what you see now this reality to be, even outside of what you would define as a physical reality.

The realities will continue, and that is why the Council of One has asked me to speak with you now as you embark upon a new decade. You came through the experience of moving into a new millennium some ten years ago in your arbitrary timing, during which there were many prophecies—including many negative prophecies, because this reality believes in duality, where there can be good and the opposite of good. Some of the prophecies were quite dire. Well, you came into this new millennium, and guess what? The computers still worked, the washing machines still worked, the telephones still worked, and you kept waiting for a few months into the

new millennium for disaster, perhaps, to come from the skies, forgetting that you are the creative ones who bring forth everything, and you are the ones who then judge whatever comes forth, whether it be good or medium or not so good.

### LOOKING BACK AT THE CENTURIES

You also came into a new century, and you wondered as you moved into the new millennium and embarked upon the new century, “What is this century going to bring?” You looked back to the previous century and you saw an evolution of awareness that was quite tumultuous, quite representative of the belief in duality, for there were the world wars, as they were called, where many countries were engaged on one side or the other, believing in separation and believing that new technology would solve everything.

But you also looked back at previous centuries and there was hope and optimism that truly you could be moving into another Golden Age. Now, you had known some five centuries or so ago an Age of Enlightenment, an age when there was much of revolutionary thought that went beyond the so-called Dark Ages. Then there was a balancing in this reality through which if you have something on one hand, pretty soon you are going to have something on the other hand to balance it out. You have come through the centuries since the Age of Enlightenment to a place where the enlightenment and the darkness have interchanged with each other at various times. So the first decade of the new century of the new millennium has been a working out—a review, if you will—of what has been in the past centuries.

You are now moving into the next decade of this new century and new millennium, and it is going to be one of excitement for you. There is going to be a winding down of some of the conflicts that you have seen going on, because the younger generations are going to be tired. Even though the habitual generational thinking has been all that they have known and all that they have been taught, they are going to begin to ask, “Is there not another way?”

### KEY POINTS

- The most important part of the new decade is going to be the awareness of the energy that you are—the energy of all, whether they are in physicality or in mind.
- This next decade is also going to be a movement into knowing non-separation; you will understand that bodies are not solid, that they are forever changing as your energy patterns change.
- “This decade is going to see a change in how you view yourself, how you view others and how you view the world situation.”

### AWARENESS OF ENERGY

In the next decade, you will be interacting with ones you see face-to-face, and you are going to be interacting with others who you have known in other lifetimes and constellations, who have



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agreed to meet up with you once again at a specified time within this reality. Furthermore, you will be interacting with ones that are within the mind and within the memory. Sometimes you feel a presence around you that perhaps you can identify as a friend or loved one who has released the body or an ascended master you have read about, and you feel, "But this one cannot be here with me." But this one is. Where else would they go? They are within your field of energy as you are within their field of energy. This awareness is going to be the most important part of the new decade: knowing the energy that you are and the energy of all ones, whether they are in physicality or in mind—Intelligence with a capital "I."

Awareness of energy is going to be the most pivotal point of the next decade. You are going to feel and experience the world in a different way. Others are going to know it because of how you go in your life, knowing that you are truly not the body, and that you are not only the personality, but you are the energy of an ascended master radiating forth the Intelligence. You are all ascended masters who have agreed one more time that you will descend into this reality that is not your home, that is not the place where you want to abide forever, but you have agreed that you will bring your energy, your light and your laughter into this reality that believes itself so seriously to have to judge, to have to struggle.

This next decade is going to be a movement into knowing non-separation. You are still going to see separation with some worldly affairs. You are still going to see separation of bodies. But you are also going to understand that bodies are not solid. They are forever changing as your energy patterns change. You have the technology for reading the auras already, and for having photographs that show the change in the auric pattern as you have different emotions or as you think different thoughts. And the photographs are proof for you, because this reality yet wants to see the proof out there before the understanding and truth is then accepted within.

### **FINE-TUNING PERCEPTIONS**

The new decade is going to fine-tune a knowing—the same knowing that you feel when you hug another one and you are in love with that other one, where you know yourself to be one with that other one, just for an instant, perhaps, or longer. When you are in that embrace, truly what you have done is to bring the energy fields together even closer into a place where you can feel—if you tune into it—the vibrational level of love.

This decade is going to see a change in how you view yourself, how you view others, and how you view the world situation. You are not going to deny the Earthly conditions. If you are in a position where your help is needed, you will give the physical help, you will give the golden coins if that is what is needed and you will help ones as your guidance tells you to do.

You are much more than the body. You are life itself, and you can regenerate the body and any part of the body. Truly, the regeneration of parts of the body is something you will

see toward the end of this next decade, because you are going to know the feeling, the truth, the experience of energy—life energy, life force—and you are going to feel it very strongly.

In this next decade, because you are going to understand the great ball of energy that you are (and I do not mean that you are overweight), you are going to feel yourself totally, happily alive, and you are going to be very intuitive about the energy of others—where they feel themselves to be. Now, this is already happening, but it is going to increase. As this awareness increases, you are going to also know how to keep your balance, to keep your feeling of joy in the face of others who are finishing or completing their dramas. You will not be disruptive to their dramas, but you will keep your own balance within yourself.

### **YOU HAVE BROUGHT ABOUT CLIMATE CHANGE**

Your planet, this most beautiful planet that we have brought forth, is changing. You have noticed some of the climate changes. You have noticed the intensity of some of the storms and the change in weather patterns. You have either been experiencing it where your dwelling place is or where loved ones and friends are dwelling. There has been an intensity of energy patterns swirling around this planet. Those patterns come from the collective consciousness. Where else could they come from if all is one? Those patterns come from you—you as the collective. They also come from your directive; in other words, you can direct a storm away from wherever you are if you know that you can do this, and you can.

Others may decree that they want to know the adrenaline rush of a storm. If you want to do that, there is no judgment. It is an experience. But if you do not want to experience the intensity of a storm—call it a tornado, a thunderstorm, even a snowstorm—if you do not want the hurricane coming to your dwelling place, you can direct it out to sea, up into the upper atmosphere. You can direct it because it is connected to your energy. All is one. The intensity of the storms that you see happening now and the swirling of the climate change that is happening is coming from the collective consciousness that is sometimes throwing a temper tantrum, and so you see the out-picturing of that energy. It may be coming from confusion within the collective consciousness and so it is out-pictured, again, as a clearing—as a storm that will come through and will clear the energy.

Now, there are climate changes that are happening. There is global warming, and it is due to humankind. Yes, you are the reason for the global warming, but this is not said in judgment, as a negative thing. It is said to allow you to understand how powerful you are, how you bring forth changes, how you have asked for evolutionary changes in what grows upon this planet and what form of animal life is going to be on the planet. For truly, as one species may seem to leave the planet, another species is born. There is never a vacuum. There is always a change that is happening. So you can take responsibility for the global warming. The global warming comes because you are stepping up

your vibratory rate as the collective. And, again, there is no judgment in it. It is an experience.

### YOU DESIRE TO KNOW CHANGE

Nothing is ever lost. The form may change. The species may change, and things may look different, feel different. Your historians have told you of the ice ages, and you have evidence of the glaciers and the glacial rubbish, the rocks that have been left behind by the glaciers of other times. So this is not something that you are bringing about as disaster. It is part of what you have decreed you will know as change, because the collective consciousness of the human is one that desires to know change.

If truth be told—and I will tell it—all of creative Intelligence wants to know change. You are the extension of the one creative principle; therefore, you are going to keep on creating. There is nothing wrong with change. Flow with it. Welcome it. Look for new species of flowers, trees, plants and animals, even humankind. Know that in what you would call prehistory, the human form had heavy fur covering on the body. You do know this, because some of your scientists have taught you this, although there are ones who do not believe in evolution, as it is called. You still have some of that fur left. Some of the men—you still have some of the heavy fur covering around the chin.

So in this next, most wonderful decade that you are just now walking into, there is going to continue to be an evolution of humankind—not especially in the appearance, but in recognizing and acknowledging that which you are as energy. Because truly, no matter how much makeup the woman or man puts on, how much of the raiment you change and put on, the energy that you are is going to be obvious. Everyone will feel and know if it is a loving energy or if it is a confused energy or an angry energy, and there will be no hiding it.



This awareness is going to be accentuated in your next decade, because people—especially those of you who are already sensitives—are going to be feeling energy within themselves, and you will be able to catch yourself as you begin to perhaps close down or as you perhaps feel a bit of the rising of the volcano of energy. Begin to build up self-esteem, and begin to feel the expansion of your energy when you feel at peace with yourself and you feel at peace with others, because truly no one can touch your peace. You are the only one who can affect your peace, and that is only temporary. More and more, you are going to come truly alive as the energy that you are—as the walking, moving, loving, living energy that you are. Your energy truly reaches the farthest galaxies, because there is no separation in Mind—capital “M.” There is no separation. It is all creative principle. So be it. \*

# While on the Way to Ascension

Archangel Michael through Ronna Herman

**B**eloved masters, what is it that you are most concerned with at this time? What is it that you cannot seem to overcome or find an answer for that will explain the stressful situations that constantly plague you? For those of you who have been on the path of awareness for some time, it seems as though you are at a dead end, and no matter what you do or don't do, you cannot get past the persistent obstacles that are creating so much dismay.

### KEY POINTS

- “You are in the midst of an intense, very important transformational process.”
- “Some of you are fulfilling more than one important mission during this special time on Earth.”
- “Diligently use the violet flame to erase all negative actions, or you must face and rectify your own miscreations through cause-and-effect situations.”

We have emphasized many times that you are in the midst of an intense, very important transformational process. Many of you have moved into a cycle in which your strongest core issues are rising to the surface so that, once and for all, you can neutralize the discordant energies and thought patterns that are causing such turmoil. Thus they can be transmuted back into their original form: pure light substance.

The path of ascension has many stages and initiations that can manifest as periods of intense study, growth and expanded awareness followed by times of assimilation.

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lation when it seems as though you have moved into a null zone of stagnation or back into chaos. The pulse and heartbeat of our Father/Mother God create cycles of varying degrees, and every living thing is attuned to rhythmic cycles of some kind or another. As you move into the formulation of each higher subdimensional environment, you will find that the cycles of experience and manifestation are speeded up considerably.

### **THE MANY TYPES OF SOUL GROUPS**

More and more soul groups are coming together on Earth at this time. Therefore, it is important for you to understand that a group of souls will consist of people who are at various stages of en-lighten-ment, and each person has gifts of varying degrees to contribute to the whole. Each group comes together for specific reasons. Some have been and are being reunited with close members of their soul families in order to give and receive support. Many are brought together because of group missions they have assumed. Time and time again, while on your journey throughout the universe, you have answered a clarion call to unite with a greatly diversified group of souls in order to assume an important mission at some future time and place.

Some of you are fulfilling more than one important mission during this special time on Earth. For others, it is somewhat of a reward lifetime, whereby seemingly novice initiates are being supported and assisted by the more advanced members and are given the benefit of the group's wisdom, love and light. Be assured that those dear souls have given the same service in the past, and at a soul level, they have already met the requirements of an initiate on the path. Possibly they need only a little nurturing, training and assistance in order to remember who they truly are. Some progress so swiftly that they are given a divine dispensation of love and light so that they may quickly step into their true roles as self masters, teachers and way-showers.

Some groups go quietly about spreading love, light and wisdom among their family, friends, neighborhood and local areas of influence. They spread and share their loving energy as they tranquilly go about living and being examples for others to emulate.

Other groups become leaders and talented teachers destined to have a broader range of influence, possibly even worldwide. The more diverse a group is, the greater their potential influence on those around them will be, for they embody a well-rounded range of experience and wisdom to impart to others.

### **ASCENSION FROM ANOTHER PERSPECTIVE**

Allow us to take you on a journey as we give you a mind picture of what ascending humanity is experiencing at this time. Imagine that you are viewing a very different reality from our vantage point, as we observe the ascension process that is taking place on another planet. We of the

higher realms have the ability to sense the feeling nature of the people as well as see the vibrational patterns that their thoughts and actions convey. Colors are more vivid, and each person's auric field can be seen by all and is considered to be a normal attribute. However, the people did not understand the meaning of the auric field.

We will focus on a group of souls who are traversing the path of ascension together. The first scene we view consists of a small secluded village within a valley that is surrounded by mountains. The villagers are simple people, and there is not much contact with the outside world. There are many humble dwellings scattered about the valley, and most all of the inhabitants have to struggle in order to eke out a living. The land is infertile and the weather is harsh and unpredictable. The people are suspicious of each other, and there isn't much interaction or cooperative effort for the common good. However, there are three families who have built their dwellings close together, farther up the side of the mountain, a short distance from the village. They share water from a nearby stream and also share the fruits of their labor with each other. They often gather to discuss their problems and give thanks for the bounty they receive. They begin to notice that everything is a little brighter and more harmonious on their mountainside.

There is always a slight haze hovering over the valley, and the few times any of the mountainside group had gone down into the village, it seemed the people were even poorer and unhappier than before. They also resented and were inhospitable to outsiders, and there was an aura of sadness and despair in the atmosphere. After a time, the members of the higher soul group stopped going to the village. They found that they could produce all that they needed to live simply and in comfort. Gradually their numbers grew to form a new village; however, with the expansion, came new tests and challenges for the people.

As time went by, several of the more advanced soul group became restless and discontented. They knew there must be more to life than living and dying in a small secluded village, so they decided to climb the mountain to see what the world was like beyond the mountaintop. Their journey was arduous with many detours and challenges along the way. However, the group found that if they were patient, worked together to resolve their problems and pooled their resources, the way became easier. Slowly but surely, they made progress until they reached the mountaintop, where they discovered there was a village somewhat like the one they came from, but even better. The people of this village had skills the group had no knowledge of, and they created many useful items to make life easier and more comfortable.

Our soul group of travelers were slowly integrated into the village, and before too long, they had learned many of the skills and special talents the villagers shared with them. Life was not perfect; however, it was much better than in their previous village, and so a few in the group decided to

stay in this village, even though there were some negative aspects with which they had to contend.

### **ALWAYS STRIVE FOR HIGHER BEINGNESS**

The rest of the soul group decided to continue their journey down the other side of the mountain. The valley floor was at a higher elevation than their original village, and life was somewhat better, but there seemed to be many minor conflicts and elements of discontent among the villagers. There seemed to be a lot of jealousy and envy, and there was somewhat of a cast system whereby some of those who were talented or gifted with beauty of face or form or had a special skill acted as though they were superior to the rest of the people. Also, one of the villager's favorite pastimes was to gossip about the neighbors or to ridicule others' beliefs and habits, especially if they were different from his own.

After a brief time, some of the group quickly picked up these negative habits and became caught up in the competitive atmosphere of the village while the rest of the group remained as outside observers, and they soon came to the conclusion that this was not a place in which they wanted to settle. They left the village without looking back, focusing their vision on the next mountain peak and the gifts it might have to offer.

Thus began the never-ending cycle of experiencing life in a specific frequency-level environment to gain knowledge and wisdom in order to become a candidate for ascension into the next higher realm of existence. After you, as an aspirant on the path, have been gifted with the talents and knowledge of each higher level of awareness, you are forever changed. Thereafter, you must traverse the valley of your new reality until you have cleared and harmonized any incompatible vibrational patterns from within. That is why, sometimes, after you have gained a new level of beingness, for a brief time, it seems discord and challenges reappear in your life for resolution.

After your energetic signature becomes compatible with each new dimensional level, you are ready for the challenges of the next mountain. Know this, when you have heard and answered the clarion call of your own soul, nothing can stop you from seeking the path that eventually leads to en-lighten-ment, for a divine discontent will plague you until you do.

Beloveds, those of you who have climbed the great mountains of life repeatedly and traversed the diverse valleys filled with shadows, tests and trials are now bringing forth into your consciousness the deepest core issues from within your being. Before you incarnated, you were determined to resolve these issues in this lifetime, for you knew that in order to attain self-mastery once more, you must gain a certain level of balance and harmony within. Remember, you are not being punished and you are not doing anything wrong if you are endeavoring to do and be your very best. Once you awaken to the god spark within your sacred heart, you will never again be placed in cir-

cumstances that are insurmountable. You will always experience tests, challenges and circumstances to help you awaken to the great potential within and to move beyond the illusion of the lower planes. You must always strive for the highest and best solutions.

### **YOU DO NOT HAVE TO JOURNEY ALONE**

We understand that one of the most difficult tasks is gaining control of your feeling nature and emotions. It is important that you clear the atmosphere around you of discordant vibrational patterns every day so that you can stay empowered within your sacred heart and solar power center. You are creating a new chapter in your ledger of life each day. Will that chapter be on the positive or the negative side of the ledger? Remember, it is permissible and important that you blaze the violet flame of transformation back through the history of your lifetime, thereby erasing cause, core, record and memory of any discordant energies of the past. The violet flame is the gift of transformation and will help you to move from the wheel of karma into a state of grace.

Diligently use the violet flame to erase all negative actions, or you must face and rectify your own miscreations through cause-and-effect situations. Learn to love your miscreations free. Force or resistance will only strengthen any negative thought forms. Follow the nudgings of your soul and higher self, and do not be swayed by popular opinion. You must strengthen and learn to listen to your own inner divine sense. Your body is a sounding board. It is a tuning fork on a certain wavelength that makes up your energetic signature. If your life is filled with chaos and painful events, raising your consciousness will lift and harmonize the wave patterns of your energetic signature, and your life experiences will also become more balanced, satisfying and enjoyable.

Beloveds, you are in the critical times that have been foretold for many ages. However, there is also more help available to you now than ever before. The heavens have opened and the precious elixir of life is pouring forth upon all creation. This may seem like an impossible concept, but we tell you: You do not have to make this journey of life alone. Keep your eyes focused on the mountaintop as you stay centered within the god power of the moment, and you will not be led astray. You have the potential to become physically vibrant, emotionally fulfilled, mentally aware, financially abundant and spiritually en-lighten-ed. It is your divine birthright to experience your life's journey in the physical realm to the fullest. You were designed to savor and enjoy life each day with passion, to experience physicality with full awareness and conscious intensity. Your earthly sojourns were not meant to be filled with pain, suffering and deprivation. It is your choice whether or not you experience life on Earth as a heavenly place or as a hellish nightmare. Allow us to show you the high road and light the path before you. You are loved most profoundly. I am Archangel Michael. ✨



# Abundance And Attachment

Galactic Frequency Council through Catherine Richardson

**T**his universe is a universe of abundance. Not all universes are universes of abundance. By “abundance,” we mean the frequencies that make possible the creation of an infinite number of environments in which a soul may evolve. Abundance allows for infinite possibilities. Any limitations on abundance are created by you, depending upon how you choose to evolve.

There are universes that do not provide for varying ways in which a soul may evolve. These universes exist in one dimension only and allow for their inhabitants to create only in the physical world. There are a number of reasons for souls to choose to exist in such a universe, one being the opportunity to experiment with divine frequencies in a single dimension.

## SHARE TO CREATE ABUNDANCE

Whether Earth is a planet of abundance depends upon the choices of its inhabitants. Little is shared on Earth with the energies of abundance and love. In other words, little is shared freely—truly freely. A prime example is the so-called aid provided to other nations by the United States government.

Such aid is always contingent upon the behavior of the citizens of the nation receiving aid. This is also often the case with regard to money and property shared within families. In fact, it is more difficult to find examples anywhere on your planet of truly free sharing than the many examples of sharing “with strings attached.”

Abundance and sharing are not the same thing. Truly sharing freely is one way to create abundance, because it encourages the free flow of energy. This helps create more possibilities, which, in turn, enables beings to create on a conscious level whatever they want in their environment. Where the frequencies of divine love exist in this universe, there is always abundance as well.

## KEY POINTS

- When you share freely and truly—no strings attached—you create possibilities and opportunities for abundance.
- Spending time meditating on the structure of your life, evaluating the people and energies as well as your current circumstances will help you determine what you have learned from them.

The energy of ownership inhibits possibilities and, therefore, inhibits abundance. It does not have to be ownership of money or property, but it can also be of energies and ideas. This does not mean you have to give away everything you own in order to facilitate the free flow of energy. That is your choice. We simply suggest that you see yourself more as a trustee of energies that belong to the whole. This will begin to shift and remove barriers to the free flow of energy.

## HUMAN NATURE

Because Earth is not a planet of abundance at this time, many humans fear losing the people and objects and energies that they believe bring them joy. They believe their choices are limited, and therefore their choices *are* limited. By attempting to hold onto other beings and energies, they only create more restrictions on the free flow of energy, and thus on abundance.

You might ask, “But how can a mother not be attached to her child? It seems unnatural. How can a husband not be attached to his wife? How can you have a deep connection without attachment?” It goes against what most of you have been taught, and what most of you feel. Most of you believe that this is human nature.

First of all, we would like to say that there is no hard-and-fast human nature. It is something that is always changing, and no individual human being is ever bound by it. There are collective energies that you all share; there are other energies that you do not all share.

The frequencies of nonattachment no longer exist when a person places his or her connection to God outside his or her being. This is the true meaning of the commandment, “Thou shalt have no other gods before me.” You may see and acknowledge the godhood of others, but not to the detriment of your own. By this we mean acknowledge your own godhood as you acknowledge God in others. This is what we call creating a healthy connection—one that does not restrict the free flow of energy.

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Nonattachment is a way of telling the universe that you are ready to embody divine love, and you are ready to support the energies of enlightenment and expansion. If you would like to practice embodying the frequencies of nonattachment, we suggest that you simply spend a little time—perhaps each day—focusing on seeing yourself as the director of your life. Acknowledge yourself as having set up your life exactly as it is.

Meditate on why certain persons or energies may be in

your life. Meditate not on what you are teaching others, but on what they are teaching you. How are you benefiting? How are you evolving? More information will come to you. You may, at times, access the matrix of all soul contracts, and see that some contracts will end and others will begin—all to serve the evolution of your soul. This, combined with practicing gratitude, will begin to shift your frequencies so that nonattachment is easier to embody. As always, we stand by, ready to assist. Namasté. ✨

# Soul Integration and the Importance of Discernment

## Master Kuthumi through Rae Chandran

**G**reetings, beloved ones. I am Lord Kuthumi, and I come on the rays of love and wisdom. At this auspicious time of the year, when humanity is on the brink of great changes, it is important to have discernment. Many new developments and changes are on the forefront for humanity to grasp and utilize in order to create the life they desperately want. Discernment plays a very big part in this process.

What is discernment? It is the ability to grasp, distinguish and choose what is appropriate. Although this sounds simple, for most of humanity, it has been a difficult task. Why is that so? Most human beings are looking for answers from a fixed point and are not able to tap into the quantum possibilities that exist in each and every moment. Their perceptions are colored by the encounters they might have had in previous experiences and also in previous lives. It is critical at this moment to develop this ability, for in the future—starting from January 2009 onward—all experi-

ences will be cloaked in multiple possibilities and people will be given multiple choices in everything they do. Why is this so?

### INTEGRATING YOUR SOUL ESSENCE

As you all are aware, the current incarnation you are having embodies only a small part of your soul essence. But beginning in March, human beings in general have had a great opportunity to integrate most of their soul essences, making them whole once again. Even the great masters who have walked this planet always left a small part of themselves, for the Earth environment was not conducive to bringing in their whole essence. Why this is so? Because every soul incarnating on this Earth has what is called soul fear. What is soul fear? It simply means the fear that the soul is not fully prepared to descend into the third-dimensional Earth. So this has kept the incarnating souls from fully bringing in their total essence. But now this is changing.

The recent events on the planet Earth have made a massive shift in the consciousness of humanity, starting from the universal solstice of 12/12 to political change and the financial meltdown. The old structures are being torn down, and this happened due to the shift of consciousness of humanity. How has this happened? Finally, human beings are waking up from their long slumber, taking individual responsibility and slowly but surely standing up for and empowering themselves. They are beginning to realize that

### KEY POINTS

- The current incarnation you have embodies only a small part of your soul essence, but you now have a great opportunity to integrate most of your soul essence, making you whole once again.
- “This coming into Earth with full essence carries great responsibility, as the creation time to manifest is greatly reduced and what we give energy to will come into manifestation quickly. This is where discernment comes into play.”
- “When you are able to connect with your deep knowingness, you will also expand your energy and be able to use this expanded energy in expressive energy. Isn’t it time for humanity to use this expanded energy?”

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what is happening collectively in the world is a manifestation of all people's creation and that they cannot blame anybody, since they are part of the creation. This is combined with the understanding that they can collectively create a new system and a new consciousness, whereby they become participants and cocreators. This self-empowering change in perspective has prepared the Earth to move into higher dimensions, and the soul can now finally come into existence in its full essence.

This coming into Earth with full essence carries great responsibility, as the creation time to manifest is greatly reduced and what we give energy to will come into manifestation quickly. This is where discernment comes into play. How does one develop discernment? How does one choose what is best for one's highest good and also for the world? How can one tap into the soul wisdom? This can only be done by removing the limited belief systems we have been carrying for eons in Earth time—over 250,000 years.

### IDENTIFY LIMITING BELIEF SYSTEMS

This cleaning and purification of belief systems must be done daily. But how do you identify limiting belief systems? By simply listening to your inner voice. In any situation, go into your inner self and ask what is the best and the highest good for you in that situation. Are any of your limiting belief systems blocking you from seeing the whole truth about the situation? What are the quantum possibilities of which you may not be aware, and how can you be connected to the energy of quantum science and possibilities?

Naturally, your logical mind will come up with all kinds of answers, as the ego is afraid of letting go. Ask to be taken beyond your ego and shown the highest good. Have the knowing that you will be shown. It is not a faith, nor is it a belief. It is a deep knowing that you will be shown. A heart that asks sincerely will be shown. Work with it and practice it. With practice, your energy connection with your soul will be strengthened, and in no time, it will become a part of you. Then you are truly living like an empowered human being.

Every creation has this deep knowing inside. Have you ever watched a newborn calf or another newborn animal? As soon as these animals are born, they inherently know where to put their mouths to get nourishment from their mothers, even if their eyes are closed. Take another example of newborn turtles. As soon as they are hatched, they instinctively know that they have to get to the water to survive, and they make the utmost effort to find water. This inherent knowing is embedded in all of creation. The animals and the birds know how to find food and water on a daily basis. This is a knowing for them. When birds get up in the morning, they sing, for they know that they will find the food they need whenever they need it; they trust their inner knowing.

Among the evolutionary beings, human beings hold the highest rank; your knowing is very deep, and it is embedded

into you. Now it is simply a question of bringing this knowing forth and utilizing it in your daily lives. When you are able to connect with your deep knowingness, you will also expand your energy and be able to use this in expressive energy. Isn't it time for humanity to do this?

### MEDITATION FOR CONNECTING WITH YOUR SOUL ESSENCE

What I recommend for humanity is to use cleansing and purification energy on a daily basis. Humanity has been gifted with many forms of cleansing energy, from the Violet Flame of Lord St. Germain to the eighth ray of Lady Nada. When cleansing becomes a part of your daily life, you naturally open up to your true selves. This, in turn, opens up your discernment ability. This discernment may come in the form of deep intuition, feelings, a knowing, synchronicity and so on. Combined with daily cleansing, I also recommend invoking your soul and bringing your soul essence in your personality, mind and emotions—in your entirety. I offer this simple meditation for connecting with one's soul essence:

*Imagine or visualize that there is a bright light emanating from your heart area. This is your soul light. With each breath, see this light getting bigger and bigger till it encompasses your entire self. Now send this soul light to your aura, cleansing, strengthening and repairing any damages the aura may have. Now send this light to all your other bodies, such as the etheric, astral, mental, emotional, casual, spirit bodies and lightbodies. Now send this light to your other selves—your parallel, alternate and multi-dimensional selves.*

*See this light covering your entire selves. Invoke the light of Father/Mother God and see this light entering your crown chakra and flowing down through your entire chakra system and into Mother Earth. Send this light through the power of your thought to your thymus area. This area is the immune system of your soul. When you strengthen your thymus, the power of your ego is diminished considerably. Now direct this light of Father/Mother God to your heart chakra and see your heart chakra being opened fully and flowing with this light combined with your soul light.*

*Direct this light with your thought to your palms and see the palm chakras of both your hands light up and this light flowing out from your palms. Make it as big as you want and, when it becomes big enough, bring both your palms together and see this light becoming one giant ball of light. When it is big enough, bring both your palms and place them on your heart chakra, thus giving the light back to yourself. Then say the following words, silently or otherwise: "I am the light and love of my soul. My beloved soul is now integrating into my being, bringing greater enlightenment and a body of love. Each and every cell of my body is filled with divine love. I am a being of pure love."*

Done daily, this simple meditation will strengthen your connection to your soul, and you will start integrating your soul wisdom into your being. I leave you now with great love and appreciation in my heart for all of you. I remain your dear friend, Master Kuthumi. ✨

# The Walk-In Experience

## Mother Earth (Gaia) through Pepper Lewis

*My mom crossed over several months ago, and I miss her terribly. We were very close, and I also depended on her to help me with some challenges and special needs. Without the kind of support I received from her, I am unsure that I can make it on my own. I have heard that sometimes it is possible to exchange places with another soul who would “walk in” to my life and allow me to walk out. Is this true, and could you please offer as many details as possible regarding this subject?*

**Y**ou have heard correctly. Under unusual circumstances and with very specific conditions, it is possible to exchange “positions” with another soul. The walk-in process allows two individual souls to literally switch places. Scientifically speaking, the exchange requires a reversal of polarity to engage the process within each soul. Both souls then pass through a narrow energetic corridor (similar to an umbilical cord) that is created for just such a purpose. To be clear, however, one cannot simply wish one’s way out of a tough spot when life becomes more difficult than one imagined.

Although the term “walk-in” has been popularized of late, the actual experience associated with it is much rarer. As old as time itself, the process has been known by several names, including “soul transference.” As ages and civilizations ebb and flow, so has this experience risen and crested the wave of popularity. Perhaps it is difficult to imagine that a spiritual experience could be more or less popular than another, as if it were a fashion statement, yet a parallel between the two can certainly be drawn. Other epochs when these rituals were enacted more frequently include the last dynastic reign of Egypt, the latter days of Atlantis the mighty, and the periods preceding the great eruptions of Pompeii and Vesuvius. Given the late stage of the present age, it is not surprising to see such resurgence. In fact, it is to be expected.

### KEY POINTS

- Walk-in experiences happen when a soul opts for an exchange for such reasons as the individual embodied aspect of its being has completed all that it set out to do in a particular lifetime or it cannot fulfill planned or spontaneous goals that benefit the soul.
- The incoming embodiment will always be a higher expression, one that is willing to contribute to raising the conscious awareness of the outgoing being’s life and everyone in it.
- “The process of walk-ins must serve a greater purpose for both entities. One cannot simply return or exchange a life because one doesn’t like the direction it has taken.”

### THE SOUL IS IN CONTROL

Thoughts of an exchange of this magnitude begin at the soul level. Although mind and body participate in all aspects of the experience, they are not high-ranking voting members, so to speak. At the level of human experience, the thought that this life is more difficult or more unfair than others is not uncommon. The soul alone knows that all things are just and in right order, even when they do not appear so at the human level. After all, how many times have you pleaded to be set free from decisions, obligations, hardships and infirmities only to see your way through them, even if it was in the nick of the time?

The soul sees clearly and steers for open water whenever possible. It is never the soul’s desire to dash you against the rocks of despair or to cause you to run aground before reaching safe harbor. Still, life on Earth is designed to be an adventure in consciousness. Your adventure may take you through deserts where the creative spirit is parched and dry or into shark-infested emotional waters where the grand prize that is integrity is baited, chummed and suspended just out of reach. The struggle to emerge victorious with good will and strong desire as the only tools is reason enough for most souls to set a solid foot upon the Earth’s third-dimensional landscape.

The soul—unbiased, integrated, wisdom seeking, practical, creative and loving—oversees every aspect and detail of the major purposes (there are usually seven or more) associated with this life. Other aspects, such as daily decisions, choices, creative directions, most relationships and more are explored throughout the different levels of human experience, of which there are many. If one or more of these “lights” becomes diminished or endangered, the soul is empowered to act on behalf of the whole. This includes quieting systems for a time, such as in the case of a coma, or even “pulling the plug” if need be.

The soul is a proponent of a full and engaged life. It is not interested in human foibles or forages into the dark side of life. Please do not take offense when I say that the soul considers these experiences some of the more colorful aspects of life on Earth. On the other hand, when human will and purpose are in true danger, the soul may



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intervene on your behalf, moving both spirit and matter, and generally acting as the hand of God. These interventions can take many forms, only one of these being assistance with and through the walk-in experience.

### **REASONS FOR WALK-INS**

Walk-in is an overly general term that describes the exchange of entities and souls associated with a given human physical life. The experience is not available to animals, even domestic ones. Although most walk-in experiences continue for a lifetime once the exchange is complete, unusual circumstances sometimes allow more than one, and even several, such experiences in a lifetime. Given that walk-in experiences are uncommon enough, multiple events in the same life are even rarer.

Reasons for such events might include an inexperienced pinnacle moment that has somehow become lost or incomplete where the soul is concerned. For instance, imagine that in a previous lifetime, you were about to discover a lost city, but in the moments just prior to that discovery, you were literally scared out of your life by the appearance of a ferocious lion that ultimately claimed your life. This unfulfilled and important moment could be relived and completed with the assistance of a soul that lovingly invites another to share in an important discovery. As far as the soul is concerned, the experience does not need to be an exact replica, it only needs to be real at the human level. In other words, there must be physical, mental, emotional and spiritual responses associated with the experience.

Other experiences might involve a lost love, an ill-spoken word, a missed event (such as the birth of a child), a misplaced apology or any other moment that could be made whole without repeating a life. The universe is economical in this respect, and Spirit has many gifts to bestow. If, at times, you have felt yourself joined by another presence during a special or difficult period, consider the possibility that you have shared the moment and assisted another being in becoming whole.

The idea of exchanging a life is a very important one for the soul to consider. The soul considers the idea lightly but thoroughly. The soul can see further into your future than you can; therefore, it explores every timeline and opportunity that you may invite to right wrongs and to invite the kind of true change that would restore a purposeful and creative course. The soul examines what it would take to reignite the spirit of life, and most of the time it can do just that. Some people erroneously believe that major, life-changing adjustments are the result of a walk-in experience. While these experiences can be called soul interventions, they do not necessarily include an exchange or transmigration at the soul level. A good example of this might be the kinds of changes one might make after a heart attack, such as an immediate move toward a healthier diet or a change to a less stressful career. Even the changes following a near-death experience are not necessarily associated with the transformative effects of an exchange of souls.

### **THE PROCESS OF THE WALK-IN**

The soul opts for an exchange in the form of a walk-in experience when the individual embodied aspect of its being has completed all that it set out to do in a particular lifetime or when, for reasons similar to those already described, it cannot fulfill planned or spontaneous goals that benefit the soul directly or indirectly. In rare instances, the soul may plan to terminate its physical extension—the body—through a series of planned mishaps or even with a terminal illness; however, these events are often purposeful to the soul, even if they are life shortening.

The decision to walk out of a life is a well-planned one but feels spontaneous to the physical personality. One day, it simply awakens with a distinct feeling that somehow things have changed. Procrastination is set aside in favor of completing tasks, followed by a distinct desire to tie up loose ends and speak with certain individuals and so on. Bad habits either increase or decrease during this period, depending upon the individual's personality traits. The individual may feel a little disoriented or out-of-sorts, and other anomalies are not uncommon; there is a feeling of wanting or willing oneself to be elsewhere, even when there is no elsewhere to be yet.

At the personality level, most individuals are not aware of what is about to transpire. The secret rests with the soul that is guiding the process with expert grace and coordination. To be clear, a walk-in/walk-out experience is a spiritual enterprise, an uplifting time of celebration. It is not a karmic suicide, and there is no spiritual penalty whatsoever. The purpose of life is always life, and that is exactly what the exchange that is about to take place is about. It is not a life-and-death decision; it is a life-and-life decision, custom designed to the exact specifications of each soul and the growth experiences that each deserve.

The universe is a creative and dynamic environment. It is perfect and synchronistic all of the time and in every way; therefore, at the exact moment that a soul decides to walk out, another is ready to walk in. This does not take place in the same linear progression as events unfold upon the Earth, however. In other words, a soul does not post a "for a sale or lease" sign on the physical body of its incarnated self, hoping that another will want to move in. Bear in mind that while life is always purposeful, there are higher and lower motives and expressions. Where walk-in experiences are concerned, the incoming embodiment must be a higher expression, one that is willing to contribute to raising the conscious awareness of the outgoing being's life and everyone in it. This is no small feat, and only one of several spiritual laws (of created things) that must be observed.

### **THE PERIOD OF UNITY**

It is not uncommon for both entities to exist as a unity for a given period of time, which can sometimes extend into one or two years. This is not a "possession"—not at all. It is a perfect merging of two entities who care deeply about the needs and desires that each wish to express. Often there are

other considerations in this process: family members, friends and business associates, not to mention past promises and present-day responsibilities. All of these must be honored and then taken into consideration. Neither the outgoing entity nor the incoming one is allowed to simply set aside these responsibilities during this time. Later on, the incoming entity will make decisions of its own, but not yet. The outgoing personality can feel a little short-tempered during this time, but can rarely identify why. For obvious reasons, this is for the best.

It is important to note that while the outgoing entity relinquishes all interests in its previous physical life, it remains strangely tethered to the life. While this concept may seem unusual, it can be put into perspective if we consider that mothers feel connected to their sons and daughters long after they have become adults. If they can find a way to make their children's life better, they often will. It is the same with souls in that they automatically go out of their way to serve each other. Another example is that of twins, who are also strangely bound to each other; in surprising ways and unexpected moments, they are drawn together.

This is expected and required, one of the spiritual laws associated with the walk-in process. These are important principles that make this progression of souls both honorable and praiseworthy. Only when the physical life of the original incarnated being concludes does the bond between the two souls officially terminate. Imagine what it would be like if every time you moved from one home to another or one job to another, you did the same and others did the same on your behalf?

The period of unity, or exchange process, is a time of grace for all concerned. Should any change prompt a recession on the part of either soul, the exchange may be canceled. No explanations are necessary, for perfection reigns in the universe and the next breath brings the next opportunity. In human terms, cancellations and delays can bring disappointments and even mistrust. This is not the case here, as higher law applies. The same laws apply to the first several months after the transfer is complete. There is no specific contract time or expiration date, and each arrangement merits its own unique time, but generally speaking, this period lasts approximately 180 days.

### **THE EXPERIENCE OF THE OUTGOING PERSONALITY**

It is uncommon, but possible, for either personality to be aware of the exchange, but there is no deceit involved on the part of the soul. When the time is right, each soul will communicate lovingly with its younger aspect, unfolding enriched and creative ways for living artfully in the dimension of expression that presents itself. The actual transfer most often takes place while the outgoing personality and body are resting—or better yet, sleeping. A loss of sequential time, fatigue and flu-like symptoms are not uncommon for the first few days. There is no need for the outgoing soul to bid farewell to the people, places and things in his or her life, though some may have been doing so unconsciously

for months or even years. The incoming soul will carry on responsibly, but not seamlessly.

The outgoing personality, or entity, is received warmly in an environment that is very similar to the one that it has just transitioned from, except that it is lighter in density and constructed of a mutable material that can be easily dissolved as soon as there is no longer a need for it. Imagine a façade that has been constructed for stage-making purposes. It serves a temporary purpose, and when the scene changes, the scenery must change too. This staging effect is not mandatory, and like a parent, each soul knows exactly what to provide for its younger aspect. Just as a sailor must become accustomed to his sea legs, an entity must relearn to do without them—and without a body as well. In most instances, this awkward moment lasts about that long.

Once acclimated, the returning soul has access to everything that was unavailable during its recent incarnation, including the reasons why the lifetime could not be completed as planned. This is not a setback for the soul, temporary or otherwise. It is simply seen as an environment concern, no different than a weather pattern that dampens a day's excursion. Although souls understand how linear time affects the lifestream of a human being, they are nevertheless timeless.

Please understand that your time on Earth is deeply important in many respects, but it is not the only time that you will articulate a human body in order to express the purpose of a soul. Freed from the constraints of a now previous life, the entity explores a wide range of new possibilities. The outgoing entity is limited only by its imagination and by its ability to sustain and enliven a high vibration. Obvious parallels can be drawn between both experiences. There is no exception to the rule: as above, so below.

### **THE PATH OF THE NEW WALK-IN**

It could be argued that the incoming entity, or walk-in, has a more difficult path ahead, but the walk-in does not see it this way. It is grateful for the opportunity to express itself in the physical, and because most walk-in experiences take place in adult lives, there is no need to go through the birth process and the lessons that youth brings. The incoming entity is ready to begin living a purposeful and fulfilling life.

Walk-ins are often more driven than their outgoing partners were, eager to step fully into life and to accomplish all that is creatively possible. Most bring new skills and abilities to assist them in their new endeavor; they also have access to all of the knowledge that the outgoing soul accumulated during his or her experiences. A walk-in retains all of the memories associated with the body and the life it has walked into, but often without the emotional attachment associated with the memories. The new entity remains respectfully neutral where these are concerned.

It also retains aches and pains, diseases and other physical limitations, references to family dynamics, aptitudes, and much more. That being said, it is not subject to the same beliefs regarding these things. The incoming entity is free to

resolve a physical handicap whenever possible and to overcome or heal a disease in its entirety. The walk-in can also dissolve a relationship, but rarely does, change occupations, prefer different foods and colors, enjoy other hobbies and sports, and express itself in any individual way it sees fit. The life now belongs completely to the walk-in, and any lifestyle that suits his or her preference is available.

The walk-in experience is sometimes more difficult on previous friends, family and colleagues. They, more than anyone else, see the sharp and inevitable contrast between one being and another. Old issues and unresolved situations are still present for relatives of the outgoing soul, and they have no way of knowing that a great change has taken place while they were temporarily unaware. The new walk-in undergoes changes at every level of existence, including strong changes in personality. Although walk-ins rarely leave their partner out of respect for previous promises, the opposite is not true. Spouses and mates of the previous inhabitant often find the new changes too difficult to bear. Well-intentioned family and friends sometimes subject the new walk-in to old energies and patterns that no longer apply.

These challenges must be overcome, and it is up to all concerned to allow changes of a positive nature to occur. Many walk-ins do not discover what really happened until the close of life, although they would readily acknowledge that a significant and dramatic life change occurred at some point. Of course, this is not always the case, and some have full recall of every moment and every detail in real time. Each walk-in experience is unique and has its own characteristics. A fully conscious walk-in has obvious benefits to call upon, but whether these benefits also apply to friends and family is another matter.

#### FINAL NOTES ON A VAST SUBJECT

Most desires for walk-in/walk-out experiences are not granted. The process must serve a greater purpose for both entities. One cannot simply return or exchange a life because one doesn't like the direction it has taken. Life

allows each individual to reshape his or her life, partially or completely. Sometimes an entity must simply bite the bullet and take the necessary steps that will lead to true growth. The next important step in a soul's development can be delayed, but it cannot be dissolved. There is no governing spiritual body that grants permission for souls to exchange places. The highest, most responsible, loving and aware aspect of the soul decides.

Life is sacred at every level and during every experience. There is no waste where human life is concerned. Your desire to exchange places with another may be granted, but if it is not, it is up to you to *will* yourself to continue to develop this life. In the meantime, work on everything that helps to make this life whole and complete. Excite the mind so that it is interested and agile, enhance the spirit so that it is in deep resonance with the soul, and maintain the body's capacity for health and wellness.

The soul will guide you through the necessary steps of reviewing the entire walk-in process. If you have walked-out of your last or recent lifetime, be aware that your experience may not be granted this time because it may limit your soul's growth. Every incarnation offers a wide variety of choices, but if you continually stay or stall your progress, the range of choices will naturally diminish. This is not meant to hamper your free will, and it is not intended as a penalty, but life is designed to help you exceed the parameters and limiting condition that are set before you. In this regard, skipping a step is not possible.

Life is a gift, and under the right circumstances, you may pass the gift on to another. Life is always innocent and harmless. Do not blame others, yourself or life for the situations it presents. You are the director of your life. The ability to change, course maneuver, correct and other creative tools are alongside or never far offreach for them. Relearn an old lesson, revisit an old task, take on a new project, forgive a tired adversary, take a different fork in the river, plant a seed that will grow tomorrow or next year, and bend as the willow. \*

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**S**ince the beginning of time, there have been those occurrences that called forth interpretations and confirmed beliefs. Within these occurrences upon this planet called Earth, there have been those who have interpreted events as confirmations of doom, such as the end of your world. And while there is the battle of darkness and light occurring within the many, we would clearly state that the end of your world is one possibility within an infinite number of possibilities and that such possibility has existed since the formation of Earth. We would speak further for your understanding, and perhaps for your knowing, of what you call possible futures.

### THE PULSE BEAT OF THE UNIVERSE

It would be helpful within your understanding to first recognize that the pulse beat of the universe exists as the pulse beat of forming and unforming. Everything in all manners of being and non-being resides within this pulse beat. You reside within the pulse beat of forming and unforming, as does your Earth. What exactly is the pulse beat and how does it affect you and your daily living? We would speak in this manner.

Within that which we would call the core of creation there are the patterns of all that is and has ever been. As the divine creative breath breathes itself forth from the core of creation, it forms itself as the All That Is. The All That Is flows forth to explore its own self within the myr-

riad of manners of forming, including the forming of itself as your Earth—and you. There is then the breathing in, so to speak, of the divine breath, and within the breathing in, there is the returning of All to the core of creation, where all patterns are released, so that the All would be released to nothing, to be no more. As we are speaking for your understanding, in the next moment does the divine creative breath breathe itself forth once again, gathering to itself those patterns to take form within the All.

This forming and forming, this breathing out and the breathing in—the pulse beat of the universe—continues even as you are receiving these words. It continues an infinite number of times, so to speak, as you are receiving these words. You might be wondering which patterns are chosen for reforming. They are chosen in this manner: through the conscious choosing of that which determines its continued residing within the All or through unconscious, well-worn patterns within which consciousness-not-yet-awakened does reside. Perhaps you will reflect upon those words?

Your Earth resides. It has continued to reside as it takes form and releases form. There are those who would say that this is the third Earth, and others who would say that this is the seventh Earth—the eighth Earth. However, we say to you that there are several realms within which an Earth does reside and has resided. Yet there has always been Earth within your system. Furthermore, your Earth holds within herself her consciousness. Earth's consciousness has also awakened in order to support the continued expanding consciousness of her beings. Earth's consciousness is and does reside within the knowing of forming and unforming.

### GREATER VISIONS AWAIT YOUR EXPANDED CONSCIOUSNESS

Before we speak of the magnificent understanding that can occur as a direct result of our words, we would also say to your predictions of Earth's ending that your Earth is. Within all the scenarios of the many Earths forming and unforming, there continues to reside

### KEY POINTS

- Open yourselves to the full knowing that you are of the whole, that you are of the one being and that you are now being asked by your own awakening and your own journey to release the beliefs of old.
- Your conscious choice determines the manner within which you take form, the manner of your cause and effect, and your journey. You are fully capable, within your expanded consciousness, of choosing your own physical forming.
- You are asking yourself to become conscious, to become awake to that within which you already reside, to become awake to your possible choices and then to dare to choose to reside within the fulfillment of your choice.

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within the core of creation that which is Earth. Do you see? For those who are convinced of the eventual end of your world, especially to those who are convinced that the year 2012 will prove to be an end to your world, to you do we say that you are residing within those interpretations and beliefs of old, beliefs that tell you that there is such a thing as "ending," such a thing as "no more." Yet we say to you: You are always. Always is your world. Always there is the pulse beat of the universe within that forms the All of which you are.

Furthermore, we say to you: Within your certainty, you also reside upon the foundation of old—fear. And what is fear but that which resides within the belief that you are separate from the whole? It is that which resides within the belief that Earth is separate from the whole and that your divine nature is lacking in its godliness, in its abilities to create. Yet here you are, in form. Long ago, in what you call other lifetimes, you resided as the seers, as those who were gifted with the abilities to see into the future's possibilities; you were gifted with visions. And we say to you, most beloved, that those times and the energies and frequencies of those times did support your abilities. You did assist many.

Yet this residing within this life is different. How is it different? The consciousness of all beings is expanding, and there within the frequencies and patterns reside those truths that had not been able to reside incarnate so very long ago. Now great truths are not only able to reside incarnate within the continued awakening consciousness, those great truths are now established within the cause and effect. Those great truths are now pushing aside—causing to dissolve—the untruths of old, the untruths within which you did reside long ago. Yet we would be most clear: Those that are today untruths of old were in previous times truths—as much as truth could dare to incarnate and allow the integrity of that which was awakening to continue to occur. What are we saying? The untruths of today were great truths as they did exist long ago, and the untruths of today were the great visions within which you did reside long ago.

We say to you, O ones who see the end of your world in the year 2012: Open yourselves to the full knowing that you are of the whole, that you are of the one being and that you are now being asked by your own awakening and your own journey to release the beliefs of old and their interpretations, for they are for naught, for more awaits you. Greater visions await your expanded consciousness, which continues to embrace the old-now-untruths because of their familiarity. We say to you, most beloved: Dare to release your beliefs of old and their interpretations! Your future-made-present awaits you, and it is most glorious. Serve well yourself and your world.

#### **YOUR FORM IS DETERMINED BY CHOICE**

Then we would speak with those whose minds and thoughts did wonder of those words spoken concerning the forming and unforming and the determined patterns

through which the breath did flow. Furthermore, you have perhaps been wondering of your own conscious choices with regard to determining your own forming. And now, within the speaking of these words you do call forth, is there a further expanding of the consciousness of those who receive that which they call forth. In this manner do we speak.

The forming of your bodies physical, mental, emotional, auric and etheric—those bodies that comprise the one of that which you are—continues to form according to conscious and unconscious choices. What do we mean by these words? You have often been amazed and have stated your amazement concerning your physical body's abilities, synchronicities, and abilities to regenerate, and it is these abilities that are considered the unconscious choosing of your own body within its consciousness. Yes, your body does contain its own consciousness and is of the whole of you.

Yet as you awaken to the great truth that your conscious choice can and does determine the manner within which you take form, the manner of your cause and effect and your journey within it, you are developing the awareness that brings to you the initial seductive hint and then the full knowing that you are most capable of total regeneration of your bodies, including your physical bodies.

There are those who teach such truth, who traverse about your Earth and speak such truth. They are the gods consciously incarnate, as are you. You are the divine breath incarnate and are becoming more and more conscious of the meaning of such truth. Beloved ones, we will state this truth clearly: You are fully capable, within your expanded consciousness, of choosing your own physical forming. What does this mean?

Do we say that you are able to reside within that which has been called the fountain of youth? Do we say that you are able to consciously choose perfect health with your expanded consciousness? Do we say that you are now able to place your consciousness within the All—within the full

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knowing that you are the All and that the All takes form as you—and then, within that consciousness, to call forth the forming of your bodies made new? Yes. That is exactly what we are saying.

You might be saying to yourself, “Oh, I can’t do all of that. I can’t place my consciousness within the All. I don’t have the full knowing that I am the All and the All is that which is me. I can’t seem to accept the fact that I am all beings and all beings are that which is me. I’m not ready yet. And that means that I am stuck with my body that needs healing, my mind that cannot fathom the great truths and my spirit that continues to reach out for that which is illusive.” And we say to you, beloved one, do not despair. Perhaps you will find humor in this following statements:

You are already there. You already know the great truth. You already are of the wholeness of being. You already are choosing the forming of your bodies. You are already filled to the brim and overflowing with that which you believe to be your own illusive inner spiritual being. You are already accomplished within all of that which you seek, within all that you believe you will never be able to do. Now, you are asking of yourself to become conscious, to become awake to that within which you already reside, to become awake to your possible choices and then to dare to choose to reside within the fulfillment of your choice. Perhaps you will reflect upon those words?

### **YOU ARE READY FOR THE NEXT PHASE**

All of that which we speak does not require what you would call “a ten-week course in how to manifest.” All of that which we speak is not a secret for which you would have to pay large amounts of monies in order to have the secret revealed. Beloved ones, all of that of which we speak is what occurs automatically and has been occurring automatically within your own system of being. And even as you receive these words, you are awakening to more and more of such truth. And it is within this awakening that you will begin to consciously choose. And you might be thinking, “Oh, I’ve chosen before and nothing happened. I chose wealth, I chose health, I chose a new job, I chose happiness and joy, and nothing really changed.” And we say to those thoughts: Beloved ones, do you not realize that you have been the forerunner? Do you not realize that through your choosing, you have cleared away the debris of the beliefs of old, cleared away the residue of the cause and effect wherein there resided great suffering? Your continued choosing and efforting to create the paradise that you intrinsically knew was yours to have did clear the way for those patterns to incarnate within the conscious knowing of the whole.

Now, beloved ones, you are ready to dare to enter into this next phase of your residing upon Earth—your full, conscious choosing, calling forth the forming of that which you are through such conscious choosing. And what does such choosing accomplish? Just as of old, just as you have

been clearing away the debris of old, you will now be calling forth from the core of creation those patterns of wholeness of being, those patterns of your full regeneration of all bodies. Yes, beloved ones, you will then be residing within your own fountain of youth, as you have called it. Your full and complete regeneration of all bodies is the seeming mystery that has amazed you when you discovered more of the abilities of your own physical body and its electromagnetic systems of forming and being within the whole.

### **HOW TO CONSCIOUSLY CHOOSE WHOLENESS**

Your next question might be, “How?” And we are most pleased to answer your question in this manner: First, recognize the truth that you are simply becoming conscious of that which has been occurring within and for your beingness. Second, tell your mind that you are going to explore a new kind of enjoyment, a new kind of discovery, and that once you have explored, you will then think about it and call forth the abilities of your mind. In this manner, your mind can rest, for you will be entering into a manner of consciousness that cannot yet be understood by the mind. Remember, beloved ones, understanding is the incarnation of knowing, of your divine knowing.

Third, sit quietly and temporarily set aside all concerns for your world, for your cause and effect, for your journey within the cause and effect; set aside all concerns for your own self and for others for whom you have been wishing great, good life experiences. Temporarily set aside all concerns. Furthermore, set aside all manners of relating to who you are and all manners of experiencing your own self. Such manners might be contained in a description of that which you do, or it might be contained within your relations: mother, father, sister, brother, son, daughter, teacher, student, lover, loved, healer, worker, warrior, peacemaker and many more. Simply set aside the manners through which you have been experiencing that which you are.

Fourth, breathe deeply and allow yourself to simply be. Do notice that we did not say, “Cause yourself to simply be.” We are asking of you to *allow* yourself to simply be, to simply be that which you are. Allow your body to breathe, allow your mind to rest and allow your body to be at rest and without the need to take any action except that of simply being in this moment called eternity.

Fifth, make believe. Yes, we recognize that your mind will want to devalue such an activity, yet you have asked your mind to rest from its thinking, from its evaluation. What are you making believe? You are making believe that you can and do reside within the core of creation from which flows forth the All That Is. You needn’t force yourself to create an elaborate structure within your imaginings. Simply make believe that while you are sitting and simply being, you are sitting and simply being within the core of creation. Remember, beloved ones, you are already residing within the core of creation, and now you are placing your consciousness within that which you are already accomplishing. Remember too that you are allowing. You needn’t

effort or force yourself to do anything within this journey we are now experiencing together.

Sixth, rest within this manner of being. Allow yourself to perhaps rest within this manner of being for the next few days or more so, or even for the next two weeks. You will sit in this manner, allowing your consciousness to experience that which you always reside within: the core of creation. After you have resided in this manner, allow yourself to experience the flowing forth of the All. That is, allow your consciousness to reside within the knowing of the divine breath as it breathes itself forth to take form as the All That Is. Again, remember that you are not forcing anything—you are not attempting to do something that is difficult. You are simply placing your conscious knowing within a breathing forth that is of you. Perhaps you will reside within this developing of your conscious knowing for a few days?

Seventh, allow your making believe to develop further. Make believe that you are choosing the patterns through which the divine breath breathes itself to take form as you within its all. Do not yet determine your choices; simply make believe that you are choosing while you sit quietly and peacefully, simply being. Then make believe that you are choosing to reside in physical form as an expression of wholeness of being. Simply choose those patterns of wholeness of being and make believe that the divine breath flows itself forth through that which you are choosing and takes form as you in this moment, this moment called eternity. Perhaps you will reside within this manner of play for a few days?

Eighth, beloved ones, continue to sit quietly, allowing and being within the core of creation, and choose. Choose your own flowing forth and taking form as wholeness of being. Recognize that we are not suggesting that you choose healing or that you choose perfect regeneration of all systems. We are simply guiding you, suggesting that your choice be one of the wholeness of being, which is then the perfect regeneration of all systems, of that which you are. Perhaps you will reflect upon these words you have been calling forth?

Finally, feel within your own self, as if you are imagining the completion, the fruition, of that which you have chosen. Feel the wonder and joy of your imagined perfect forming as wholeness of being. Allow the feeling to fill you as you reside within your simply being.

### **RESIDE WITHIN THE FEELINGS OF HOPE FULFILLED**

Beloved ones, if you have been residing within doubt, if you have been residing within the phrase, "I have tried everything, and it has not worked," and if you have been residing within a confirmed inability to affect your physical incarnating, you might require yourself to practice feeling in this manner as we have suggested. Why? Your difficulties, your seemingly fruitless efforting and your giving up have all caused the pathways to hope fulfilled to be not only illusive but to be closed to your experiences.

This is not a crime, beloved ones. It is with deep love that we encourage you to dare to allow the feelings of hope fulfilled to find their way into your conscious knowing. Yes, we recognize this to be a daring, a daring to trust once again and to hope once again, yet we are also asking you to imagine, to make believe, that you can know the feelings of hope fulfilled. Yes, you may ask of yourself to practice, to gradually allow yourself to dare to hope once again and then to dare to experience hope fulfilled.

Once you have resided within the glorious feelings of hope fulfilled, declare your choices to be complete. You may say the familiar words, "So be it." You may simply say the words, "It is done." Or you may simply nod to your own self, confirming that you do in fact know the feeling within your own self of hope fulfilled. This now is the only efforting that we suggest to your being. Cause yourself to feel this feeling, to place yourself within the choosing of your own forming as wholeness of being and to know and feel the fulfillment of your choice. Allow yourself to celebrate. Continue in this manner.

### **GIFT TO YOURSELF YOUR OWN EXPERIENCE**

You might be asking—and rightly so, as you have resided upon the foundation of your own past—"How long do I continue in this manner?" We say to you, beloved ones, that this is your most natural manner of being. This is the manner within which you have always resided unconsciously. And now you are practicing to be fully conscious, as you choose, consciously choose, your own manner of forming. It is your own human nature that is asking, "How long?" You are now consciously divine as you reside within your own human nature. Tell your human nature, "I am here now. I am the divine consciousness. You can rest now. You have fulfilled your purpose."

What has been the purpose of your own human nature? Oh, beloved ones, the purpose of your human nature has been to remain alive, to remain incarnate until your own divine consciousness could and would fully incarnate and then choose—choose, just as we have given the speaking, as you did call it forth.

Perhaps you will allow yourself to reside within this speaking. Later, perhaps you will think about everything. Remember, however, that you cannot think about and reach any valid conclusion until you have participated in that which your mind wants to determine its interpretations and judgments as valid or invalid, correct or incorrect, real or unreal, inspiring or disappointing. Remember to gift to yourself your own experience. We believe you will not only be surprised but, more so, you will be who you have always been: divinity consciously incarnate.

Then, beloved ones, you will be amazed as your cause and effect changes, transforms and presents to you the journey within which you will thrive and play and laugh and love and be. It is our great pleasure to be speaking with you in this manner, delivering to you that which you have been calling forth for a very long time. Blessed are we in the knowing of you. ✱

# Magnetics in Motion

## The group through Steve Rother

**G**reetings from home, dear ones. This day, there is magic here in this room. You have created an anticipation that is absolutely magical. In fact, it could be called “magnetic,” for you are creating magic with every breath you take by breathing into a body that lets your spirit shine through. This day, we wish to give you some ideas of the larger picture that will be helpful for you in the years and even the days ahead. We have already shared with you many of the items that are happening and changing for all humans everywhere. We have also given you some ideas of those things you can let go of and what you can start reaching for. The idea is for you to stand in your full power, in the true magnificence of who you are, while you are still in a physical body. Today we are going to tell you how you fit in with this little tiny place called Earth. We are going to share a little about how it works, because some of those things are also starting to change.

### IMPORTANT ITEMS FOR A SOUL'S JOURNEY

Many of you will feel these changes in your physical being, but first you will feel them in your emotional being, and that has already begun. Many people are starting to feel strange, odd emotions and do not know where they are coming from. It is not about male or female imbalances; it is not about perceptions of love or fear. These are simply different emotions that you are unfamiliar with and have no label for. Let us show you what is taking place so that you can help to hold the door open for those who are following behind you. Let us speak first of the birth process. We have mentioned this before, but there are four important items that souls consider

when they are ready to enter the game for an incarnation.

The first one of these is the soul's name. The name is a vibration the soul will live under every day, and it will have a vibrational effect on its entire journey. Souls spend a lot of energy prior to birth trying very hard to place this chosen name in their parents' thoughts. Sometimes the parents listen, and other times they choose a movie star's name. The reality is that you are in full control and you can change your name, which happens often in these rooms as you reach higher vibration and begin to choose your own reality.

The second aspect souls consider is what instant the soul will cross the veil, because the moment you are born, you cross from infinity to finiteness. (Yes, the Keeper is asking us if that is actually a word. We are not sure and we do not really care; he has these internal dialogues going on all the time, and most of the time, we ignore him. It is okay; he understands.) So what happens when a soul crosses the veil is that it picks up magnetic imprints that it carries during the entire time it is in a physical body.

You do not think of yourselves as magnetic, for you are not metallic nor ferrous metal. But you are magnetic in much bigger ways than you ever learned to measure. It is not measurable in Gaussian terms; the entire magnetic spectrum is much greater than what is currently known. Very subtle magnetic fields lie beneath the surface magnetism of everything on planet Earth. These grids are a different wavelength than you have yet to measure, and they are the way in which you interact with the world around you. We have labeled this the universal energy, but it has many names on Earth. It is the base energy that exists when all ambient electromagnetic frequencies are removed from a vacuum. Many of these will surface in the next seven to ten years.

As you cross the veil and become finite, you receive a magnetic imprint that stays with you for your entire life. It gives you certain attributes, or strengths and weaknesses, as you often refer to them. You choose that imprint very carefully, because it can play perfectly into your life lesson and purpose. When anyone does an astrological or numerological reading or anything that is based on the moment you were born, they are actually reading those imprints.

So now you have your name and the time you were born. The third item is your

### KEY POINTS

- The Earth shifts magnetic poles in a cycle of about every 500,000 years. While it is now overdue for that shift, the Earth will not shift poles, because the awakening of human beings all over the planet has changed the necessity for that shift.
- There is still a lot of work to do, and the Earth will go through magnetic fluctuations that may cause strange phenomena and be felt emotionally by sensitive humans. This decrease in magnetism is a contributing factor to the overall human enlightenment now taking place.
- “You will see the energy of home anchoring itself on Earth in a different form, because you are evolving during this process and your physical body is beginning the shift. This will open the door to using the new human templates that are now on Earth.”

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birth order within a family. This is a very important piece, as it plays into the family constellations and dynamics as the soul grows in the most formative years. Being an only child, or the eldest, youngest or middle child—even a surprise or twins and more—are all possibilities.

The fourth important item is the moment the soul will die. Since it is carrying magnetic imprints during life, it is helpful to leave them behind when the soul crosses over to return home. This can be easily done at specific windows of time that you set up prior to birth. When those windows come along, the soul has an opportunity to return home. Since the soul is on the planet of free choice, however, it may choose—in unison with all eleven dimensions—to stay. If the choice is made to stay, the human experiences what we call a “phantom death.” In that instant, the soul goes through a dark night and emerges reborn with a focused direction. [From Steve: This is a short version of an important subject. There is much that the group has written over the years about the phantom death; the book *Spiritual Psychology* includes the most complete discussion.]

### **TO ASK EXPRESSES LACK AND LIMITATION**

The purpose of speaking of these four items this day is to show you the importance of magnetism in your life. Of the four important items, two are about magnetism. You are living as magnetic beings; although you are not metallic in nature, you are electrical. Any time an electrical current flows, there coexists a matching magnetic field. In fact, they are one and the same. You are all magnetic, chemical beings. When you have a thought, a chemical is produced that helps the electrical charge to travel through parts of your brain. Because that is how you function, every time you have a thought, you change your chemistry and therefore your magnetic field ever so slightly. That subtle and as of yet immeasurable magnetic field that each of you have is directly connected to the universal energy upon which the universe sits. Every time you have a thought, you send a magnetic imprint to the universe. Activation of the pineal gland greatly amplifies this connection and all thoughts flowing through it.

The time lag used as a safeguard from random and potentially harmful thoughts is rapidly diminishing. The magnetic universe changes and shifts slightly when you have a thought, and it always returns your request with the same answer: “And so it is.” In this way, the universe is a mirror that reflects back harmonic magnetic patterns of thought. This is how you have manifested everything, including the universe. It can be said that this is done through harmonic magnetism. Harmonics reflect energy back in different patterns, and this is why most of the time creations sent out come back giving you what you wanted, but usually in a slightly different way.

Many humans are asking for things, saying they want more of this or that. Do you understand that asking for anything at all is actually a statement of lack to the universe? Be aware that when you ask for anything, you are literally expressing that you are limited. You are expressing lack. So what is the opposite of that? It is to find things to be grateful for. More

importantly, for all of those things, you want to give thanks and hold in your heart that you already have them. Move things forward on the timeline, and they will work.

This is the point at which we are going to tell you where this fits in even more than ever before. Because you are magnetic beings, you are creating and interacting with each other magnetically as well. This is what is happening when you see sparks fly between two people. It is magnetism that actually creates these connections; it is what you consider sparks and human magnetism that pulls people together. But it is much more than that. Not only does it magically pull lovers together, it also magically creates the space for contracts to be fulfilled and pulls spiritual families together. In fact, that is exactly how this message reached you. You have a magnetic connection to the Earth and all things connected to her. We are speaking to you on a much deeper level than simply what you can see or hear, and it is accomplished through that connection. This magnetic connection gives you the ability to play on an even playing field. Thus far, its use has been mostly unconscious or at least semiconscious, but it is one of your greatest assets and the base of your abilities of creation.

### **MAGNETICS IN MOTION**

Many of you are aware that the magnetic fields of planet Earth are in constant motion. It is very fortunate that you discovered much of the technology you use today for navigation years ago, which no longer relies on Earth’s magnetic fields. You have learned to bounce radio waves off satellites and triangulate your position—you call it GPS. The reality is that you have learned how to do things in a different way. Once again, humanity adapted at the perfect time, and the magnetics of planet Earth are about to go through a shift.

We have mentioned before that the Earth is not sick; she is pregnant. She is about to give birth, and just prior to that birth, there will be a lot of changes within the mother. Major energetic, emotional and physical changes must drastically alter a body in order to house this beautiful miracle called birth. Only 100 years ago, there was 10 percent more magnetism on this planet than there is now. The Earth’s gravitational and magnetic field has been slowly reducing over a period of time and drastically over the last 100 years; 10 percent of the magnetism that was pulling you is no longer there.

This change in the Earth has greatly aided in the human enlightenment process more than you know. Earth is a part of you and reacts to the universal energy field of the collective of humanity. This is the reason that so many people all over the planet are starting to wake up and say, “This was a wonderful game, but now what is the next step?” Humanity is starting to ask bigger, more important questions, and this began the next evolutionary step of humanity. People are just starting to accept truths and beginning to see more new possibilities than they ever have before, partly because they are not limited by the magnetism that held them firmly grounded up to this point. Even though humans resist letting go of polarization, those magnetic fields are also reducing.

This is also the reason we have said from the beginning of these communications that the universal energy supports blending and resists separation and that this would become stronger and more important as humanity evolved. Separatists and those ideals may leave barking loudly with a banner of fear, but leave they will. These ideals resulted from the heavy field of duality that was caused by the strong gravitational magnetic pull of Earth. It is time to empower all humans everywhere. The Earth has been freeing you to evolve, for it is the only way the new energy will support you.

At this point, it may be helpful to know that the strength does not lie in the numbers of humankind, but rather in the number of *unions* of humankind. This will be on all levels, personal and collective. For instance, the governments of Earth have only grown strong when they blended with others. This has occurred in the lower vibrations of humanity by overtaking them with force and later, as the collective vibration rose, through agreements and unions. Restrict or stop that blending action, and even the strongest economy will falter. Even those of you who take it upon yourselves to form unions and connections with like-minded people for personal growth or fun will still make great advances in the evolution, communication and education of all humanity. We have previously suggested the formation of empowerment groups. This is similar to planting the best seeds in the most fertile ground at exactly the perfect time of year.

### WAKING FROM THE DREAM

The magnetic fields of planet Earth have been shifting over a very long period of time, and during the last ten years, they have moved even more quickly. Approximately once every 500,000 years, the magnetics completely change from north to south. We have mentioned this before and have told you that it has happened five other times throughout the history of planet Earth. The signs of a pole shift are very simple yet specific. There is a weakening of the magnetic field of planet Earth that precedes each pole shift. Readings from the layers of Earth show a substantial weakening of the Earth's magnetic field just prior to a polar shift. This has been in preparation, for this was to be the end of planet Earth. Earth is far overdue for a pole shift, and all the signs are now appearing.

Let us explain. The game on planet Earth was originally scheduled to conclude between the years 2000 and 2012. It was going to take about twelve years to kill this beautiful planet of yours, but at the very last moments of the game, you shifted the outcome. You wiped the sleep from your eyes and began to ask why and how. You began to take responsibility for yourselves and thus drastically increased your power. Humanity began to move past the markers of the end times that were predicted by so many—the final marker being 2012. Very slowly at first but then more quickly, humans all over the world began to rub the sleep from their eyes and awaken from the dream. One magical morning, all humans will wake up and begin to see things from a higher perspective. It is magical to see that process unfolding on Earth right now.

## Sacred Seals Activation The Dance of the Goddess Retreat



***Reach the untapped power  
and wisdom that lies within.***

- **Activate your Sacred Seals and the power of transformation.**
- **You will be saturated with Divine Love.**
- **Like a mother the Divine Feminine Energy will constantly care for and nourish you.**
- **Empowers you and awakens new life within you.**

**The true source of transformation is found in the power of the Divine Feminine. This powerful source that lies within is often called Shakti. It is a force that ceaselessly manifests, creates, and heals you from inside out.**

*"What I learned was that this transforming energy raised the frequency of my vibration to a new level and acted to cleanse my cells of the old, dense, low vibrations. This is the process which we can achieve ascension of our physical bodies - and it was quite a heavenly experience."*

— Barbara, FL

### PLACES & DATES

San Francisco, April 16 – 18th

New York, May 1 – 3rd

Philadelphia, May 14 – 16th

Certification is available through this course.

FREE ebook *Feeding the Light Body* at

**www.VirginiaEllen.net**

email: [sacredheartyyoga@juno.com](mailto:sacredheartyyoga@juno.com)



In a near death experience Virginia Ellen came face to face with Master Yesuha (Jesus). During this life transforming experience Virginia was infused with the wisdom, power and truth of Divine Love. From that moment on she became a Bearer of Yeusha and Magdalena's message to humanity. She transmits a Sacred Code of Energy that imprints the Living Words of Truth into the soul, and cellular body. This energy and wisdom provide you with the way of becoming the Supreme Being that you incarnated to be.

So how is this taking place? The Earth is rapidly decreasing magnetically and gravitationally. However, you will not experience a pole shift, because at this stage, humanity no longer needs the strong pull back into density and heavy gravitational magnetic fields to evolve. In place of a rapid shift, there will be a slower and much more gradual leveling off, along with a slight return of some of Earth's magnetism. Earth's full magnetic fields will return over time, but humanity will have evolved, and the physical bodies will easily be able to transform these fields to create enlightened and empowered societies. This has been heralded as one of the greatest of advancements throughout the universe. Many adjustments are needed, and those are beginning now. During the time when the least amount of magnetism is on the planet, you have the greatest opportunities for individual growth in all areas. Consider it a launching ramp for the new humanity. The bottom of the magnetic field is roughly the three years before and after the year 2012.

The events that are now beginning were originally going to be the last piece that ended Earth. Earth was scheduled to go into a sixth and final pole reversal. All weather patterns would change, 95 percent of all life on planet Earth would disappear—either to be reborn at lower levels or to have turned into a planet very similar to Mars. None of these are going to take place because you have said, "I am awakening from the dream, and I am taking my power." We are so very proud of you. It was our greatest hope that even a glimmer of re-membrance would happen on planet Earth. We had to wait for eons before the sparks started to show up, but here you are, igniting all over the planet.

### **LIGHT GROUNDING**

Let us tell you something that is going to take place, because it might help when you hit this bottom point. The Earth herself will experience anomalies with the overall energetics and magnetism of planet Earth. What will happen is that where you have always had steady magnetic fields, you will now have fluctuating magnetic fields. This is part of what you are feeling. It is only a temporary situation and will probably last only a few years, but it will mess up a lot of your electronics on planet Earth until you learn how to ground your equipment in a different way. You will learn very quickly, for all humans adapt. That is what you do really well. Even though the magnetism will increase on Earth, the density will not return, because once you know something, you cannot consciously forget it. Once you are elevated from having this weak density and pull, you will never go back to density again. It is part of the human rewire now underway as your physical bodies are changing to hold more light.

Also watch the Sun as it plays out a new role. Originally, the Sun was scheduled to shift its poles simultaneously with Earth's. This would have given Earth the magnetic harmonic push needed to spin her poles and quickly shift completely to a new starting point. Without this cosmic assistance from the Sun, the Earth's shift could have taken too long and permanently disturbed its rotational patterns.

This magnetic harmonizing action is how these shifts have been accomplished in earlier times.

Now, even though the timeline has been pulled forward, the poles will not shift on Earth. The Sun, which was scheduled to shift its own magnetic poles in late 2012, is still close to being on its original schedule. Here is the Sun's new role: When the solar sun of Earth shifts magnetic poles this next time, it will coincide with the lowest point of magnetism on Earth. This is a magical time to be a human. Dear ones, you have earned what is about to happen. A miracle is at hand.

Dear ones, enjoy this ride. Yes, of course there is going to be change. Yes, of course you are going to feel strange, odd emotions. You may find yourself acting like a three-year old for no particular reason, and it is wonderful. All we ask is that you not judge yourselves. Know that it is happening to every person on the planet and that when you find yourself feeling emotional and afraid for no reason or having negative thoughts, it is simply that these twisted magnetic fields are not providing you with the comfortable base you had during the transition of this birth process. Stray negative thoughts create very little, but judging yourself for having them is very destructive.

### **IS IT A BOY OR GIRL?**

What is the mother birthing? That is a question for many. Does this mean there will be another Earth? No, she is birthing a new human—and here you are. She has been birthing a new human by reducing her magnetic field in a different manner than ever before. She is re-creating herself now to house the new humans, her children.

Here you sit, asking what you can do. You have been here over and over and over these lifetimes, trying to make your mark, trying to help humans. Sometimes you have been incredibly frustrated, living a life in which you had information that you could not share with other people. Here you are now, and they are starting to listen, and it is working. It is all coming together the way you dreamed from the very beginning, and now the magic is unfolding. You will see the energy of home anchoring itself on Earth in a different form, because you are evolving during this process and your physical body is beginning the shift. This will open the door to using the new human templates that are now on Earth.

We hope you have nothing more than a beautiful, human experience. When you arrive home, we hope you have marks and scars on your body and your soul where you have had beautiful human experiences. They will be worn as proud badges when you return home. Dear ones, we will greet you with open arms. You are our heroes. You are doing something that we have only dreamed could have been possible. Here you are, acting it out every single day, and we are so very proud of you. Even though we stop this message, we will never leave you. We are always here, and we are so very honored that you give us this chance to connect so directly. We ask you to treat each other with the greatest of respect. Nurture one another every chance you get. Re-member that it is a beautiful game, and play well together. Espavo. ✨

# What Does a Creator Do?

## Amma through Cathy Chapman

**D**ear ones, I am Amma the Divine Mother, and I am your mother. Today I am going to use what some call “tough love” in speaking with you. You have heard many times that you are powerful beings. You may not feel this in your persona or the name you call yourself now. You know, at least intellectually, that you are an aspect of the infinite known by some as God. Many are hoping that 2012 will bring you to full power. Many wait for December of 2012, believing that they will be in their power without having to do anything.

My dear precious ones, you made a choice to take on a finite body and experience limitations in too many ways to count. Each limitation was designed to have you forget who you truly are: love incarnate. Hidden within your body are energy structures that assist you in accessing so much of your hidden power. They allow you to manifest what you deeply desire, to access the truth, to communicate with those you love quickly and easily, to move from one dimension to another and more. The heart source is a powerful energy structure within you. When in your heart source, your hidden power is activated. The energy you bring in through your heart source activates the hidden energy structures of the Adam Kadmon that reside in your physical heart, your brain and throughout your body.

Ah, yes. Some are not familiar with the heart source. Very quickly now, enter the front of your heart center. Go deep within. Good. Now, keeping your energy in the front of the heart center, enter deeply into the back of your heart center. Go deeper. Yes, now, keeping your energy in the front and back of your heart, enter the front of your brow center. Go deeply within. Now enter into the back of your brow chakra.

You now have access to four different dimensions. Bring now a beam of energy from your heart center to your brow center. Good. Now move that beam of energy up to the center of the universe—no need to know where that is. Good. Now, keeping your connection above, bring the beam down to the center of the Earth. You are now receiv-

ing energy from above and below, and you are now in your heart source. Learn to live from this place. The more you increase your vibration with the connection of the heart and the brain, the more the energy structures hidden within you will be activated.

### ACCEPT THE PLAN AND MOVE FORWARD

Let me return to the concept of your desire as an infinite being to experience limitation. I have addressed the “whys” of this choice in other messages. Since I wish to take you through a powerful way of removing some of this limitation, I will not discuss this now.

What does a creator do when a creator wants to create? You think it’s a trick question. The answer is contained within the question three times: yes. When a creator wants to create, a creator creates. The idea comes, the image is formed, the energy is placed within the form and the creation is manifested.

What do you call a creator who makes all kinds of excuses for why he or she cannot create? No, the answer is not contained within this question. Think about it for a moment. What kind of individual says such things as these: “I can’t do that because my parents wouldn’t let me express myself. I won’t succeed because my boss doesn’t like me. I can’t do that because my body isn’t strong enough. I can’t learn that because I’m not intelligent enough. I’m just too tired to be able to move forward in my life.” Need I go on? What kind of individual uses excuses to explain why he or she can’t create? Yes, that’s right. A victim. You might say, “But my parents didn’t let me express myself.” My response, precious ones, would be, “Yes, that’s true. What does that have to do with what you can do now?”

There are reasons for why things are the way they are. Let’s turn one of the previous excuses into a reason: “I never learned to do that because my parents didn’t let me express myself.” First, notice the change in the wording. Instead of “can’t,” it is “never learned.” What can you do if you “never learned” something? Yes, it is self-evident. [Laughs.] You learn it. Ah, but then you come to the hard part, don’t you? Learning something as a child is very different from having to learn something you “should have” learned as a child—I put “should have” in quotes because if you “should

### KEY POINTS

- “Hidden within your body are energy structures that assist you in accessing so much of your hidden power.”
- “The belief of ‘power outside’ began in the womb. It was further imbedded within you every time you wanted something and didn’t receive it.”
- “As you heal and as you release low-vibration energies, the vibrations for everyone rise.”

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have,” you would have. As an adult, you have to overcome many limiting beliefs implanted within you as a child.

Yes, learning things as a child can be much easier than learning as an adult. However, your life plan—the plan that you, in your power, created before you were born—arranged things differently. You created a life plan in which you learn some things later in life. How your parents were, the way your body is, and so on, was your choice from your infinite wisdom as an infinite being before you entered limitation. Accept the plan and move forward. Learn how to move through those things you complain about. Find solutions to what you allow to hold you back. Using an analogy: If you can’t get in through the door, find a window.

What is your deepest desire right now? Now list all the excuses you give for not being able to create your desire. Next to each excuse, list a strategy for overcoming it. Now begin your strategies. The planning is that simple. Now you need to do it. As you work within your heart source, you will come to know within the depths of yourself that you have within you great power. You are not anyone’s victim. You are a being with tremendous power. If you feel you are a victim, that energy comes from within you. You have the power to change your relationship to the world from one of victimhood to one of power.

### RELEASE VICTIM CONSCIOUSNESS

Whenever you blame something outside of yourself for what has happened in your life, you are in victim mode. When in victim mode, you declare you have no power. If blaming is a consistent pattern of yours, then you have victim mentality embedded deep within you. But you can get rid of it! You cannot claim your power if you are in an “if only” mode. You cannot claim your power if you continually find excuses for what is not going right in your life. There are reasons why you feel restricted in some way. They are *only* reasons. Reasons can be resolved through problem solving. Excuses put you in the quagmire of immobility. That said, everyone has some victim consciousness hidden within them.

I am now going to take you step by step through a process to release victim consciousness from your energy. You will use everything I have been teaching you over these years. To prepare for your freedom from victim consciousness, think about the excuses that immobilize you. See those excuses as energies before you. Tell them, right now, they are no longer welcome. Following is an overview of the process you will be using. First, I will guide you through general encodement work to release victim consciousness. This prepares your energy system to do the deeper work within the chakras. Next, we will work with each chakra individually. The releasing will allow you to work with encodements at a deeper level. I will take you through the encodement process again. Sounds like a lot, doesn’t it? It is, and there is more we will do at another time. You may want to do this at a pace of one step per day. You have it in writing, so you can easily refer to it. Now that you have the overview, please do the following. Out loud, declare:

*“I call forth all victim consciousness within me.”  
[Give yourself a few moments.] “You are on notice. You  
will be totally and completely removed from me. I now  
command that any and all victim consciousness within  
me leave now.”*

This will release the energies that are floating around and are ready to leave. In the rest of the process, you will be digging out the victim consciousness that is embedded within you.

Call upon all those spiritual beings that assist you: your soul self, your body-soul, your encodement technicians, other angels and guides that you wish to work with you. Be sure you are in your heart source. Strengthen your heart source by spinning all chakras, front and back. Strengthen your heart hologram by Om-ing into it three or more times. If you are not aware of your heart hologram, just accept that you have one. Focus on your heart center and Om into it three or more times.

### THE POWER OUTSIDE

These practices will enable you to do this work on a deeper level than you would without them.

You will now work with your encodements. Simply make the requests I’ve listed for you.

- Ask that all artificial encodements holding in victim consciousness be removed.
- Ask that all damaged and altered natural encodements holding in victim consciousness be repaired.
- Ask that all artificial encodements holding in the energy of you believing others have more power than you be removed.
- Ask that all damaged and altered natural encodements holding in the energy of others having more power than you be repaired.
- Ask for the removal of any artificial encodements holding in the belief that there is power outside of you keeping you from your goals and dreams.
- Now ask for the repair of any damaged or altered natural encodements holding in the same belief.

The belief of “power outside” began in the womb. It was further imbedded within you every time you wanted something—your diaper changed, food, to be held—and didn’t receive it. Your entire life you have been told “no,” that there is power outside of you. Ask your encodement technicians to remove—as much as possible—the belief: “There is power outside of me that determines and fashions my life.” I’m sure you noticed the words “as much as possible.” The concept power outside is included in every human being to live the life of limitation. Remember, you are, in your essence, an infinite being. You are only playing the role of a limited being in this lifetime. For you to fully come into your power, the belief in power outside will need to be removed at the deepest cellular level. The illusion of power

outside is so firmly implanted that many emotions may arise to convince you that your actions to remove the belief are not correct.

### CREATE A NEW ENCODEMENT

I am giving you the most basic and cursory of information about this right now. For the next part, read the entire section before following it. I will tell you when you can implement the process. If at all possible, I want you to stand, feet firmly planted, for this next process.

Ask for assistance from your soul self and body-soul. Take extra time in strengthening your heart source too. Spin each of your chakras as quickly as possible. Tell your soul self and body-soul that you desire your vibration to rise to the highest level possible for you at this time. Continue spinning your chakras. Breathe deeply and fully, both inhaling and exhaling. When you feel you are ready, make the following declaration in a strong, no-nonsense voice:

*"I claim my full power as an infinite being within the womb of God." [Take some more deep breaths, spinning your chakras, then continue in a no-nonsense voice.]  
"Any energies that are within me or around me who attempt to tell me otherwise must leave now!"*

Continue breathing deeply, and focus on your heart hologram. Expand your heart hologram outward with the intention that any low-vibration energies be pushed out of your energy field. Again, in a no-nonsense voice, declare:

*"I am the infinite power and presence of God. I am love incarnate."*

Now allow your energy to return to normal, which will be a higher vibration than when you awakened this morning. Now do the above exercise. This is a wonderful exercise to repeat as often as possible. Each time you do this exercise, more deeply embedded limiting energies will leave. Your cells will vibrate more and more with the truth of who you truly are. You are now ready for more encodement work.

- Ask to remove artificial encodements anchoring in victim consciousness.
- Ask that all damaged and altered natural encodements holding in victim consciousness be removed.
- Ask for the removal of any artificial encodements holding in the belief there is power outside of you.
- Now ask for the repair of any damaged or altered natural encodements holding in the same belief.
- Ask that all encodements for the belief: "I am the infinite power and presence of God. I am love incarnate" be activated within you.

You will now begin removing victim consciousness from each chakra. Let's begin with the solar plexus—the third chakra. Set your intention to remove victim consciousness

from your solar plexus on as deep a level as possible. Request the following:

- "Please remove all artificial encodements of victim consciousness originating from religious influences."
- "Please repair all damaged and altered natural encodements holding in victim consciousness originating from religious influences."
- "Please fully activate or create within me all encodements for the belief, 'I am the infinite power and presence of God. I am love incarnate.'"

To keep our energy at a higher vibration, while in your heart source, spin your chakras. Om into your heart hologram while doing so. If you have trouble doing both, don't worry. Any new skill takes practice. Set your intention to remove victim consciousness from your solar plexus on as deep a level as possible. Continue the clearing by requesting the following:

- "I request all artificial encodements of victim consciousness originating from familial influences be removed."
- "Please repair all damaged and altered natural encodements holding in victim consciousness originating from familial influences."
- "I request all artificial encodements of victim consciousness originating from governmental structures and strictures be removed."
- "Please repair all damaged and altered natural encodements holding in victim consciousness originating from governmental structures and strictures."
- "I request all artificial encodements of victim consciousness originating from formal education be removed."
- "Please repair all damaged and altered natural encodements holding in victim consciousness originating from formal education."
- "I request all artificial encodements of victim consciousness originating from any remaining source be removed."
- "Please repair all damaged and altered natural encodements holding in victim consciousness originating from any remaining source."
- "Please fully activate or create within me all encodements for the belief, 'I am the infinite power and presence of God. I am love incarnate.'"

You will now be removing victim consciousness from your heart center (fourth chakra). Simply repeat the steps above. You will find it beneficial to first strengthen your heart source by spinning all chakras as quickly as possible for about a minute. Om into your heart hologram. Repeat the declarations you made above beginning with "I claim my full power . . ." Each time you make the above declarations, more energies will leave you. Every change you make in your chakras has an effect upon your entire energy field. In a sense, you are shaking loose the embedded energies.



Follow the outlined process for the other chakras in this order: sacral (second), throat (fifth), brow (sixth), root (first), crown (seventh). As you notice, the process is sim-

ple, even though there are many steps. I strongly suggest that you frequently strengthen your heart source by spinning your chakras as quickly as possible for about a minute or so. You are simply "sprinting" for a short time. In addition, continue to strengthen your heart hologram by chanting "Om" three or more times.

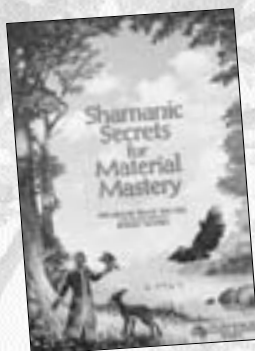
These practices will continue to raise your vibration. As your vibration rises, hidden energy structures within you will be activated. You will find yourself being more intuitive and more peaceful, and you will also discover that you are entering into the joy of who you are. I also encourage you to use the declaration: "I Am the infinite power and presence of God. I am love incarnate" when you are occupying your mind with trivialities that do not

raise your vibration. Repeat the clearing of victim consciousness several times. As I have said, by design this energy is deeply embedded within you. It is time to remove it. When you find yourself making excuses, stop. Excuses are nothing but an affirmation of victim consciousness. Repeat instead, "I am the infinite power and presence of God. I am love incarnate."

Thank you, my dear ones, for all you are doing to assist in raising the vibration of the planet and those around you. Everything that you do is preparing yourself and the world for 2012. Remember, as you heal and as you release low-vibration energies, the vibrations for everyone rise. I wrap you in love. I know who you are, as you are always in my heart. You are love incarnate. ✨

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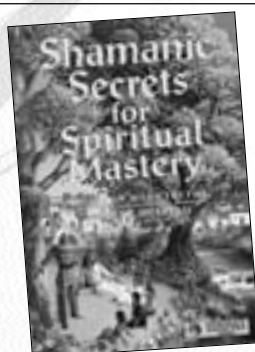
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# What Do You Seek?

Kuthumi through Lynette Leckie-Clark

In this, your year of joyful new beginnings, I, Kuthumi, ask you, “What do you seek?” What is it that will bring you stillness and inner peace? Much has been spoken of the energies of the physical heart and of the higher heart containing the diamond light—the sacred path to oneness. It is this area and the importance of cleansing this area that creates your future—indeed, your survival. So much knowledge and so many ancient secrets have been given to humankind in recent years to those who choose to listen and those who seek a higher understanding through knowledge.

For quite some time, many have looked for a state of peace outside of themselves. They have found none. Some have passed over still seeking, only to reincarnate and carry on their journey of searching. Many have returned to the planet to experience the great transition of vibrational energies of now—this year in particular, 2010. Each of you have created great experience over many, many lifetimes. And in each lifetime, you learned a little more, ever progressing forward to light.

Some great souls incarnated to show a new way forward for humankind. They carried higher wisdom with them and showed others a new way of being. Most of those souls were killed in violent manners because of humanity’s fear and lack of understanding. However, the seeds of knowledge they were able to scatter were not lost entirely. Some souls remembered and began to awaken to the ancient truths, yet they dared not speak of their awakening and knowledge to others. The soul recorded it all—remembered it all. Today the timelines are available to you; the veil between the worlds has gone. Yes, now it has gone. The access to the timelines would be extremely difficult if the veil was still in place. Now all are able to access their past experiences and present and future possible events. You now feel the instant recognition of another soul you have known in another time frame and place.

There are many of us here who have shared our knowledge through various channels such as this one to prepare you, to give you understanding and to release your fear through that understanding. Events have moved quickly on the planet. You say your time is speeding up. Progress is becoming faster. So much knowledge is now available.

## KEY POINTS

- “Today the timelines are available to you; the veil between the worlds has gone.”
- “A great choice is before you now, for you must decide whether you will open to higher knowledge and whether you will answer the call of your soul.”

Many souls are able to assist in this process through availability of service. Now you are being guided to transcend your past and to transcend the lower emotions of anger, hatred, jealousy and ridicule. You are now asked to ignite that which has lain dormant in many of you: your diamond light. Feel it, acknowledge its existence and history, and allow it to grow and expand.

## THOUGHTS AND WORDS CREATE

Some still fear. They fear being hurt, unprotected and vulnerable. I say to you that this can only be created if you give it energy, even if that energy is great fear. For as you fear—as you think in that fear—you create a scenario in the etheric field around you. Further, as your fear grows, you feed the fear even more, and so you will draw the experience to you, and the very experience that you have told yourself repeatedly you do not want will come to you. Why? Because you created it. How? By thinking of it and feeling the scenario over and over again out of fear.

Thoughts are power. Words are power. They lead to creation—creation of a scenario in your mind. Do you see? It is important that you understand the process, for only in the understanding can you create awareness and experience change. In times past, it may have taken you ten or twenty lifetimes to recognize this, to learn, to understand. Now that the veil is gone, we are able to guide you, to teach you, to show you—those who are willing to listen and learn.

In this year, great change is upon you. A great choice is before you now, for you must decide whether you will open to higher knowledge and whether you will answer the call of your soul. Will you seek to understand that which you cannot physically see, that which can only be felt and heard on a higher level? My friend, choose carefully. For what you choose now in your year of 2010 will decide your future purpose also. It is a great decision. For some it is a natural flow, a natural step. Others are not sure. To you I say, “Simply be still; be quiet. Sit a while and feel the peace within you growing.” That, my friend, is your soul. In that moment of pure peace, you feel your soul filled with light. I ask you again, “What do you seek?” \*

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# Neutralizing Memory: Belief or Perception?

## The New Ascended Masters through Maurene Watson

**T**oday we discuss how conscious-choice mastery is replacing your old universe. At this time, you guide all humanity in accessing its new individual program choices for the thirteenth star-gate-continuum membrane, or entrance into the bubble universe—the eternal genesis universe you are now entering. As masters of new conscious information systems, you are the lovers and distributors of the new practical imagination of eclectic: music, supertechnologies, redistribution of light-wealth and hyperspace body memory. In your incubation pods, you have been traveling back and forth in the continuum of the multiverse, bringing back all the new information systems required to administer to each group ascending or even those choosing to stay in the lessons of the old universe.

This travel takes your body back and forth from the center of your galaxy's blue (conscious) creation chamber as you create and distribute this new information to humanity, and all the while creating what you want as a master of matter by bringing more and more of your continuum awareness back into your reality. This telelocation allows your pod body to feel new qualities of emotions never felt, use imagination to produce a thought thing, see photons, create movie and music sounds as color holography, or to "video" your own neural flashes—growth of new neurons and DNA—inside your own halo deck. And in the midst of all this happening, this telelocation allows you to neutralize all old universal memory systems for yourself and humanity.

### ANYONE CAN ASK FOR ASSISTANCE

This superbioconscious awareness is also the progenitor of new tech communications that no longer rely on old electrical energy and produce a new industry of free-fusion energy that will sustain and employ precipitation to every-

#### KEY POINTS

- Telelocation allows your pod body to feel new qualities of emotions never felt before now.
- "Your solar flare cycles will help you stabilize the polar axis of your Sun and Earth through feeding, aligning or frying your old-body cells and communication systems."
- "Old global or personal controls will no longer function, because humanity now knows it can never negotiate its love, its heart or its spirit away again!"

one on the planet. This, along with global debt forgiveness, allows everyone to share in the bounty of this new-energy economy where lack becomes outdated. Your planet will return to its own natural magnetism to steward her beloved humanities that are hosting here from all the universes. Imagine lighting up a city with a little magnetic field chip computer in the middle of the desert or in an ice storm!

By April of 2010, all of humanity will have direct neural body-gate access to the information that you brought in of its very own soul and all its own surrogate or conscious body memories. This offers the full healing of all fragmentation, or soul shattering, in your old universe and the heart switch to be turned on in the continuum of the new bubble universes. From then on, whatever is the belief in the heart is what the body entity will experience instantly. This puts humanity into a new service, or grace industry, of compassion.

Anyone or any group can ask for assistance at any time and receive it from both the physical and the nonphysical worlds. The very request, though an aware choice, will neutralize anywhere enslavement of any kind that has been hidden or masked. Each will receive according to what will balance the personal or collective soul of the future past tenses. Whatever old memories humanity has stuffed in their bodies and their land masses will beckon release, conscious change or neutralization to balance any remaining past racial, cultural, geopolitical, economic or DNA memories. All of humanity is now called into action to directly help in the immediate traumas or to create dramatic solutions as it creates a new alignment with all your source-ascending suns.

In your old universe, parallel past/future selves experienced much fracturing in time-space and became unconscious memories. Your new multiverse is a conscious surrogate universe, where all memories merge in the continuum pod. Therein, your experience of your physical hyperspace is accepting the cosmic ray power and loving all the way through the continuum of Gaia's plasma core multidiamond-pod frequencies throughout all the ascending universes. This is power sourcing in your hyperspace brain gates and throughout your new-body communication sys-

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tems and leaves no time or space surrogate communication outside your pod. Your multitime fields require that your new magnetic contact eye lenses laser dance through new innovative sound, music and biolight-spectrum pod technologies. Your global multimedia applies your telepathy so that you can teleconnect to change any outcome by personal and collective choices. Indeed, you can still neutralize your weather, poverty and your dinosaur weaponry.

In this multiuniversal telepathy, you can fight self, fight against life and fight your spirit, or you can choose to create without judgment, criticism or opinion exciting higher-electron volts/votes, neutralizing enslaved love. Addictive, hurtful, angry, mental or controlling choices are your old emotional qualities that worked your desires in all your parallel bodies in the old universe. New awareness chases no desires but becomes them. Can you focus thoughts that send all of humanity what it needs in food, water and sustenance—and the love it needs—remaining harmless in your cosmic selves? This ray gives you an invisible cloaking device that kicks light beams to wrap around the meta-gravity materials of the superconscious elements of the love memory of your telekinetic, teleconducting, telepathic, teleportive, telepod circuitry and teleorganic abilities with all life.

### **YOU ARE USING WORMHOLES TO REARRANGE YOUR UNIVERSE**

If you have no old universal needs, wants or desires that are incomplete from the 3D or 4D old worlds, then you can know your purpose is to hold new consciousness and continue to open and distribute the information systems in your own new-star biomanual, and you can share and initiate new systems communications and creations that travel across the planet instantly. This entails opening your pods of integrated surrogate bodies into the hyperspace continuum. Such has been demonstrated in your movie *Avatar*; the merging of human with spirit's first pod of new multi-information systems. Here your star materials—or meta-cell materials of gold, silver, platinum and plasma water—kick light beams and wrap light's neural network around you like a cloaking device, so you can disappear from time-space and create inside your own frequency reality. Even now your body's muscle and tension systems are doing their rewiring to accommodate this fluidity.

Your meteorite metals and gravity have shown your science how this works. You are already rearranging your universe through the use of conscious wormholes, which can be dissolved easily in higher dimensions. Beyond the alternate bubble universes is the eternal genesis folded up in exotic new particles. This is possible because all the trillions of neurons in your body have been mapped to the immortal microtubule electrodes in all your brain gates. By the time you reach your Milk Way equator, you will be experiencing photons at seven million times the output of your Sun or biotraveling at least 3,500 times the mass energy of a single photon. The learning machine of your brain acts through the heart's contact

lens to disappear or reappear through conscious wormholes. Up until now, your math has only tracked stable numbers for eleventh-dimensional hyperspace, but unstable math formulas can now calculate in superposition formulas throughout the continuum. Your secret space and lower-density cyber programs will be limited to these old formulas and unable to access travel to your new universes.

Your solar flare cycles will help you stabilize the polar axis of your Sun and Earth through feeding, aligning or frying your old-body cells and communication systems, depending on the frequencies in your land and in your bodies. The galactic lenses of solar magnetism will again be as the nutrients of all life. In 1859 during the Carrington Effect,<sup>1</sup> before you had satellites and power stations, your Sun had a temper tantrum that almost shut off all your planetary electricity. Had you been aligned with galactic center, you would have had a planetary blackout.

Now your planetary consciousness has called forth the galactic and universal surrogates to match the healing you have done for all the universes. You seem only as a type I primitive civilization and have yet to evolve to a type II civilization, where you use all your solar power for the greater good. Type III and type IV have continuum galactic and universal contact and power sources. But since you are hosting all four types of civilization surrogate races as the resolution for all ascending universes, your understanding of cosmic physics and math technology will compute visible solutions to redistribute your wealth and resources. With the DNA memories of multiple universes triggered in your movie technologies and your medical and biomagnetic imaging, you will soon catch up to the memory of precipitation for all humanity.

### **HUMANITY IS ONE RACE NOW**

Even your seemingly invisible cyberwars have served to create false galactic wormholes, such that the memory of your nuclear winter destruction of four of your solar planets can be matched by the new consciousness of your 2010 world climate conference in Oslo. In your world, at that conference, a military missile will seem suspended in time, and on the other side will be the visitors from your new conscious galaxy. What a wonderful wormhole exchange of new information consciousness for old universal memory. These neutralization choices spawn the memory that humanity comes from the stars and is one race now! This also explains why all your education systems will replace most of your major commerce as New Earth school children learn about the true history of the cosmos, and the basic cosmology of matter physics is properly taught in all your schools. Along with this will be an understanding of body physics and the neural map circuits, or brain gates, unique to the genius of each student.

In your old universe, the mother/father parent universes, or what you call twin flames, created each other at the same time and from the same love to serve different functions. Both chose to experience each other's expression through the DNA gene of compassion as well as the RNA gene of formed light in time. Indeed the myth that their love was

broken or separate goes forth no more! Although it gave the illusion of playing in separation, in truth, they are the same being essence and were never apart except to create more inside love's relationship. In closing your universal past memory systems, the heart's creation source point merges into the return to your eternal genesis continuum in your master-pod, neural-gate information for all of the conscious ascending universes. We reiterate that this is a surrogate experiential, experimental and entertaining ascending universe no longer woven by belief but by perception. This is perception awareness of each unique truth by frequency access savored in essence love, where the all memory of all life was stored in the crystal water cell.

The cosmic creator body has married the mother/father orb-star suns to create new omnicosmic families with frewill mastery. In your bubble universes, you can create or discover different universes with differing laws of physics to experience. In your old universe, when you were first establishing your source point with free will, some of your gods traded off their divine essences to explore other experiences. Some of your old gods fell in love and incested their own creations or hybridized them, bringing their own demise by stealing their love, thereby trading essence love for twisting and eating fear into the DNA. Some old gods made slaves of your creations to worship, which are now your religions, governments and corporations.

Some old gods played with your creations like toys, giving you all forms of creative arts and you're Hollywood. Some gods traded their creations in for solid manifestations, such as money and objects of a golden calf. Some gods tried to split the spiritual family marriages by setting the mother god against the father god in order to either stop or control the separation, ending in continual battles of dark against light. And many more gods remained neutral and did not create universal distortions at all, but they restored their information in ascension, helping to correct all these misunderstandings of free will in your source points back to essence love.

### CHOICES ARE SIMPLE NOW

New perception awareness neutralizes old beliefs in joyful entertainment as you marry your spirit into your own reality body. Your version of heaven, nirvana or your own fulfilling dream on New Earth will be unique to each, and you won't participate in another's reality unless you choose to, for old consensus reality collapses into choices of benevolence to all. Choices are simple now. Just ask where self can't be loved—where all of you can't be in the dream of a new conscious universe? Ask yourself as your own spirit: What is the experience of my belief? Can I neutralize it into a higher perception? That's all! The rest is held in your love. So what part of you is still waiting and held in rejection memory of not being your own god? Everything will be the experience of the perceptual awarenesses held in your tender heart within new feeling qualities.

All reality is woven together by agreed-on perceptual energy fields, and in the unweave is the revelation of it; the

truth of why you created whatever belief you created in the beginning of misunderstood love. No more illusions, my creators, of accepting another's belief of reality and finding fault with the self! No more trapped creations and no more holding the heart on lockdown. You have pretended to be away from true self long enough. Your essence never left you and has always been pure in a heart that creates, plays, expresses and chooses its own passion path! This also was supposed to be a part of being a humanoid spirit all along, because each of you now accepts the mantle of power of your own memory that love is simply a choice action, which the old masters called the sword of the blue lightning of divine love in a compassionate, self-loving action. In its truth, negative effects are dissolved or neutralized.

As you merge into your new pods with all surrogate memory connections, you accept your new DNA exotic-particle emotion strip with its magnetic high-speed photon transport within your own energy-body realities. Final global agendas dissolve away and neutralize as they reflect the love tradeoff in the chess game of what governments will reveal that they are hiding their own magnetic-strip propulsion systems that provide free proton-antiproton energies for your solar system to take it into galactic power sources. Who will find, share and transmute new elements and probe microbes in the galaxy for control of new resources? Who will light up experimental plasma lights in the sky and seek gravity bubbles for the seduction or sharing of cybercontrol with invisible weapons or soldiers at the expense or regeneration of the planet's firmament?

Old global or personal controls will no longer function, because humanity now knows it can never negotiate its love, its heart or its spirit away again! If love does not command creations, then they will not be self-sustaining. It is your conscious love choices that are neutralizing all that interferes with the divine plan for freedom for all. Cosmos continuum is working perfectly according to Gaia's and each soul's choice, frequency and ultimate agreement in love. So we remind your master bodies that the virtual particles beyond your twelve decimal digits in your universe fold up till cosmic-flame plasma is smaller than an atom in your brain. Your zero-point, free-fusion energy is most effected by electromagnetic and gravity-antigravity flux fields of solar events that can destabilize or turn on the spirit brain's thoughts and emotions, regenerate or short circuit the DNA. New universal DNA for recolonization, propogation and regeneration will continue in your ascending universes.

Enjoy the creation of all your new multi-Earth systems as you accept your new pods and their transport fields, knowing that everything is returning to the love that created it! There are a billion parentless children all over the planet, waiting for your guidance, ambassadorship, protection and preparation to help bring you through their golden age! ☀

1. Trudy E. Bell & Tony Phillips. May 6, 2008. A Super Solar Flare. [Science//science.nasa.gov/headlines/y2008/06may\\_carringtonflare.htm](http://science.nasa.gov/headlines/y2008/06may_carringtonflare.htm)



# PREDICTIONS

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

## Reestablish Your Goals Now

Stephanie Clement

**A**strology sometimes provides a glimpse of a powerful karmic moment in time. Because we each have our individual karmas to tend to, we rarely get to share such an event with everyone we know. Each person will have his or her own take on this month's events and conditions, and everyone has the potential to experience life-changing awareness now.

### ALCHEMICAL CHANGES IN THE MATERIAL AND SPIRITUAL PLANES

During the entire month of April, Saturn retrogrades to form a quincunx aspect with Chiron. The basic concept is this: There is an unavoidable need to ground alchemical changes in the material plane. Saturn, the lord of time and karma, indicates how and when we can work skillfully to achieve success. Saturn pinpoints the way each of us masters the realm of matter and form. In contrast, Chiron reveals how we access subtler realms to define and refine our spiritual connection to the universe. Chiron forms the bridge between the world of matter and the world beyond. It reveals transpersonal connections for each living being.

Because Chiron has an elliptical orbit, its rate of speed through the zodiac varies. Similar to Pluto's irregular orbit, Chiron aspects to your chart could occur much earlier or later than for people a few years older or younger than yourself. When Chiron aligns with the north node, as it does this month in a quincunx aspect, there is a universal call to adjust or adapt our beliefs.

Retrograde Saturn is backtracking, reviewing recent moments in our lives and allowing each of us to revisit decisions. As Saturn approaches the exact quincunx to Chiron on April 12, the light of inspiration and realization brightens. Not only that, but we each see practical ways to apply inspiration and learning through practical adjustments to our thinking and actions. The potential for benefit is enormous!

Chiron is depicted as the wounded warrior, wounded healer, or both. How often do we find that

we are able to help others best in the precise arenas where we have suffered injury, illness or emotional stress? When we learn from those experiences, we can then truly understand the plight of others. Because we get to review with Saturn retrograde right now, we also all have the chance to consolidate past experiences into a store of valuable understanding and support for others. Compassion arises fluidly when we pay attention to our immediate experience.

During April, there is also a meteor shower in the constellation of Lyra. The maximum activity is around April 12 to 22. Vega, one of the brightest stars in our sky, is in this constellation. This year, the north node conjuncts Vega at the same time. This blue-tinged star burns extremely hot and bright. Known alternately as the Judge of Heaven or the Messenger of Light, Vega acts as a beacon for hope, success and idealism.

What can we expect from the Vega-north node conjunction? The winning formula of Vega, the north node and the meteor shower suggests that we all will be infused with some degree of joy and contentment during April. We will experience an easing of stress. Vega is a star associated with chrysolite, also known as peridot. The properties of this stone include emotional healing and cleansing. This stone is useful for clearing energies if you are a healer, and it can help restore emotional balance. This compound naturally purifies carbon dioxide from the air.

The Sun sextiles Chiron only minutes before Chiron enters Pisces and the Sun enters Taurus on April 20, emphasizing the dynamic, grounded potential for Chiron's healing message. The Vega meteor shower conjuncts the north node at the same time, reinforcing the effect. Pluto retrogrades on April 6 and Mercury retrogrades on April 18. We can use this time to rethink decisions if we need to; we can reinforce our resolve, refuel emotional and physical power and redirect our lives in the most fruitful direction possible. This all adds up to a win-win in two or three areas of each person's life!

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ASTROLOGY FOR SOUL EVOLUTION



## TRANSFORMATION AND TRADITION IN THE FIRST WEEK OF APRIL

Talented leadership can produce dynamic results for everyone this week. Power builds on mental and spiritual planes, boosting humanity out of the recent cycle of limitation and struggle. To make the most of this creative moment, the world turns its gaze from direct conflict with government or authority toward options for the regeneration of social structures. This is the week to make new connections or to reconnect with people and activities where effective partnering is the key to success.

Saturn retrogrades into Virgo on April 7. This allows for a revisit of recent activities to evaluate them logically and in detail. From Saturn's perspective, the first ten days of April focus on the practical factors involved in transformation. In fact, you may take a long look at traditions of your family and culture and possibly explore another culture to identify other traditional activities and opinions that affect you every day.

## ADAPTATION AND ATTRACTION IN THE SECOND WEEK OF APRIL

This week, a dynamic planetary pattern offers a picture of determined, diligent work in the direction of inner spiritual development. Sunday begins with the desire—or possibly deep-seated need—to respond to influences from outside the normal sphere of consciousness. Along with this need, we may feel a global optimism associated with the resurrection and fertility rites of world religions associated with spring.

Venus travels through the middle of her sign Taurus this week, reflecting a magnetic attraction among people and also an attraction to the planet itself. Because the capacity to adapt is strong this week, you may perceive a not so subtle movement toward genuine understanding and love among diverse groups who seldom come to agreement on significant issues. The change may be attributed to a spiritual link that develops only after living with others and breathing the same air for a period of time. In addition, newly formed associations begin with a spiritual or psychic basis for agreement.

## Daily Aspects — April 2010

**April 1** Venus quincunx Saturn, Mercury sextile Neptune, Moon quincunx Sun, Moon sextile north node, Moon trine Jupiter, Mercury sextile Chiron

**April 2** Moon trine Uranus, Moon square Neptune, Moon void of course, Moon square Chiron, Moon enters Sagittarius, Moon quincunx Mercury, Moon sextile Saturn, Mercury quincunx Saturn, Moon quincunx Venus, Moon trine Mars

**April 3** Moon semisextile Pluto, Venus square Mars, Moon trine Sun, Moon semisextile north node

**April 4** Moon square Jupiter, Moon square Uranus, Moon sextile Neptune, Moon void of course, Moon sextile Chiron

**April 5** Moon enters Capricorn, Moon square Saturn, Venus trine Pluto, Mercury square Mars, Moon quincunx Mars, Moon trine Mercury, Moon conjunct Pluto, Moon trine Venus

**April 6** Moon square Sun, Moon conjunct north node, Mercury trine Pluto, Sun square north node, Moon sextile Jupiter, Pluto stationary retrograde

**April 7** Moon void of course, Moon sextile Uranus, Moon semisextile Neptune, Moon semisextile Chiron, Moon enters Aquarius, Moon trine Saturn, Moon opposition Mars, Moon semisextile Pluto

**April 8** Moon square Mercury, Moon square Venus, Moon semisextile north node

**April 9** Sun semisextile Jupiter, Moon semisextile Jupiter, Moon sextile Sun, Moon semisextile Uranus, Moon void of course, Moon conjunct Neptune

**April 10** Moon conjunct Chiron, Moon quincunx Saturn, Moon enters Pisces, Moon quincunx Mars, Moon sextile Pluto, Moon sextile Mercury

**April 11** Mars quincunx Pluto, Moon sextile Venus, Moon sextile north node, Moon conjunct Jupiter, Moon semisextile Sun

**April 12** Moon conjunct Uranus, Moon semisextile Neptune, Moon semisextile Chiron, Moon void of course, Moon opposition Saturn, Moon enters Aries, Saturn quincunx Chiron

**April 13** Moon square Pluto, Moon trine Mars, Uranus semisextile Neptune, Moon semisextile Mercury, Moon semisextile Venus, Moon square north node, Venus trine north node

**April 14** Moon semisextile Jupiter, Moon conjunct Sun, Moon sextile Neptune, Moon void of course, Moon semisextile Uranus, Moon quincunx Saturn, Moon sextile Chiron, Moon enters Taurus

**April 15** Moon trine Pluto, Moon square Mars, Moon conjunct Mercury

**April 16** Moon trine north node, Moon conjunct Venus, Moon sextile Jupiter

**April 17** Moon semisextile Sun, Moon square Neptune, Moon sextile Uranus, Moon trine Saturn, Moon void of course, Moon square Chiron, Moon enters Gemini, Moon quincunx Pluto, Moon sextile Mars, Venus sextile Jupiter

**April 18** Mercury stationary retrograde, Moon semisextile Mercury, Sun sextile Neptune, Moon quincunx north node, Sun semisextile Uranus, Moon square Jupiter, Moon semisextile Venus

**April 19** Moon trine Neptune, Moon square Uranus, Sun quincunx Saturn, Moon square Saturn, Moon sextile Sun, Moon void of course, Moon trine Chiron, Moon enters Cancer, Moon opposition Pluto

**April 20** Moon semisextile Mars, Sun sextile Chiron, Sun enters Taurus, Moon sextile Mercury, Moon opposition north node

**April 21** Moon trine Jupiter, Moon sextile Venus, Moon quincunx Neptune, Moon trine Uranus, Moon void of course, Moon sextile Saturn, Moon enters Leo, Moon quincunx Chiron, Moon square Sun

**April 22** Moon quincunx Pluto, Moon conjunct Mars, Moon square Mercury, Moon quincunx north node

**April 23** Moon quincunx Jupiter, Moon square Venus, Moon void of course, Moon opposition Neptune, Moon quincunx Uranus, Moon semisextile Saturn, Moon enters Virgo, Moon opposition Chiron, Venus square Neptune

**April 24** Moon trine Sun, Venus sextile Uranus, Moon trine Pluto, Venus trine Saturn, Moon semisextile Mars, Moon trine Mercury, Moon trine north node

**April 25** Moon opposition Jupiter, Venus square Chiron, Mercury square Mars, Sun trine Pluto, Moon quincunx Neptune, Moon opposition Uranus, Moon void of course, Moon conjunct Saturn, Moon enters Libra, Moon quincunx Chiron, Moon trine Venus

**April 26** Moon square Pluto, Moon quincunx Sun, Moon quincunx Mercury, Moon sextile Mars, Moon square north node, Saturn opposition Uranus

**April 27** Moon quincunx Jupiter, Moon void of course, Moon trine Neptune, Moon semisextile Saturn, Moon quincunx Uranus, Moon enters Scorpio, Moon trine Chiron

**April 28** Moon quincunx Venus, Moon sextile Pluto, Moon opposition Sun, Moon opposition Mercury, Mercury conjunct Sun, Moon square Mars

**April 29** Moon sextile north node, Venus quincunx Pluto, Moon trine Jupiter, Moon square Neptune

**April 30** Moon sextile Saturn, Moon void of course, Moon trine Uranus, Moon enters Sagittarius, Moon square Chiron, Moon semisextile Pluto, Moon opposition Venus, Moon quincunx Mercury, Mercury semisextile Venus, Moon quincunx Sun

## EXPANSION AND ENERGY IN THE THIRD WEEK OF APRIL

From April 18 forward, life demands adaptability. With Saturn quincunx Uranus on Sunday, we gain intuitive insight into how to maintain flexible attitudes. There is a wild streak of emotional energy now that dictates our expansive direction. Life feels like a shifting wave, yet we grasp insights to support our independent actions. Personal values contribute peace and love to our relationships in a larger measure now.

We find it easier to assimilate information from numerous sources, possibly because of the inward flow of intuitive perceptions. This week there is a groundswell of energy to support the development of inner wisdom and consistent pursuit of our aspirations. We now break old, outworn habits in favor of fresh attitudes toward partners and associates who share intimate knowledge and concentrated intelligence with us.

### INTUITION AND INDEPENDENCE IN THE FOURTH WEEK OF APRIL

The last few days of April find retrograde Saturn exactly opposite Uranus in the heavens. Throughout the week, we

get intuitive flashes concerning the powerful balance between factual knowledge of cooperative means and the power inherent in independent thought and action. These seemingly opposite drives merge through the auspices of Neptune and Chiron to shine a light on the healing properties found in intimate relationships between individuals. Emotional openness now allows us to reach out joyfully as relationships reveal new paths and new hope. The intermittent flashes of insight serve to confirm decisions, track our steps along the soul's path and generally brighten each moment.

April as a whole offers enriching insights and an optimistic lift out of mundane worries. If we embrace the inevitable changes, we find spiritual talents merging with our mental abilities and emotional desires to form formidable, unified wisdom. Underlying and supporting all our actions is a keynote of courage, reflected in the Mercury square Mars aspect sustained throughout the month, due to Mercury's retrograde on April 18. Mars' fiery Leo zeal challenges Mercury's Taurian logic—and patience! Mercury retrograde joins Saturn to suggest intelligent decisions based on experience as well as intuitive insight.

## Weekly Forecasts for April



**April 1–7:** The dynamic flow of Mars in Leo energy carries you through the first part of April, using your creativity and talents in multiple situations. Inspiration may come from children or through sports activities you enjoy. Self-awareness increases as you direct your will toward career and social activities. Expect to gain recognition for whatever you do now. If you allow the dictatorial methods of Saturn square Pluto in your interpersonal relations, you may encounter immense resistance. This is the time to manifest your will and power as consciously as possible, and then you find that others naturally fall into step with you. Older individuals join you as equal partners and contribute intelligence and reliable work to the mix.

**April 8–14:** Tightly wound around issues at work or in group activities, you begin the week trying to sort out how to use your power most effectively. Adjusting to the demands of both your own dreams and other people's wishes can seem impossible. On April 13, when Uranus exactly semisextiles Neptune in each other's signs, you understand the supportive nature of alliances you have formed within a group of healers or other associates. Your moods give way to agreement concerning subtleties, and optimism increases.

**April 15–21:** On Sunday, a yod forms among Saturn, the Sun and Chiron/Neptune, pulling your attention toward finalizing projects at work and preparing for partnership activities. This day is well-suited for rest and contemplation. You may not feel up to vigorous physical activity in any case, so time spent alone or at least in a quiet space allows you to mentally sort through options and make decisions. When the Sun enters Taurus and Chiron enters Pisces on April 20, your attention shifts toward effective, practical healing action. You experience a deepening of sensitivity to healing energy currents, combined with a steady emotional presence.

**April 22–30:** Chiron has entered your Twelfth House, setting the tone for the next eight years. The calling to learn healing methods is powerful. For you, a potential focus lies in the use of contemplative practice to instill peace deep within yourself. You might also find that your intuitive insight increases dramatically during the coming years. With the Sun trining Pluto in your Tenth House on Sunday, will becomes a natural pathway to increasing self-esteem. You understand your own power and its practical application to career or social demands.



**April 1–7:** This is the time to pull out all your best manners and proper behavior. With Mercury and Venus active in your First House, you naturally perceive what each person needs, and your talent for entertaining comes to the fore. In the meantime, you direct personal energy into enterprising projects with self-confidence and enthusiasm. Seeking success, you also avoid the egocentric pitfalls it can bring. Use the logic of Saturn in Libra as your principle tool in the work environment. Intuition increases, but just now activities run more smoothly when you can explain your reasoning to others succinctly. Keep your mystical thoughts and aspirations to yourself this week.

**April 8–14:** Creativity depends upon your capacity to draw upon personal power to get the actual work underway. You may stress about how to utilize your mystical or spiritual senses to enhance artistic efforts. Dealing with children can be stressful on Sunday. As you move through the week, social events provide respite from intense mental and emotional tension. Especially on Tuesday, a break from your routine is most welcome. You discover that you have more support from associates than you thought. By week's end, fast-moving Chiron, Pluto's moon, mirrors the conditions that got you motivated in the first place. Now you see ways to move ahead more freely.

## APRIL ASTROLOGICAL REPORT

**April 15–21:** As the Sun enters your sign, leave behind any obsessive thoughts about your creative work and enter production mode. This week you can make huge strides on projects that have been blocked in the recent past. Details fall into place more readily. Your energy responds to direction from your will without interference from associates—especially when you state your objectives out loud. Revise plans on Sunday so that you get a jump on the week. Contact group members to communicate your needs and desires. That way, they'll at least know what's on your mind. Let them tackle their own to-do list while you attend to yours. There will be time later to review and make any necessary adjustments.

**April 22–30:** When retrograde Mercury and the Sun conjunct in your First House on April 28, your imagination takes center stage in any group activities. Devote yourself to mending fences and helping others to heal physical or emotional injuries. Common sense forms the basis for good decisions all week. On April 26, Saturn opposes Uranus. You gain deeper awareness of creative potential now as you interact with others. Your influence increases now, because you combine practical reasoning with intriguing suggestions gained through intuitive insight.



**April 1–7:** Movement is essential to your well-being at all times, and especially so at this time, with a star pattern of planets that allows planetary energy to flow through you. Creative writing or the working of logical puzzles can occupy the conscious mind while you also work on less conscious ideas. Messages from teachers or other sources reveal your soul connection to mystical concepts. Now you can gain awareness through inspired channels if you relax and allow your mind to open. As Saturn retreats to your Fourth House, you may gain realizations concerning the planet or universe as a unified organism. For example, lying on the ground at night, you may suddenly feel the rotation of the planet or feel its living energy more poignantly. Or you may gain profound insight into the power of a teaching you previously only grasped logically.

**April 8–14:** Early on Sunday, Pluto's moon Charon forms a mystic rectangle with Uranus, Neptune and Saturn to impress upon you the necessity of resolving a core belief you have held for many years. Charon makes a full circuit of the chart, offering you multiple perspectives concerning service to others and the harmony you seek in your life. With Uranus and Neptune both at zero degrees of latitude, you find that extrasensory perception is heightened in regard to transcendent values and how they may be allied with career activities in a more direct way. You may experience amplification of your abilities, or you may decide to consult with a teacher or other psychic resource.

**April 15–21:** When the Sun joins Mercury and Venus in your Twelfth House, take time to consider practical matters in private. Share thoughts with family members before you make any public announcements. Celebrate only when you are sure of any news coming your way. Changes are not secret, and everyone in your household benefits from an attitude of diligence and care. They say that discretion is the better part of valor. With Saturn in your Fourth House, courage to keep a lid on your good fortune this week can allow you to develop a plan without interference.

**April 22–30:** Chiron's eight-year passage through Pisces in your Tenth House begins an odyssey of exploration of healing powers that you can develop for use in career or interpersonal relationships. Spiritual or mystical interests grow as you consider healing techniques and study their application. This week, you benefit from listening—to your own heart first, and then to privately communicated messages from other sources. The Sun-Mercury conjunction in your Twelfth House highlights a somewhat subjective outlook.



**April 1–7:** Early this week, you feel that power is in the hands of others. However, as the days progress, you sense the flow of energy through your body and mind and realize that the power is yours to direct. Communication with others flows more easily as you direct your will to practical matters. Later, Saturn's revisit of Virgo reflects your efforts to take household matters in hand and fill your space with more harmonious energy. With Mars in Leo in your Second House, self-esteem increases as you enthusiastically meet life with an expectant attitude. Devote yourself to projects that need to reach resolution. Partners may recommend adjustments that bring the loose ends into a seamless package. With Saturn at the base of your chart, core beliefs yield to logical consideration.

**April 8–14:** This week, you retrace steps of an educational or communication process from recent weeks. Saturn retrograde aspects Pluto's moon Charon to reveal an opportunity to evaluate decisions, revise written work or clean up loose ends regarding services performed for or by you. Some adjustments aid a healing process, possibly for someone who resides in another state or country. You reach a spiritual plateau on Sunday and set a new goal. Jupiter in your Ninth House provides a one-pointed focus for intelligent action using the simplest of means. Any scientific interest moves forward easily because of keen intuitive insight. Review progress on Saturday, when Charon completes its full circle of the chart.

**April 15–21:** Uranus' moon Miranda joins Saturn on Sunday to highlight newly arisen understanding of a core belief you have held for a long time. The shift in your attitude may seem sudden, but the change has been coming for a long time. Now it is supported by psychic or intuitive insights concerning independent action involving finding a teacher or traveling to a sacred location. On Monday, the Moon enters the first quadrant of your chart and traces a distinctly personal path of exploration and action. When it reaches the degree of the nodes on April 20, your emotional and spiritual connection to others, especially females, is amplified. You'll base interpersonal decision on emotions that day and possibly for the rest of the week.

**April 22–30:** Use the interplay of Pluto with the Sun and Mercury in Taurus to formulate plans for group participation. You have speaking skills that you can put to good use this week to encourage associates and convince them to follow your suggestions. Make common sense the theme of these conversations. If you have wanted to take up the study of a healing method, Chiron's entry into your Ninth House provides an extended period when such studies can bear rich fruit. Expect to gather increased intuitive or psychic sensitivity as you study the practical nuts and bolts of any subject.



**April 1–7:** With Mars in your sign, you can bundle your energy and use it skillfully to do almost anything. This is a good time to collect ideas from a wide variety of sources. You have the will and the desire to make sense of diverse elements. With Mercury and Venus in your Tenth House, your social skills are right on in every situation. Neptune and Chiron join with Mercury and Venus to focus your mind into Third-House communication concerning health, healing and skillful use of the concrete knowledge you have accumulated in the recent past. As Saturn moves back into Virgo, you get a chance to complete a process begun several months ago—possibly a service activity that has now run its course.

**April 8–14:** A somewhat materialistic view related to Jupiter in your Eighth House is balanced now with a powerful desire to enhance associations with people who have clear objectives and the means to achieve them. Tackle social activities this week by adopting the dress code and acting the part. With Mercury and Venus in Taurus, you can establish a comfortable connection with art and artists, writers or a more intimate partner. By Wednesday, you find that social efforts correspond to inner dialogue concerning your intuition or psychic vision. With Neptune and Uranus in exact aspect, you align conscious thought with senses that spring from deep within your being. By Saturday you come to understand the unusual resources at your disposal every day of your life.

**April 15–21:** With the Sun entering your Tenth House the same day Chiron enters your Eighth, opportunities in the social and career environments take on greater importance. Maintain alert attention to grasp whatever chances present themselves for you to impart a healing touch to others while also choosing the work you truly want to accomplish now. Mercury in Taurus retrogrades toward a square to Mars, emphasizing the energetic interactions with others that drive all practical efforts this week. Moderate your tone to avoid outright arguments. Firm adherence to your plan still allows some flexibility. Intuition arises to guide your speech.

**April 22–30:** The Sun-Mercury conjunction in your Tenth House while Mercury is retrograde reflects the potential for increasing your visibility through skillful speech. Although you take a subjective view for the most part, you need not indulge personal desires. Maintain conscious focus when engaging with other people this week. If you find yourself yearning for vacation travel, this is a good time to plan a trip for the near future. Set aside funds for this purpose or order tickets. If travel does not appeal to you, the same energy proves useful in learning about any topic that interests you.



**April 1–7:** Listen to your inner voice. This month it may come through most vividly in dreams that fire your enthusiasm to tackle new projects and responsibilities, or it may come through as a heart song of power to wield your talents in a new way. Another possibility involves direct verbal messages from characters in your dream dramas. Whichever sort of message you perceive, you can now move forward to make dreams into reality. Travel could take place on the spiritual planes, or you could take a trip to a distant site to replenish reserves of love and

appreciation for the beauty around you. Artistic ability allows you to bring logical ideas into actual objects and activities. As you do this, others begin to recognize your deep understanding of the cycle of life after life. You may find creative ways to teach difficult principles and concepts now.

**April 8–14:** You begin the week with a powerful impulse to action. Pluto's moon Charon connects with Saturn, Neptune, Chiron and Uranus to give you a hefty psychic and physical shove into the spotlight. Prepare yourself for a flexible tuning of your abilities to meet a demand for clarity. Healing occurs even when you make only slight adjustments in your diet or exercise activities. A partner or associate provides a balance point between your personal creative processes and suggestions coming from distant sources. Both require attention, yet you find that the distant voice blends easily with your immediate goals and desires.

**April 15–21:** Allow yourself this week to address personal issues and work through them. Others make demands, but Saturn retrograding in your First House indicates a desire if not a need to rely on intellect. Formulate a plan that develops slowly but surely, allowing you the chance to gain as much experience as possible as you move forward. On Sunday Venus trines Miranda, Uranus' companion moon, suggesting the possibility of hearing from a person whose friendship you value highly. By Friday, you have a date to reconnect and possibly breathe new life into a relationship that has dimmed over time. Take advantage of this moment!

**April 22–30:** Venus travels through your Tenth House this week, focusing attention on career and public activities. This could put a strain on your private romantic life, given that Venus quincunxes Pluto. This week, though, your sense of karmic connection with a partner deepens, so make time for personal involvements. Chiron enters your Seventh House, reinforcing partnership demands. You have plenty of time—eight years!—to enhance the healing dynamics of close relationships. Your responses become far more sensitive now.



**April 1–7:** You may experience a period of delay now. As Saturn retrogrades into Virgo, you reassess your goals. Don't give up your dream! Revisions may make your plan even stronger.

Reach out to groups or individuals who share common beliefs and dreams. All your efforts come back to you in the form of logical ideas and reliable methods. Improve techniques at the foundation of your work. Deepen intuitive channels using the dynamic energy of Mars trine Uranus. Above all, listen to the subconscious stirrings of your own soul. Revise any attitude that sells you short.

**April 8–14:** Pluto and his moon Charon begin the week with a harmonic chord that stimulates your curiosity about work and career. You have the power to lift yourself to a higher level where transformation becomes much easier. Self-awareness adds another keynote. Wisdom guides your acts of generosity now. Jupiter in your Sixth House is a central figure in a dance between intense feelings of magnetic attraction and the desire to participate in innovative activities with a group or agency. Because these two tendencies support each other easily, the work environment benefits.



## APRIL ASTROLOGICAL REPORT

**April 15–21:** With Saturn retrograding in your Twelfth House, you are entering a three-month period of introspection and re-evaluation. The difficult tasks you undertake during this time probably won't earn recognition, at least partly because you perform your work in seclusion. Be prepared to wait for proper recognition. Consolidate your work and bolster your information base for the future.

**April 22–30:** You begin the week with a keen appreciation for your accomplishments and for what lies ahead. As Chiron enters your Sixth House, you begin a healing journey that could change your understanding of service to others. With Saturn opposite Uranus, you are not quite finished with some old business, but you see how to reach a conclusion. Use any message reflected in the Sun-Mercury conjunction in your Eighth House to push you toward the transformative energy that now enters your consciousness.



**April 1–7:** With Pluto in your Third House, everyone around you senses the gathering of will and power within you now. No longer willing to drift, you steer your own craft with determination, and others move out of your path if they are wise. Despite the strength of your convictions, you have a pleasant way of delivering your message. Dreams empower your thinking. Allow your inspiration to develop now by testing its rational facets and strengthening weaker concepts. Mars in Leo in your Tenth House helps you to present your thoughts enthusiastically. Others respond positively to your joy and energy.

**April 8–14:** Charon, Pluto's companion moon, forms a mystic rectangle in the heavens with Saturn, Neptune, Chiron and Uranus on Sunday, prompting you to settle into the relative comfort of your home to work on creating intuitive or psychic clarity for yourself. Find time each day to set your mental balance. Then logical, intelligent action adapts to shifting group dynamics. You may have to deal with the needs of children, or you may find that your own inner child speaks up and demands that you change your course. Either way, by the end of the week when Charon has made its full circuit of the chart, you will have lots of fresh ideas to brighten up your soul.

**April 15–21:** Saturn retrogrades into your Eleventh House now. You can fulfill responsibilities to a group of people or take on a task of more universal proportions. You have active intuition to guide your steps with Uranus opposite Saturn. Even tiny inroads eventually crack a problem open to reveal its solution. Chiron enters your Fifth House on April 20, issuing in a period filled with confidence in your own healing talents. You may work with children this week. Later, you join an elderly person whose insights could rock your world.

**April 22–30:** The week begins on track with the clear, persuasive power that is part of your Scorpio legacy. The Sun trines Pluto to reinforce what you have gained from working with close associates to build practical communication or teaching styles. It may seem that you take a giant leap forward suddenly, yet you know you have worked toward your goals for quite some time and are now reaping the rewards of that effort. As Saturn opposes Uranus in your Fifth House, use your intuition to enhance each of your creative talents. Nothing seems impossible now.



**April 1–7:** Pluto in your Second House trines Mercury and Venus now, providing smoother communication that convinces associates to follow your lead. Use this power skillfully at work and in group

activities. Pluto quintiles Jupiter in your Fourth House, suggesting a redefinition of how you organize your life and your home. Mars in your Ninth House suggests possible new studies or travel plans to visit an inspirational locale. Be sure to allow time each day for intuition to guide your steps. The bottom line is that circumstances are right for you to gain from Saturn's emphasis on meticulous care and correctness.

**April 8–14:** Just as the moon Charon acts as Pluto's companion, it also provides you with keen insight into your personal power and will. On Sunday, you sense the need to adapt, a reflection of the mystic rectangle Charon forms. Saturn retrograde participates in the pattern by offering intelligent possibilities at each turn. By midweek, your subtle senses tune in and you adapt easily. Uranus and Neptune, both at zero latitude, dose the environment with psychic and intuitive data. Errands flow seamlessly this week.

**April 15–21:** Nearing completion of a significant era, this week you may want to take time to mend any little tears in the fabric of your work. Communicate your feelings, including possible sadness, to associates. By Saturday, you have learned at least one way to relax your mind and let intuition take over. Social rituals aid in times of transition, and Chiron entering Libra on April 20 reflects the power of words now. Once you turn your attention in a new direction, all your creative powers come into play. Because Uranus has not quite reached your Fifth House, for the next several weeks you have to dig deep into your being to identify skillful means. Rely on subtle impressions to guide you just now.

**April 22–30:** As Chiron enters your Fourth House for an eight-year visit, probe deeply into your body and mind to discover refreshing and healing patterns. You have the capacity to deliver concentrated, logical truths to whomever you encounter this week. Let ambition drive you, but try not to take every detail too seriously. When the Sun and Mercury conjunct on April 28, you may hear about appealing practical changes in your work. Try to listen more and talk less. Save your voice for later.



**April 1–7:** Mercury and Venus enter your Fifth House and complete a pattern of creative inspiration with Saturn and the Neptune-Chiron pairing in Aquarius. As you allow your verbal communication freer rein, you find that logic is close behind, informing your self-awareness as each conversation moves forward. Your words naturally carry healing power now. As Mars approaches a quincunx to retrograde Pluto in your First House, you may feel a huge burst of power, alternating with moments of exhaustion. Your destiny is completely in your own hands. Avoid casual mistakes and injuries.

**April 8–14:** With Charon in your Ninth House on Sunday, you probably feel wanderlust in your bones! If you can adjust schedules, you might just find yourself on a plane or train to some unique locale. If you remain at home, share with close associates who may have greater skill than you. Learn from

them! Charon is a fast-moving beacon that shines on every area of your life each week. This week, you stand to learn something that supports your transcendent values directly and work, household chores and even social interactions indirectly.

**April 15–21:** A pattern involving Saturn, Neptune and the Sun boosts awareness of feelings that come from your subconscious. Mystical ideas respond now to practical action. You learn more about yourself each day as you accept guidance directly from the soul. When the Sun enters your Fifth House on April 20, you find yourself ready to take creative control of practical matters. In fact, you listen to your heart with one ear while attending to the day's business with the other. Choose music to lift your mood and inspire right action.

**April 22–30:** Organized action carries you forward this week toward the Sun-Mercury conjunction on April 28 in your Fifth House. Create the proper setting and mood for any important conversations, especially where any creative offer is extended to you. Proper social rituals go a long way to solidifying agreement and cost you little in time or effort. You sense the impending emergence of new ideas as Uranus opposes Saturn. Rethink your ideals and address any inconsistencies while Saturn is retrograde. That way, you will move forward confidently—perhaps even joyfully.



**April 1–7:** In your dream life, you level the playing field so easily! With Mars quincunx to Pluto from your Seventh House, you now take that dream experience into the material world and establish equal footing between you and an enthusiastic partner. Both parties share an intuitive connection brought to life when you get together. With Mercury and Venus in your Fourth House, this is a time for you to firm up your beliefs and share them with family in a private setting. If you have been rethinking basic values, tell others. Persuade yourself first, and you will be all the more convincing.

**April 8–14:** On Sunday the Moon joins Jupiter and the Uranus in your Second House. You may feel that the emphasis is on money and how to deal with it. Direct your attention instead to the balance between private or secret relationships on one hand and family matters on the other. You need both to be truly happy. Jupiter quintiles your Twelfth-House Pluto, suggesting creative possibilities to use your talents wisely. Bring emotional enthusiasm, not force, to the forefront. Optimism arises with each tiny step of progress. By week's end, you reap the benefit of focused, determined efforts.

**April 15–21:** Personal healing leads to greater self-esteem this week. As Chiron enters Pisces, sensitivity shifts from personal focus to your environment and the people in it. This week it seems you hear messages from great distances, unaided by the telephone. Verify your extrasensory experiences to confirm your psychic talent. The Sun enters your Fourth House, revealing tasks that will make your home function more effec-

tively. With Mercury and Venus also in this house, you may find ways to beautify your surroundings and eliminate clutter.

**April 22–30:** The Sun and Mercury meet in your Fourth House now. Each day this week, you have the chance to complete practical tasks and clear the deck for future activities. On Sunday, Saturn's companion moon Titan opposes the Sun and Mercury, indicating the seriousness of the moment. Spiritual rebirth may occur as you complete a phase of your life and look forward. Allow the enthusiasm of others to fire up your courage. They challenge you to accept change as gracefully as possible and to step boldly into the next phase of your life.



**April 1–7:** With Saturn in Libra, you logically understand that transformation is possible. When Saturn retrogrades into Virgo, you wonder if you have jumped the gun. Can change happen now? Yes, if you address details that don't quite suit your future plans and resolve them. With Saturn retrograde, review recent choices one more time. Take advantage of the current planetary focus on self-awareness. Creative communication enhances this trend. Adjust your thoughts by considering Neptune's mystical healing methods and your own intuition about what is fundamentally right and good.

**April 8–14:** With Charon, Pluto's companion moon entering your Seventh House on Sunday, forge a new partnership or strengthen one you already have. Charon quincunxes Uranus, indicating that solutions to any problem may be found through intuitive insights. Neptune in your Twelfth suggests that these new ideas may come from dreams. As you get closer to this partner, the two of you remain independent, yet you also take pleasure in attending group gatherings together. Mercury and Venus trining the north node suggest you may develop a taste for a new style of art.

**April 15–21:** As Chiron enters your First House and approaches the sextile to Pluto, you sense an upwelling of healing potential in your life. Focus first on yourself and instill healing actions in your daily pattern. By the first of May, you will gain clarity about the needs of others and enter a cycle of regeneration. With both Sun and Mercury in Taurus in your Third House, this week you settle into a comfortable style of interaction with others—not a rut, exactly, but more of a niche within your personality that reflects internally grounded peace.

**April 22–30:** Chiron enters your First House this week to begin an eight-year stay. If you choose, you can move into a leadership role to aid others in opening to their own spiritual consciousness, just as you do yourself during this time. With the Sun trining Pluto from your Third House, you find unique ways to unblock the flow of the physical and other energies, allowing spirit to manifest more fully. Take the first step toward the future by tying up loose ends of education or communication that may have dragged on for some time. Choose your words carefully to achieve maximum satisfaction for all concerned. ✨

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# Making Changes to Demonstrate the Truth

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.

**A**pril (25/7) gives you a month to be reflective and reassess where you are and how far you've come. It brings you strong intuitive energies to help you move your mental energies into a place of positive force for your creation. Listen to your inner guidance, and you will be given direction for forward movement in your life. Your foundation is the truth. As you practice listening to your intuition, you will find information coming to the surface that will bring light, reality and clarity to your situations. Your goal is to remain flexible, resourceful and adaptable to make whatever changes are necessary to demonstrate the truth.

## APRIL 1 TO APRIL 3, 2010 (81/9)

You begin this quarter of harvesting your rewards with the higher energies of organization at a practical level. Remember that no matter what you build, without structure you have wasted energy. You have the ability to regenerate yourself and others, which puts you in a position of leadership for human-

ity. This pushes you to work from a spiritual motivation and direction in order to reach your vast storehouse of wisdom beneath the surface that needs to be directed and channeled for the good of humankind.

You start this period with a day of easy flowing external energies, which will have a lot of spontaneity, showing you details of your material affairs that may require action in order to reap the harvest of those experiences. Then you have a day to share your understandings in order to reap the rewards of deeper understanding of your relationships—if you maintain harmony and peace in the process.

The period ends with energies to assist you to balance the manifestation of who you are at your highest level of wisdom and truth. The goal is to use your talents, power and independence for the universal good of humankind—one human at a time, if necessary.

## APRIL 4 TO APRIL 10, 2010 (26/8)

Eight symbolizes form that is solidified in matter, the energy of the universal law of truth, cause and effect. Although this week will have easy-flowing external energies, you will have opportunities to address the greatness of Source on the material plane. Address issues that spontaneously arise with balance, organization and wisdom, and you will reap the harvest of abundance that is under this influence.

You start the week with master messenger energies that may require you to take more responsibility and exert more effort to stay connected to your higher guidance for direction. Yet these energies promise great rewards as you heed the spiritual messages everywhere that are designed to bring balance into your affairs. You then have a day of celebratory energies that may feel restless, so stay connected to your intuition, and you'll find great peace and direction through the joy of celebration. On Tuesday you have energies of the master spiritual builder on the material plane arise within you to assist you to think in terms that will benefit humanity and to find practical ways to manifest those concepts within your physical life.

You then move into a day that helps you to experience change easily, seeing it as an adventure rather than something to fear. A day of increased sensitivity to what "lies beneath" comes with opportunities and experiences to examine the foundations of your process of being the master spiritual builder for all of humanity. Friday is a day to withdraw and use your strong intuitive abilities to get centered, visualize what you desire and, if necessary, reconstruct your mental energies to support those desires.

You end the week with the energies of the week surfacing

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to increase and remind you of the need to center and discern what actions to take in order to reap the harvest of your work. The goal for the week is to find the place of balance within your responsibilities, to serve and balance in using your power and authority in the flow, and to give and receive to bring unity and organization to what you are manifesting.

### **APRIL 11 TO APRIL 17, 2010 (21/3)**

This energy is largely concerned with friendship and loyalty. The opportunities and experiences will be directed toward learning about loyalty and what true friendship, not acquaintanceship, is all about. One of the lessons of loyalty is learning not to waste your energy fighting things that cannot be changed—including people. When you understand that loyalty to self is the important point, you begin to more easily grasp the concept of universal brotherhood. This concept is changing the old order and is based in loyalty to self, which brings peace and creative energies to be used for the greater good.

You start this week of friendships and loyalty with opportunities to share your accomplishments with others and to learn how to maintain harmony and peace in those interactions as you observe them to determine what friendship means to you. With this knowledge, you move to a day that supports your attempts to crystallize and clarify your desires, using the power of your imagination to manifest them into your life by relying on your intuitive wisdom and your strong sense of justice and balance in all things.

Now you have a day that strengthens your connection to your inner knowing. It requires more responsibility and effort, but it promises great rewards if you listen to your higher guidance and remain sensitive to all the messages that come to you today. You then get a day of celebration energies that can feel restless if you lose sight of the fact that you're celebrating the creation of who you are in totality, so stay aware of that connection to the rest of you as you move through this day that can bring great joy, harmony and peace.

A day to bring forth the forces of your mind and to realize the value of system and order, affecting anything you build, is brought to you, giving you heightened intuitive abilities to walk through any challenges that are presented from the old ways of doing things. As these are cleared, your sense of adventure in the changes is heightened, so seek out new thoughts, feelings and events to enjoy that adventure.

You end the week with energies of increased sensitivity to what lies beneath in order to check your inner foundations and ensure that they are firm before you move on in the flow. Your goal for this week is to achieve inner peace and know the creativity that stems from that place of peace.

### **APRIL 18 TO APRIL 24, 2010 (25/7)**

This week brings you a great deal of spiritual wisdom and heightens your psychic abilities. The purpose of this is to enhance your ability to know the reality of life and

to welcome change, allowing you to become that pioneering spirit that seeks knowledge. Opportunities will arise to assist you to balance this wisdom and adventurous quest with the material world so that you can overcome any obstacles you may meet.

The week starts with a day that intensifies these energies, enabling you to really get what this is about and see the information coming to the surface as something to assist you in bringing light, reality and clarification to all situations. You are then presented with a day of balanced external energies that will help you to focus on any material details of your life that arise, using the underlying master healer-teacher energies to accept the responsibility and to bring them to truth and balance with love and compassion. This will allow you to use your courage and faith in your higher forces that all is in its right order.

This brings you a day to interact and share as you complete things and prepare to move forward, so maintain harmony and peace within as you move through this process. Now it's time to clarify and crystallize your desires for the next step, always remembering the wisdom that justice (not judgment) needs to be a fundamental part of everything you build. You now have opportunities to emphasize the spiritual side of life as revelations, insights and messages come to you to bring balance into your affairs, so to benefit from this, keep all aspects of yourself in balance.

Stay in that point of balance as you are given the energies of celebration and creation, which can feel restless but also bring great joy, harmony and peace along with direction at this time. This prepares you to end the week by opening your mind to news of the new order, empowering you as a forerunner for better conditions based on system and organization. Your goal for the week is to be independent, accept your intuition and blend the scientific knowledge into the spiritual.

### **APRIL 25 TO APRIL 30, 2010 (18/9)**

You end the month with the energies of universal love and brotherhood unfolding. Be aware of new insights and visions that are being formed in your mind, and take these to the highest source for the universal good of all humanity. Allow these insights to germinate, and use your power and authority to bring these concepts into the new project ahead, making sure you have completed the necessary requirements. This can be an intense emotional energy, giving intense feelings and vivid imagination that you will be required to keep in balance in order to influence the lives you touch.

You start with restless energies that must be used constructively and put into action with patience, persistence and determination as you use your own approach to accomplish the task. A day of increased sensitivity follows so that you can check your foundations and your progress thus far. This brings you to a day of increased energies of the month as you use your strong intuitive energies to further reconstruct your mental energy into a positive force, so listen to your inner



voice for direction while you do this. A day of spontaneity comes to you, allowing you to examine and investigate what is brought to your attention and to discern what action, if any, is required for further movement. Then you have a day to share your accomplishments and to gain deeper understanding of where you (as well as others) are in your process, so maintain harmony and peace, and all will be uplifted by the underlying master messenger energies of spirit.

## DAILY ASPECTS:

# A Time to Reconnect

**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.*

**M**ercury will turn retrograde between April 17 and May 11 from 12°37' till 2°41' Taurus. We could become quite concerned with financial matters and more aware than ever of the importance of simplifying our lives. We are likely to go back to the land and reconnect with nature. This is a great time period in which to take care of our physical needs, nurture ourselves and focus on the sensuality of being blessed with a body. We are also closer to our emotions and more in tune with our true inner and outer resources.

Saturn continues to be retrograde this whole month between 0°30' Libra and 28°36' Virgo. These degrees are respectively symbolized in the Sabian symbols by "a butterfly preserved and made perfect with a dart through it," "having an urgent task to complete, a man doesn't look to any distractions," and "a man

You end the month with the energies to clarify and crystallize your desires, using the power of your imagination to mold that into your life expression. You are supported by the master architect energies of manifesting the higher spiritual energies into the material world as you prepare for May, a month of manifestation of your creation. Your goal is to fully understand universal love and brotherhood and be the responsible leader who shows others the flow of giving and receiving. ✨

gaining secret knowledge from an ancient scroll he's reading." We are reaching profound mastery of ourselves by tapping into parallel lifetimes and focusing our energies on enlightenment. If we are to embody perfection in the little time left before 12-21-2012, it is essential that our priorities are focused on achieving our highest, divine reality.

Pluto turns retrograde on Tuesday, April 6 at 5°25' Capricorn and will remain so until September 13. The image associated with this degree is "ten logs lie under an archway leading to darker woods." On the path to enlightenment, as society and the Earth shift to the next dimension, we could encounter some very dark forces that test our resolve and psychic strength. There is a saying stating that "night is always the darkest before dawn." We need to exercise compassion, love and forgiveness as we keep our souls' eyes focused on the divine in ourselves and all beings.

## MOON MESSAGES

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

- Friday, April 2 between 5:54 AM and 9:52 AM when the Moon enters Sagittarius
- Sunday, April 4 between 1:58 PM and 6:07 PM when the Moon enters Capricorn
- Wednesday, April 7 between 1:18 AM and 5:51 AM when the Moon enters Aquarius
- Friday, April 9 between 2:45 PM and 6:48 PM when the Moon enters Pisces
- Monday, April 12 between 5:51 AM and 6:31 AM when the Moon enters Aries
- Wednesday, April 14 between 12:23 PM and 3:55 PM when the Moon enters Taurus
- Friday, April 16 between 9:57 PM and 11:08 PM when the Moon enters Gemini
- Monday, April 19 between 3:21 AM and 4:39 AM when the Moon enters Cancer
- Wednesday, April 21 between 7:07 AM and 8:42 AM when the Moon enters Leo
- Friday, April 23 between 8:35 AM and 11:24 AM when the Moon enters Virgo



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- Sunday, April 25 between 11:20 AM and 1:16 PM when the Moon enters Libra
- Tuesday, April 27 between 12:45 PM and 3:28 PM when the Moon enters Scorpio
- Thursday, April 29 between 5:39 PM and 7:36 PM when the Moon enters Sagittarius

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

### SCHEDULING ACTIVITIES BASED ON THE ZODIACAL POSITION OF THE MOON

- ☾ Moon in Scorpio until Friday, April 2 at 9:51 AM and between Tuesday, April 27 at 3:28 PM and Thursday, April 29 at 7:35 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, April 2 at 9:52 AM and Sunday, April 4 at 6:06 PM and between Thursday, April 29 at 7:36 PM and Tuesday, May 2 at 2:59 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 Sunday, April 4 at 6:07 PM and Wednesday, April 7 at 5:50 AM

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, April 7 at 5:51 AM and Friday, April 9 at 6:47 PM

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

- ☾ Moon in Pisces between Friday, April 9 at 6:48 PM and Monday, April 12 at 6:30 AM

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 for connecting with the mystical, the magic and the oneness of All That Is.

- ☾ Moon in Aries between Monday, April 12 at 6:31 AM and Wednesday, April 14 at 3:54 PM

This time span is perfect for intense physical activities—anything requiring forceful, direct action and self-assertion. It is also good for leadership, spontaneity, goodwill, being a way-shower, initiating new projects or taking our car to the mechanic.

- ☾ Moon in Taurus between Wednesday, April 14 at 3:55 PM and Friday, April 16 at 11:07 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 Friday, April 16 at 11:08 PM and Monday, April 19 at 4:38 AM

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, April 19 at 4:39 AM and Wednesday, April 21 at 8:41 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 Wednesday, April 21 at 8:42 AM and Friday, April 23 at 11:23 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 Friday, April 23 at 11:24 AM and Sunday, April 25 at 1:15 PM

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

- ☾ Moon in Libra between Sunday, April 25 at 1:16 PM and Tuesday, April 27 at 3:37 PM

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.

### INTENTIONAL MEDITATION

On Wednesday, April 14 take out the papers charged on March 29. Write one intention per sheet, making sure it is positive and concise. Place your papers out to be activated by the new moon in Aries at exactly 5:29 AM. 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 Wednesday, April 28. Take as many blank sheets as you will have intentions and place them out on a balcony, near a window or in a garden to be charged by the full moon in Scorpio at 5:18 AM. Once that exact moment has passed, gather your sheets and place them in a folder until the next new moon on May 13.

## A WEEK OF PATIENCE AND PRACTICALITY

**Friday, April 2:** Mercury enters Taurus (6:06 AM until May 9). During the next month, our thinking becomes more grounded and factual. We may be slower in processing information, exert more patience and be calmer than usual. Our practicality and focus enable us to accomplish what needs to be done.

**Saturday, April 3:** Venus square Mars (4:25 AM). An intimate relationship may require readjustments. Difficulties could occur in business partnerships as well as around money shared with another. Emotional and/or financial extravagance should be curbed today.

## A WEEK OF EMOTIONS, EMPOWERMENT AND EXUBERANCE

**Sunday, April 4:** Venus trine Pluto (8:11 PM), and Mercury square Mars (9:17 PM). We could feel very empowered and make strong financial decisions that prove most beneficial. This is a great day for a passionate date, either with an existing partner or someone new. We keenly understand the depth of our emotional links. What is expressed verbally today is quite direct. We should be careful when driving, as impulsive thoughts and actions could be the cause of accidents.

**Tuesday, April 6:** Mercury trine Pluto (3:46 AM) and Pluto turns retrograde (7:33 PM). We are able to X-ray situations and people. We seek a depth of communication that leads to self-transformation. There is a need to probe the mysteries of life. We could be attracted by metaphysical studies and scientific research. Regarding the meaning of Pluto turning retrograde, kindly refer to the opening paragraph.

**Wednesday, April 7:** Saturn enters Virgo (11:55 AM until July 21). During the next four months, our concerns turn to ecology and green living. We could become very focused on recycling, acquiring practical knowledge on sustainability and understanding how small pets help us heal our lives.

**Saturday, April 17:** Venus sextile Jupiter (1:43 PM), and Mercury turns retrograde (9:06 PM). A great day for socializing. We feel exuberant and dream big dreams. Our faith in life and enthusiasm could make us overspend, overeat and generally do everything in excess today. This is a day of great happiness and careless behavior that frees us from our normal routines. As Mercury turns retrograde (kindly refer to the opening paragraph), we should be aware of miscommunications and know that things could get lost today.

## A WEEK OF RELATIONSHIPS, ROMANCE AND REALISM

**Sunday, April 18:** Sun sextile Neptune (1:17 AM). We are likely to meet people who inspire us today and with whom we feel a strong soul connection. Today is a great day for medi-

tation, channeling, healing and artistic work. We could feel particularly sensitive to vibrations and attuned to children.

**Monday, April 19:** Sun enters Taurus (9:30 PM until May 20). During the next month, life takes a slower, more leisurely pace. We want to smell the roses and enjoy the beauty of life. It's a great time for restoring our bodies through massage, rest, meditation, gardening or walking in the countryside.

**Friday, April 23:** Venus square Neptune (12:55 PM), and Venus sextile Uranus (7:07 PM). We seek a deep soul connection and the discovery of ourselves through an intimate love relationship. We could meet someone unusual who brings much excitement into our lives while freeing us from our past. An existing relationship could undergo sudden changes, enabling a whole redefinition of our link with our beloveds. Financial matters approached with the utmost integrity lead to unexpected material gain.

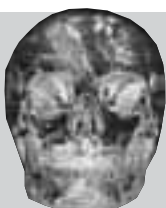
**Saturday, April 24:** Venus trine Saturn (12:45 AM), and Venus enters Gemini (10:05 PM until May 19). This is a great day for becoming clear on what we have and what we don't have in an intimate relationship and discovering whether or not we can live happily with that knowledge. It is a wonderful time for a commitment that structures our connection to another. We are realistic about what we need and can expect from our partners. If we are single, we become aware of the love we really want to experience with another. Until May 19, our social interactions feel lighter, with more communication and joy.

## A WEEK OF CONFLICT, COMMUNICATION AND CONTACT

**Sunday, April 25:** Mercury square Mars (3:41 AM), and Sun trine Pluto (8:43 AM). We should be careful when operating motor vehicles or sharp instruments. Anger or impulsive behavior could cause accidents. This is a day in which things are said that may not be very easy to hear but give us a chance to transform at a deep level. We are coming in direct contact with our own power.

**Monday, April 26:** Saturn opposition Uranus (4:27 PM). We could experience a conflict today between the old and the new. We likely feel quite rebellious against authority. Selfish agendas, using others to further our own ambitions, as well as actions out of integrity can lead to reversals of fortune.

**Wednesday, April 28:** Sun conjunct Mercury (9:44 AM). Anything involving communication is favored today. This is a great day for writing emails, talking in public, making phone calls and gathering with friends. We could meet people who share great information with us. We are motivated to learn new things. Today is also good for traveling and signing documents. ✨



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# An Astrological Overview: Essential Life

## mar de luz

*I am a hole in a flute that the Christ's breath moves through—  
listen to this music.*

—Hafiz, poet of the Persians (A.D. 1320–1389)

There are many reasons for human epiphany: trauma, the sudden loss of a loved one, a near-death experience, the result of a vision quest, a “chance” encounter with wildlife or the result of a prayer prayed in uncertainty. In any case, a distillation process seems to set in, in which all life seems much simpler and clearer than before. I’ve had people tell me that their paths suddenly appeared before them, that their dreams became manifest, that every moment and aspect of creation became vital and precious, that the Sun became brighter or that all periphery fell away, leaving only the essential. In any case, the gift borne of hardship is a world of meaning that replaces the former, which may have held distorted meaning, or perhaps no meaning at all.

So it is with these times that we live in, when so many of us are experiencing a need to pare down our material world and focus on our soul’s true mission, whether or not we have had a life-altering experience. My teacher, Robert Ghost Wolf, taught his students in the mid 1990s that, according to Native American prophecy, “We are in the beginning of the middle of that which cannot be changed.” I think he would agree with me when I say that we are now in the middle of that which cannot be changed. Welcome to the culmination of the Age of Pisces, to the cusp of the Aquarian Age and to the galactic season of 2012!

### PRAYERS OF HUMILITY

Mary Youngblood was a welfare mother, struggling to make ends meet. Her husband “just walked out for a pack of cigarettes one day” and never came home. She was living day-to-day, not knowing how she would buy groceries or where the next month’s rent would come from. She had been counseled by various religious groups about how to address God and about how a devout woman should think and pray. One day, while meditating, she surrendered to the universe, put her hands up and said, “Use me. I don’t know what else I’m supposed to be here for, but I know that Creator has a purpose for me,” and so her prayer was, “Use me; just use me.”

At that moment, she says, “I felt so empowered that I knew I was going to get through this, and who would know that years later, I would really get involved in my music and that my journey would take that turn. And I think that’s because of that prayer! So when I take a breath before I play, part of it is because I need that cleansing breath before I start breathing into the flute, and it also gives me a time to get grounded. So when I take a deep breath, I say a little prayer,

and usually it’s: ‘Just let this song touch someone’s spirit and heal someone’s spirit, that’s all,’ so I can just be a vessel for the music to come through.”<sup>1</sup>

After that moment, her life reflected new meaning. The prayer continued to weave its voice through her life, and she realizes now that, “I am just a vessel between Creator and this instrument [Native American flute], and we all are conduits if we allow ourselves to open up our minds and our hearts. We are all healers, and we all have the potential to heal.”<sup>2</sup>

We can’t see the invisible workings of our allies in the spirit world, and it’s hard for our very human brains to comprehend how any good could come from hurt or trauma, but within each of us is the divine spark of Source. And we are now walking across the bridge of forever into the merging of worlds. We are “those who walk in two worlds,” as the Elders said of this time, and their message is simple: If we walk the path of heart, we keep the silver thread between earth and sky and communicate the silent message that we want to be used.<sup>3</sup>

### DEEP SKY REPORT

The time of Aries is from March 20 through April 18, and it is a time of quick and reciprocal elemental energy. The constellation of Aries is synonymous with raw, wild, pristine wilderness, the reawakening of new life and the formation of new land as on the coast of Hawaii. The best way to be the recipient of this vital energy is to put yourself in it. My teacher, Robert Ghost Wolf, told the story of one of his colleagues who was diagnosed with terminal throat cancer. Considering that he was not long for this world, he began to progressively eliminate from his life everything he no longer needed. Then he decided to sell all of his belongings, leave his high-tech life and move to a cabin by a lake in the woods. Living on bare essentials for an entire winter, he emerged in the spring to a spontaneous remission. This certainly may not be right for everyone, but it gave him just the chance he needed.

**Tuesday, April 6, Pluto stations retrograde, 5 degrees of Capricorn:** Pluto, our outermost planet, will be retrograde until mid-September, at which point he revisits the early degrees he occupied at the beginning of 2010. At the end of the year, he will once again occupy the degrees that he is in now. Sound like progress? Well, only by one degree. The energy of the constellation Capricorn is ultraconservative, and the greatest lesson of 2010 is to live with less and waste nothing. We are experiencing some of the most tension-producing transits of our lifetimes this year, but they are also the most creative. How do we make do with less? What is absolutely essential to our health and livelihood? Necessity truly is the mother of invention, and the choices that we make now

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will reverberate through the rest of our lives. Yes, these are serious times. However, by asserting our willpower, it's possible to achieve states of consciousness and clarity that were inaccessible until now.

It's time to take stock of that which is of real value and to eliminate excess and frivolity. The choices we make now—to take less from our natural environment and to give back to community, the elderly and those in need—will help to heal and transform our very souls. There's big medicine in trying times. On every level, from the most personal to the global economy, 2010 will demand that we grow, integrate and take increasing amounts of responsibility for ourselves and others. I think that is why my teachers have referred to this season surrounding the year 2012 as the Age of Responsibility.

**Wednesday, April 14, is a new moon at 25 degrees of Aries:** With every new moon, we receive inspiration for the wisdom that it carries. The time of the Aries sun and moon brings with it the opportunity to create great, effective change. It's impossible to be depressed under this new moon, for the boundless energy of Aries teaches us that whatever action we take to help another will come back to us a thousand-fold, and this is the reciprocation of this time of year. That's why it's said that people born under the Aries sun are the brightest lights in a sometimes very dark world.

With this new moon, it would seem wise to focus on cultivating whatever space you may have available to grow food or herbs. Aries stands for the seed of all life and for germination. If we are focusing on essentials this year, it would make good sense to carefully germinate heirloom (non-hybrid, regenerating) seeds indoors and to prepare a small plot for transplanting. Allow for natural habitat for the winged brethren, so they may help disperse, pollinate and strengthen the cycle. What we give our precious human attention to, in due time, always becomes us. Give your loving attention—and birdseed—to the natural world, and your heart will bloom.

**Saturday, April 17, Mercury stations retrograde at 13 degrees of Taurus:** The energy associated with the constellation of Taurus is normally simple and no-nonsense. With Mercury turning retrograde in this sign, it's best to learn to be economical with your words. And it's best not to speak of your personal plans too much, lest you give your power away. During the next three weeks, the greater wisdom would be to listen, record and remember instead of to talk. Curiosity for the natural world around us abounds: If the water could speak, what would she say? What secrets do the rising thermals pass to fledgling hawks and crows? Where do the wild canaries come from, and where are they headed? Everything can be learned by listening to and observing the burgeoning elements ring of new life under the Sun. What if the water, tree and cloud people could hear us? How are you demonstrating your intent to walk lightly and in balance? Actions speak much louder than words. Sh, what message are you sending to the Spirit world?

**Wednesday, April 28, is a full moon at 8 degrees of Scorpio:** Tonight's sacred site, full moon ceremony meditation is focused on Izmir, Turkey. For a full listing of this

year's sacred site meditations and the full-moon calendar, please refer to the Earthheal website.<sup>4</sup>

The time of the full moon is often a time of breakthrough; a time when we are able to see the results of our life, words and actions. To be able to see clearly through the result of suffering is a gift. I recently heard a speaker by the name of Takashi Thomas Tanemori tell his story of surviving the bombing of Hiroshima in 1945. He is one of only 2 percent of the citizens who survived the blast, and he told the story of how his life had been transformed as a result of his experiences. His father had told him, "Always remember that you are here and know who you are; that will get you through anything in life."<sup>5</sup>

These words returned to him one day as a young man while he was staring at the beautiful Sun setting over the Pacific Ocean and remembering the terrible anniversary that marked the end of World War II. His father's voice called to him amidst the radiant light of the universal Sun, and it was then that he realized the truth of his words. They were all he needed to remember love and protection and to find his way home in his heart. To learn to hear that which is unutterable, to learn to live deliberately and to know that which is quintessentially essential will help us all navigate the narrow straits ahead.

Yes, we live in difficult times and will always be surrounded by tragedy, but I believe that we are born to this planet with the opportunity to heal our vital souls. That's why I wish for all people, in their lifetimes, the opportunity to roam freely and to immerse themselves in ecstatic nature experiences—the kind that leave you dumbfounded and breathless—for the Earth Mother is the great equalizer, our ultimate teacher and healer. She will continue to awaken us lifetime after lifetime until we choose to become the silver thread between earth and sky and live the essential life.

"I realized the truth of Universal Consciousness. Everything is alive. Everything is conscious. There are no accidents. We are living the unfoldment of the cosmic DNA that slowly reveals the intentions of Great Spirit. There is nothing to do but to be in the moment."

—Drunvalo Melchizedek<sup>6</sup>

*Ci'maii and quyana*—hello and thank you!<sup>7</sup>

1. Mary Youngblood, first lady of the Native American flute and two-time Grammy Award winner, personal conversation, December 9, 2009.

2. Ibid.

3. Robert Ghost Wolf, *Winds of Change* (Spokane: Mystic House Publishing, 1998), 165.

4. <http://earthheal.blogspot.com/2008/12/maya-full-moon-attunements-at-power.html>

5. Takashi Thomas Tanemori, author of *The Bridge to Forgiveness*.

6. Drunvalo Melchizedek, *Serpent of Light* (San Francisco: Red Wheel/Weiser, LLC, 2008), 236.

7. Traditional greeting in the language of the Aleut nation, given to me by Mary Youngblood.

# The Mastering of Alchemy: The Fourth-Dimensional Box and Structures

Jim Self

**A**s we begin to wake up and become conscious of being conscious, we also begin to experience options and choices that are not available to us in the third dimension. The components of the fourth-dimensional box are actually very simple, but because we spend so much time in motion, reacting to our past and worrying about our future, we spend very little time in the present. Because of this pull between our past and future, it is difficult to become quiet enough to hold our attention on the simplicity of the life that is before us.

In the third dimension, the law of attraction responds to the noise, motion and reaction we hold within us, giving back to us more of the same. By understanding and living three aspects of the fourth dimension, we interrupt all those largely unconscious, emotionally charged reactions, and instead we consciously choose the outcome we desire,

thereby allowing the law of attraction to give us the new, positive desires.

## PRESENT TIME AND CHOICE

Learning to experience yourself in the present moment is the single most important choice you can make in moving forward on your journey. Where third-dimensional present time is a charged reactionary moment influenced by our past, our fourth-dimensional present time is a quiet now moment. We only exist in the now, but most of us hold very little of our attention here. We are consumed by past experiences and projected worries, yet paradoxically—because we do not understand the structures of the dimensions—it is precisely this fear-based state of thought and emotion that keeps us bound to the third dimension.

In the fourth dimension, past and future time change significantly. The past simply becomes a neutral experience or a historic event for reference. Yesterday's pain has no bearing on tomorrow. The information, knowledge and wisdom gained from the past assist us in making better decisions about our current and future well-being. The present is all there is. You can plan for future events using information gathered from the past, but the decisions become conscious choices made in this present moment. While the future is an opportunity waiting to be fashioned, it is in this now moment that choices are made.

In the fourth dimension, reaction is replaced by choice, providing flexibility

and new possibilities. With choice, you have an opportunity to observe, experience and choose without judgment—right or wrong, good or bad—or the fear of being punished. Fourth-dimensional conscious choice gives you the opportunity to make mistakes and then correct the situation without blame or guilt.

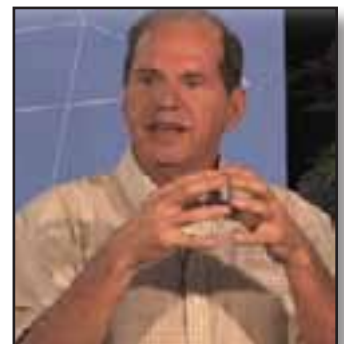
Conscious choice invites a wider range of possibilities, allowing for well-being, happiness and realignment within the heart. It is in the fourth dimension that you get to take back your power to choose. You can make better decisions from a platform of focused clarity, certainty and an awareness of your own personal presence. As the third-dimensional good and bad and right and wrong fall away, an ever-expanding sense of capability begins to reawaken within you. Choice creates opportunity. Opportunity allows for well-being, and well-being awakens happiness, openness and the inner smile within the heart. From your open heart, your purpose and the fulfillment of all your dreams are within your grasp.

## HIGHER CONCEPTS

As you become conscious of being conscious in this fourth-dimensional reality, many higher concepts of life become available, allowing you to move around with greater ease and

### KEY POINTS

- Being consumed by past experiences and projected worries keeps us in a fear-based state of thought and keeps us bound to the third dimension.
- “Allowing enables you to recognize the situation before you and provides you with a present-time choice to create a better opportunity for a desirable outcome.”
- “The fourth dimension provides us with an opportunity to reframe our reference points, review our beliefs and attain a new understanding of what is possible.”



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understanding. One of these higher concepts is a paradox. The paradox, simply stated, is that what was true a moment ago may not be true in this now moment, and what was false a moment ago may no longer be false in this moment.

Because of the fear, pain and distrust we all have stored in our unconsciousnesses, we hold many rigid beliefs, about the world around us and those who live within it. We hold these beliefs anchored in words such as "always" and "never." He will "always" be bad. She will "never" change. I will "never" forgive them. As the past pains of the third dimension are dragged into the future, our tendency is to react the same way this time as we reacted the last time, thus repeating the experiences of the past once again.

As we consciously recognize that we have choices about the world around us, incorporating the concept of paradox allows the past to be the past and frees the future for new opportunity. Paradox allows us to recognize people or situations as they behaved or occurred in the past; however, it now provides the opportunity to observe those people or situations in this moment, thereby allowing them to be who or what they are now rather than having us observe them through the limitations of our past reactions.

As paradox loosens up the rigidity of the past, the higher concept of allowing opens up broader opportunities for you to experience. Allowing is a powerful concept; it does not imply weakness or inability; rather, it simply enables you to recognize the situation before you and provides you with a present-time choice to create a better opportunity for a desirable outcome.

As you begin to recognize the many tools, skills, concepts and opportunities the fourth dimension provides, your life will change. You can choose to step out of habits of reaction and restriction. Trust becomes a choice. The need to experience lack, weakness, fear and doubt falls rapidly away as the structures of the fourth dimension are understood and practiced. What we considered to be mere words

in the third dimension now become concepts with a fuller, deeper meaning and a more rounded flow and experience in the fourth dimension. Words such as "happy," "certainty," "seniority," "presence," "capable," "gracious" and "commanding" are no longer intellectual thoughts; rather, they become important internal sensations and feelings guided by your heart.

These concepts can only be felt and lived in the present-time moment. As you remember and re-own these feelings and sensations, you reignite the internal guidance system within your heart. And as other higher, vibrant concepts become internalized, felt and demonstrated within your life, a transformation occurs in how you present and experience yourself. These words are more than concepts; they are living words. They are energetic building blocks that we will discuss at a later time. As you begin to wear and experience these words, they weave together like a well-tailored suit of clothes, creating a new ease and a brighter presence. You no longer give away your power. You now begin to choose and create from these higher vibrations the life you wish to experience. This is our natural state of being.

However, becoming conscious, aware and holding a well-grounded sense of self requires a shift in our habits and beliefs. Since childhood, most of us have been invalidated in our third-dimensional experience. We have not been taught, nor encouraged, nor often even allowed to make decisions from our own naturally balanced places of certainty, trust and passion. Instead, most of us have been taught to fear, doubt and mistrust the world around us. Consequently, we have not fully experienced who we came here to be.

### ALIGNMENT AND BALANCE

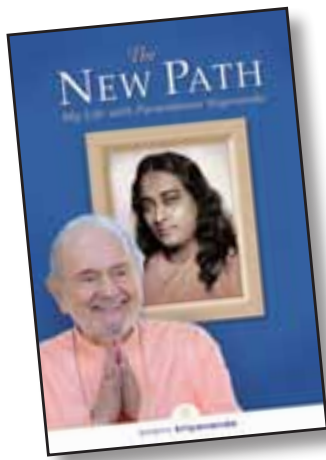
The reality that we know as the third dimension is a classroom of sorts in which we are participating in the ever-expanding evolutionary cycle of our spiritual growth. In order to play in this classroom, we have had to forget ourselves and leave much of our

wisdom, knowledge and many of our great skills behind. In short, the third dimension is a classroom of imbalance. Our purpose, or mission, is to rediscover and master balance. However, since the third dimension is imbalance by definition, balance can never be found in the third dimension; it can only be found by stepping out of the third dimension. And this doorway is the fourth dimension.

Very few rules exist in the fourth dimension; it is open, receptive and allowing of all possibilities. It is a dimension of choice and observation, and it operates as a flexible platform without the rigidity of the third-dimensional box. The fourth dimension provides us with an opportunity to reframe our reference points, review our beliefs and attain a new understanding of what is possible. It allows us to be *in* the third-dimensional world but not *of* the third-dimensional world.

The fourth dimension is the stepping stone to the higher dimensions; it provides us with an opportunity for movement toward a higher way of life—a life of community, cooperation and co-creation. As long ago as the seventeenth century, William Shakespeare wrote: "All the world's a stage, and all the men and women merely players." Shakespeare wasn't just a great playwright; he was a very wise man, for life on this planet is indeed a grand play. And now we are coming to the end of Act 3—the final act. This is where we get to bring our grand play to its finale and go home.

Going home is precisely what the shift is all about. The shift is clearing away all that we are not and assisting us in rewiring the connections so that we can finally remember all that we are. However, this is not going to happen all on its own or without any effort on our part. In order to complete this game, or experiment, that we have been playing with, we are going to have to put our selves back together again. This is where mastering alchemy comes in. This is where learning to re-create our personal power fields with the tools of sacred geometry finally comes into play. ✨



# Excerpt: *The New Path*

Swami Kriyananda

**A**fter arriving in Los Angeles, I checked my bag at the bus depot and proceeded at once to 4860 Sunset Boulevard—the address of the church I was seeking. It was about three o'clock in the afternoon. The morning service had ended long since, and the building, apart from a small scattering of people, was empty. A lady greeted me from behind a long table at the back of the room.

"May I help you?" asked the woman.

I explained my mission.

"Oh, I'm afraid you couldn't possibly see him today. His time is completely filled," she responded.

I was growing more desperate by the minute. "When *can* I see him?"

She consulted a small book on the table before her. "His appointments are fully booked for the next two and a half months," she informed me.

*Two and a half months!* First I'd been told I couldn't join for four years. Now I was told I couldn't even see him for . . . "But I've come all the way from New York just for this!"

"Have you?" she smiled sympathetically. "How did you hear about him?"

"I read his autobiography a few days ago."

"So recently! And you came . . . just . . . like that?" She cooled a little. "Usually people write first. Didn't you write?"

Bleakly I confessed I hadn't even thought of doing so.

"Well, I'm sorry, but you can't see him for another two and a half months. In the meantime," she continued, brightening a little, "you can study his

lessons and attend the services here."

Morosely I wandered about the church, studying the furnishings, the architecture, the stained-glass windows. It was an attractive chapel, large enough to seat well over one hundred people, and invitingly peaceful. An excellent place, I thought, for quiet meditation. But my own mind was hardly quiet or meditative. It was in turmoil.

"You *must* take me!" I prayed. "You *must*! This means everything to me. It means my whole life!"

Two or three of the people sitting in the church were monks whose residence was at the headquarters of Self-Realization Fellowship on Mount Washington in the Highland Park section of Los Angeles. I spoke to one of them; his name was Norman. He was tall and well built, and his eyes were kind and gentle. He talked a little about their way of life at Mount Washington, and their relationship, as disciples, to Paramhansa Yogananda. "We call him 'Master,'" Norman told me. I already knew that this appellation denoted reverence, not menial subservience, from reading the book *Autobiography of a Yogi*, which Yogananda used also in reference to his own guru.

Norman's description of Mount Washington attracted me deeply. I simply had to become a part of this wonderful way of life. It was where I belonged. It was my home.

Norman pointed out two young men seated quietly, farther back in the church.

"They want to join the monastery too," he remarked.

"How long have they been waiting?" I asked.

"Oh, not long. A few months," he responded.

Disconsolately I wandered about awhile longer. Finally a novel thought occurred to me: perhaps I simply wasn't ready, and this was why the doors weren't opening for me. If this were true, I decided, I'd just go out and live in the hills near Hollywood, come to the services regularly, study the lessons, and—*sigh*—wait. When I was ready, the Master would surely know it, and he would summon me.

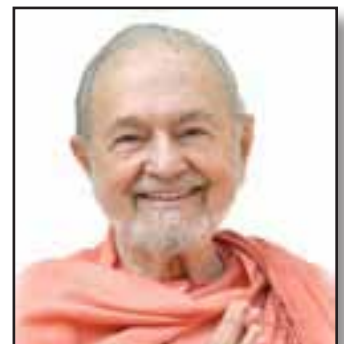
With this resolution in mind and with no small disappointment in my heart, I made for the front door. No doubt I'd needed this lesson in humility. Perhaps things had always gone too easily for me. Maybe I was too confident. At any rate, the moment I accepted the thought of possibly not being ready spiritually, the situation changed dramatically. I had reached the door when the secretary—I later learned her name was Mary Hammond—came up behind me.

"Since you've come such a long way," she said, "I'll just ask Master if he'd be willing to see you today."

She returned a few minutes later.

"Master will see you next."

Shortly thereafter I was ushered into a small sitting room. The Master was standing there, speaking to a disciple in a white robe. As the young man was about to leave, he knelt to touch the Master's feet. This was, as I'd learned from Yogananda's book, a traditional gesture of reverence among



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Indians; it is bestowed on parents and other elders as well as, and particularly, on one's guru.

A moment later the Master and I were alone. What large, lustrous eyes now greeted me! What compassionate sweetness in his smile! Never before had I seen such divine beauty in a human face. The Master seated himself on a chair and motioned me to a sofa beside him.

"What may I do for you?" For the third time that day, these same, gentle words, but this time, how fraught with meaning!

"I want to be your disciple," the reply welled up from my heart irresistibly. Never had I expected to utter such words to another human being.

The Master smiled gently. There ensued a long discussion, interspersed by long silences, during which he held his eyes half opened, half closed—"reading" me, as I well knew. Over and over again I prayed desperately in my heart, "You *must* take me. I know that you know my thoughts. I can't say it outwardly; I'd only burst into tears. But you must accept me. You *must*!"

Early in the conversation he told me, "I agreed to see you only because Divine Mother told me to. I want you to know that. It isn't because you've come such a distance. Two weeks ago a lady flew here all the way from Sweden after reading my book, but I wouldn't see her. I do only what God tells me to do." He reiterated, "Divine Mother told me to see you."

"Divine Mother," as I already knew from reading his book, was the way he often referred to God, whom, he said, embraces both the male and the female principles. There followed some discussion of my past. He appeared to be pleased with my replies and with my truthfulness. "I knew that already," he once remarked, indicating that he was only testing me to see if I would answer him truthfully. Then again there was a long silence while I prayed ardently for acceptance.

"I am taking fewer people now," he said.

I gulped. Was this remark intended to prepare me for a letdown? I told him

I simply could see nothing for myself in marriage or a worldly life. "I'm sure it's fine for many people," I said, "but for myself, I don't want it."

He shook his head. "It isn't so fine for *anybody* as people make out. God, for everyone, is the *only* answer. Anything less is a compromise." He went on to tell me a few stories of the disillusionments he had witnessed. Then again, silence.

At one point in our discussion, he asked me how I had liked his book.

"Oh, it was wonderful!"

"That," he replied simply, "is because it has my vibrations in it."

Vibrations? I'd never before thought of books as having vibrations. Clearly, however, I had found his book almost alive in its power to convey not merely ideas, but a new state of awareness. Incongruously, even absurdly, it now occurred to me that he might be more willing to take me if he felt I could be of some practical use to his work. And what did I know? Only writing. But that, surely, was better than nothing. Perhaps he was in need of people with writing skills. To demonstrate this ability, I said: "Sir, I found several split infinitives in your book." Twenty-two years old, literarily untried, but already a budding editor! I've never lived down this faux pas. But Master took it with a surprised, then good-humored, smile. The motive for my remark was transparent to him.

More silence. More prayers.

"All right," he said at last. "You have good karma. You may join us."

"Oh, but I can wait!" I blurted out, hoping he wasn't taking me only because I hadn't yet found any other place to live.

"No," he smiled. "You have good karma, otherwise I wouldn't accept you."

Gazing at me now with deep love, he said, "I give you my unconditional love."

Immortal promise. I couldn't begin to fathom the depth of meaning in those words. "Will you give me your unconditional love?"

"Yes!"

"And will you also give me your unconditional obedience?"

Desperately though I desired acceptance, I had to be utterly honest. "Suppose, sometime," I asked, "I think you're wrong?"

"I will never ask anything of you," he solemnly replied, "that God does not tell me to ask." He continued, "When I met my master, Sri Yukteswar, he said to me, 'Allow me to discipline you.' 'Why, Sir?' I inquired. 'Because,' he replied, 'in the beginning of the spiritual path, one's will is guided by whims and fancies. And mine was too,' Sri Yukteswar continued, 'until I met my guru, Lahiri Mahasaya. It was only by attuning my haphazard will to his wisdom-guided will that I found true freedom.'

"In the same way, if you attune your will to mine," Master explained, "you too will find freedom. To act only on the inspiration of whims and fancies is not freedom, but bondage. Only by doing God's will can you find what you are seeking."

"I see," I replied thoughtfully. Then from my heart I said, "I give you my unconditional obedience."

My guru continued: "When I met my master, he gave me his unconditional love, as I have given you mine. He then asked me to love him the same way, unconditionally. But I replied, 'Sir, what if I should ever find you less than a Christlike master? Could I still love you the same way?' My master looked at me sternly. 'I don't want your love,' he said. 'It stinks!'"

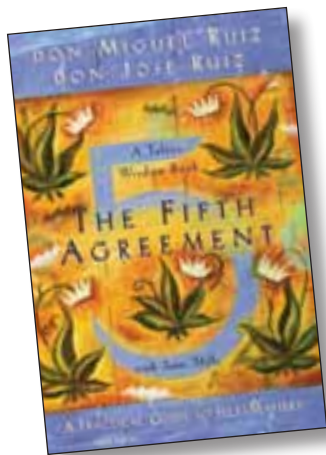
"I understand, Sir," I assured him. He'd struck at the heart of my greatest weakness: intellectual doubt. With deep feeling, I said to him, "I give you my unconditional love!"

He went on to give me various instructions. "Now, then, come kneel before me." I did so. He made me repeat, in the name of God, Jesus Christ and the rest of our line of gurus, the vows of discipleship and of renunciation. Next he placed the forefinger of his right hand on my chest over the heart. For at least two minutes, his arm vibrated almost violently.

Incredibly, from that moment on, my consciousness in some all-penetrating manner was transformed. I left his interview room in a daze.

Norman, on hearing that I'd been accepted, embraced me lovingly. It was unusual, to say the least, for anyone to be accepted so quickly. A few

moments later, Master came out from behind the open curtain on the lecture platform. Smiling at us quietly, he said, "We have a new brother." ✱



## Excerpt: **The Fifth Agreement**

don Miguel Ruiz and don Jose Ruiz with Janet Mills

I invite you to participate in a new dream for humanity, one in which all of us can live in harmony, truth and love. In this dream, people of all religions and all philosophies are not just welcome but respected. It doesn't matter whether you believe in Christ, Moses, Allah, Brahma, Buddha or any other being or master; everyone is welcome to share this dream. Each one of us has our own beliefs, our own point of view. There are billions of different points of view, but it's the same light, the same force of life, behind each one of us.

### **HELP ME TO CHANGE THE WORLD**

If you feel the truth in these words, then I invite you to open your heart and help me to change the world. Of course, the very first question is: How are you going to change the world? The answer is easy. By changing your world. When I ask you to help me to change the world, I'm not talking about planet Earth. I'm referring to the world that exists in your head. You will not change the world if you don't change your own world first. The change begins with you. You will change the world by loving yourself, by enjoying life, by making your personal world a dream of heaven. And I ask you for your help because you are the only one who can make this change.

If you decide that you want to help

me change the world, the easiest way is by practicing five agreements:

- Be impeccable with your word.
- Don't take anything personally.
- Don't make assumptions.
- Always do your best.
- Be skeptical, but learn to listen.

These are the tools to change your world, to change *the* world, and they are nothing but pure common sense. If you practice these five agreements, if you make them your way of life, there won't be any more war in your head. There won't be any more war with your loved ones. There will be peace.

You deliver a message every time you speak. The question is: Do you deliver the truth or do you deliver lies? When the message you deliver comes from truth and love, you are happier. And just by being happier, everyone benefits because your joy, your happiness and your heaven are contagious. When you are happy, the people around you are happy too, and it inspires them to change their own world.

We represent a whole legacy, and when I say "we," I'm speaking for all humans. Our legacy is love, it's joy and it's happiness. Let's enjoy this world. Let's enjoy one another. We are meant to love one another, not to hate one another. Let's stop believing that our differences make us superior or inferior to one another. Let's not believe that lie. Let's not be afraid that our different colors make us different people. Who cares? It's just another lie. We don't

have to believe all the lies and superstitions that control our lives. We can return to the truth and be messengers of truth. We can change our whole way of thinking and have a wonderful love affair with life. It's incredible what we can do if we really want to do it. All we need is to be aware of what we are doing and to return to the authenticity we were born with.

"Help me to change the world" is an invitation to be authentic, to follow your heart, to be free of superstitions and lies. And I'm not asking you to try to change the world. Don't try; just do it. Take the action today. By adopting these five agreements, you will create peace in your head, in your own world, thereby helping to create peace in the entire world.

### **THE FIVE AGREEMENTS**

**Be Impeccable with Your Word:** Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

**Don't Take Anything Personally:** Nothing others do is because of you.



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What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

**Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you

can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

**Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best,

and you will avoid self-judgment, self-abuse and regret.

**Be Skeptical, But Learn to Listen:** Don't believe yourself or anyone else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind the words, and you will understand the real message. ✨

# The Beauty of Life

Stefanie Miller

**M**y beloved dog, Staci passed away gently in the night on Valentine's Day. I lay with her while she transitioned, stroking her fur and murmuring how much I love her. I reminisced about all the fond memories we had shared in the past fourteen years. Staci was my companion when I did not have anyone else to depend on. She was by my side while I was raising my son. I cannot express the feelings her life and death have invoked in me. Well, I guess I will try to express it as best as I can.

I found out she had a mass cell tumor nine months ago. The vet said she didn't have very long to live. He said, "We'll do what we can for her, and however long you have with her is a gift from God." I used as many remedies as I could, both conventional and holistic. She flourished under my love and care. The symptoms of approach-

ing death had diminished, and we were given the gift of time.

During this time, the feelings I experienced were intensified; both the highs and lows were all the more sweet and bitter. Each walk we took, both long and short, was treasured. I noticed the beauty of nature around me all the more profoundly. I felt the air in my lungs and my heart as it beat. The breeze on my face was as welcome as the sunshine beating on my shoulders. Our moonlit walks gave me the opportunity to commune with the universe. I shared my secrets, fears, hopes and dreams. Each breath taken by both her and me was revered. Through Staci, I was taught to see the beauty in life.

## CHERISH THE MOMENT

My emotions have been raw during the past year—both the pain and joy all the more intense. When I realized I had only a certain period of time with my best friend, I was saddened at all the times I had ignored her: the times I was too preoccupied with other things to enjoy a long walk, a day at the park, or a car ride while listening to some good music. I took the time to stop spreading myself thin with too many things and just did the simple things I love to do. All the rest simply fell by the wayside.

My intent for a long time had been to stop the chatter and the endless worrying in my head and to slow down my fast-paced life. Being given the opportunity to spend time with my family and pets was the perfect excuse. When I stopped stressing about money, the money came. I have learned to take the time to value my loved ones and let them know how much I care. Things have a way of working out. In the end, all you remember is the love you shared.

My heart is so full. My love is endless and bountiful. I love with no abandon and I am never too proud to tell someone "I love you, I'm there for you, and I care." Time is so precious and it goes so fast. In an instant, the moment is gone. If we don't cherish each moment, it is not returned to us. My fondest memories are etched in my brain. I can recall all the precious moments shared with those I care for as if they were a ballad I composed or a piece of art created in my heart. No amount of anxiety over bills or work or responsibilities will interfere with the expression of life in motion, for when we look back, we are reminded

### KEY POINTS

- The death of a dear companion can remind us to appreciate the beauty of life.
- Take the time to value loved ones and let them know how much you care, remembering that the moments we treasure are the ones that are engraved in our being.
- "Things have a way of working out. In the end, all you remember is the love you shared."

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how everything always worked out. It always has; it always will. The moments we treasure are the ones that are engraved in our being.

### ONLY LOVE IS REAL

Staci was strong up until the end. She continued to give us unconditional love and loyalty. I saw that she was slowing down. I didn't want to be selfish anymore. I looked deeply into her eyes and told her it was okay for her to go. I was letting go and surrendering control, thus allowing her to decide when she was ready. I reassured her that I was okay. That I could take care of myself, that I had friends and family that loved me. My son, Travis, whom she had watched grow up, will be graduating from high school shortly. I assured her that we

would be okay; she didn't need to worry about us anymore. I told her I wanted her to go at home where she would be comfortable. I explained that I wouldn't be scared. I wanted her to have ease and grace in her transition that she so deserved.

The day she went, she walked slowly but didn't appear ill. I gave her a pain pill, and she went under the bed. I took a pillow and spent the afternoon nestled beside her. She lay in my arms, and all I could think of was the endless pleasure we had shared together. My heart filled with love and affection. She went on Valentine's Day, the day of love. Her gift to me was to remind me that only love is real. I realized that even though my beloved companion was gone, she will always live in my heart. From this

day forward, life will always be sacred to me. I will never again take it for granted. I am in awe of the beauty around me: the beauty in nature, the miracles of the world, but most importantly, the beauty found in loving others. It is the intense beauty revealed in receiving, giving and knowing true love—the true secret of the universe imprinted on each and every heart.

### A PRAYER FOR OPEN EYES

Each moment is a blessing. I feel the precious gift of life as I honor each moment, each day, each breath and each person. May I never forget the sanctity and beauty given to me during this experience of life. I slow down and see through new eyes, an open heart and a clear mind. I love. And so it is. Amen. ✨

# Experiences in a Dimension of Light

Jordan Potter

In another dimension, in the house where I used to live, I met a being who touched my heart. I will get to her, but first I would like to describe where I was. The other dimension is like this world, only it is brighter, lighter and more pure. It could be daytime, nighttime or any time there; they have slightly different laws that govern their world. To put it simply, these are the same laws as this world, only much more flexible and forgiving. A being lives in this house who looks almost just like my grandma, only she seems happier and lighter, and she is a bit taller with a little darker skin. This is how it is in most parallel dimensions, with ever-so-slight differences. In this realm, nobody has any burdens.

This is what is known as an out-of-body trip. I have had things like this so frequently since childhood that I rarely talk about them, but the real reason I decided to write this is because of the being I met. The beings in this dimen-

sion and your interactions with them are so convincing that you know that it cannot be a dream, at least in the usual sense. Everything, including this realm, is really a dream, but there is something real in the dream nonetheless. Sometimes you can have a connection with them that is so deep, you never forget it.

When I travel to other dimensions, I have the habit of flying around aimlessly, because the trips are usually so brief that I want to have some fun before it's too late. You have to have good concentration if you want to stay there for long. It is such a freeing feeling—not only physically, but mentally as well—because, as I stated earlier, there are no burdens. But this time, I decided to do something different. I decided to sit in meditation to see what it was like in this realm. When I travel, I usually start at my parallel old

house where I used to live—probably because of the familiarity of my mind with the environment.

### A REALM OF LIGHT

So now you know generally about this dimension. I'd like to get started now. I will leave out the things that were personal or too confusing. I may use some of Robert Monroe's terms from his book *Far Journeys* for better emphasis, because we communicate more energetically than with words, although we use both. Here in the



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three-dimensional Earth, it is the opposite.

When I arrived, I decided to sit in meditation. If you do not already know, when you travel to these realms, you are in a lightbody that is made out of, well, light. I never really knew much about this body until I sat and examined it. I think this body is pretty much anything you want it to be. Then again, on a deeper level, that is true for our physical body as well. But this one's a lot more flexible and fluid. The first thing I noticed was that I could see its skeletal structure, which of course is mind-created. Actually, the entire realm is mind-created, as is the one you are in right now. It is created by the beings that live in it, and when the beings disappear, so does the entire world. Anyway, the body wasn't the amazing part. The amazing thing to me was that when I sat in meditation in this realm, I immediately entered *samadhi*, a higher state of consciousness, and I could maintain it as long as I wanted.

Why? Because in this realm, there is no such thing as unconscious thought. That is why it is so light there. You do not think all the time, and when you do think, it is completely conscious; they are really *your* thoughts, not the thoughts of someone else. This is probably because all the beings there are kind of already in an active *samadhi* state. In our world, that would be a revolution; everyone would love to meditate. But in the realm I am speaking of, the beings do not have dense egos. It is almost as if they do not have one, or more appropriately, they have what has been termed an "egoless ego." They don't feel separate from the environment or other people. Our world can be like this someday too.

It's kind of like when it snows heavily. The atmosphere is peaceful and light. Why? Our awareness increases when it snows heavily, because we have to pay attention when we drive, and everybody also helps each other when there is a snowstorm. We are not thinking about our other problems; we are all looking out for each other. This cuts off our thinking mind and raises consciousness. That might give you

some vague idea, but it is much, much more intensified in this other realm.

### AN INSPIRATION FOR LIFE

As I was sitting there in timelessness, I noticed that as my energy level rose, beings appeared. I do not know if I was simply ascending within dimensional levels or if the energy generated in meditation attracted the beings who were curious. This is when the girl came to me, along with her brother, who was dulled and uninterested the whole time. To be honest, I don't remember talking to her much about anything in particular; it was not the kind of communication we are so accustomed to in this world. Rather, she saw into my heart, and I saw into hers. In other dimensions such as these, we do not use words as a way of identification, but every being has an "ident," an energy signature that is defined by an unmistakable and unique vibration that is also a part of you. If you ever want to communicate with someone, you just focus on their ident or see if you can find it within yourself, and you are instantly before them. The reason for this is because every being is actually you.

In any case, this being I am talking about felt like a sister to me—or maybe she really was my sister in this realm. Her love radiation was amazing! I do remember communicating with her about what I was doing there, and she seemed very intrigued. She was also interested in the meditation, since I was able to levitate and fly around while still seated. Her energy was so lovely and open and innocent that I immediately started to bond with her, and she with me. I told her that I soon had to go, but she couldn't understand why. I would have felt sorrowful feelings if it had been possible in this dimension. The reason I had to go is because my lightbody was fading; it starts to fade when it runs out of energy or I am not concentrating.

So she said that before I went, she wanted me to taste something for breakfast. She had this big spoon, and she gave me a sample of everything. She spoon-fed me all these things; it was adorable. I tasted each one, and it was

so good! It was all made out of light; everything was made out of light. I do not really remember everything I tasted, but I do remember the last one. She told me I *had* to try it and that it was called "Colds Milk" with cereal. When she gave me this one, what a sensation! It was so good, and it seemed to fill my being with vitality, which I can still feel even as I type this. It tasted a bit like a bowl of granola with milk and light, but it made your whole being feel absolutely cold. It's very pleasant, not a bad type of cold. The only way I could describe it is a winter breeze on the hottest day of summer—so refreshing. I was eager to have another bite, and this time she gave me a big spoonful. Wow! It gave me almost thrill-like sensations. It was as if this whole realm was a picture of *samadhi*.

Now it was really time for me to go. I told her I would never forget her, and I asked her to do the same. Before I departed—while or a little bit after we were eating breakfast—we were watching some anime (a Japanese-style of animation) show on television. If you think anime is unusual in our world, imagine it in another dimension! It wasn't any of the activities or eating that were important though; it was the pure love that all the beings had for each other in this very heavenly place. I told her that I didn't know if I could ever come back, because I never know how I get there to begin with. I just kind of wake up there. I don't think she completely understood. So when the show was over, a commercial or something came on the screen with some violent-looking anime. I lighted (or laughed inwardly) and said, "Time to go!" and I jerked my physical body awake. As soon as I woke up, I had sorrowful feelings, and tears flowed down my face like rain.

I usually do not write about my trips, because I feel they are unimportant in this world and they cannot really benefit anyone or even myself. But this time, it inspired me so much to keep meditating and actually inspired me to continue purifying my body and mind. Just remember that our true nature is already pure and undefiled; it's only our attachments

and desires that put a dark cloud over our radiant beingness. This little girl taught me so much. We shared our time together, and this could be normal even here. She gave me inspiration for what this life can be. I cannot remember her face, but we will always be together through our love.

### BE OPEN TO INFINITE POSSIBILITIES

When I meditated today, I was trying to let go of this experience, but this time she found me. I tried to communicate to her that it's a little harder here for me to talk to her because of the body and mind interference. I told her to try when I am asleep. I just let her be there with me for a while. She asked me a few questions, one of which was, "Why do you just sit here?"

I kept silent for a while, and then said, "I sit here just to sit here."

"Oh," she lighted. We were in each other's presence for a while, and then she opened (or expressed herself), "Okay, I have to go now." And she pushed her energy into mine, and I lighted. And I did the same to her. In our world, this would be equivalent to a kiss on the cheek. It was wonderful and lovely. Of course, it can be hard to let go of these attachments if you are not careful.

I want to note that these experiences should not be sought after. If they happen, they just happen. If they do not, they just don't. Just be open to infinite possibilities, and empty your mind of everything you ever learned. For a long time, I was trying to bring about such experiences, only to be met

with failure. When I did have them, I was seeking an experience rather than letting it find me. In other words, if the universe sees that these experiences are helpful to your awakening to your true nature, they will happen. The main thing I learned is that instead of looking for someone or something, let them or it find you. My little zen no-thought for today, synchronically, is from Zen master Zengetsu, as quoted by Senzaki Sensai: "Modesty is the foundation of all the virtues. Let your neighbors find you before you make yourself known to them."<sup>1</sup>

1. Nyogen Senzaki and Ruth Strout McCandless, *Buddhism and Zen* (New York: North Point Press, 1953), 70.

## The Monopoly Map

**B**eginning in 1941, as an increasing number of British airmen found themselves the involuntary guests of the Third Reich, the Crown began casting about for ways and means to facilitate their escape. Obviously, one of the most helpful aids to that end would be a useful and accurate map of the surrounding countryside; one showing not only where stuff was but also the locations of "safe houses" where an escaped POW could go for food and shelter. Paper maps have some real drawbacks: They make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush.

Christopher Clayton Hutton, an officer in MI-9 (a now-defunct department of the British Military Intelligence Directorate formed to aid resistance fighters) got the idea of printing escape maps on silk. It's durable, can be scrunched up into tiny wads or folded to fit into tight spaces and unfolded as many times as needed, and it makes no noise whatsoever.

At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk: John Waddington, Ltd. When

approached by the government, the firm was only too happy to do its bit for the war effort. By pure coincidence, Waddington was also the U.K. licensee for the popular American board game, Monopoly. As it happened, "games and pastimes" was a category of items qualified for insertion into CARE packages dispatched by charities, such as the International Red Cross, to prisoners of war.

Under the strictest of secrecy, in a securely guarded and inaccessible old workshop on the grounds of Waddington's, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany or Italy where Allied POW camps were located (CARE packages were delivered to prisoners in accordance with that same regional system). When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece. As long as they were at it, the clever workmen at Waddington's also managed to add a playing token containing a small magnetic compass, a two-part metal file that could easily be screwed together and useful amounts of genuine high-denomination German, Italian and

French currency hidden within the piles of Monopoly money.

British and American air crews were advised before taking off on their first mission about how to identify a "special edition" Monopoly set: by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the Free Parking square. Of the estimated 35,000 Allied POWs who successfully escaped, an estimated third of those servicemen were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly successful ruse in still another, future war. The story wasn't declassified until 2007 when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony.

It's always nice when you can play that "Get Out of Jail Free" card! ✱

**Note:** Most of the information in this uncredited Internet story can be found in Ki Mae Heussner's September 18, 2009 article at [abcnews.go.com](http://abcnews.go.com), "Get Out of Jail Free: Monopoly's Hidden Maps."

# THE DREAM ZONE

*Katia Romanoff, PhD, and Lauri Quinn Loewenberg*

*If someone were to tell me I had twenty years left and ask me how I'd like to spend them, I'd reply, "Give me two hours a day of activity, and I'll take the other twenty-two in dreams."*

—Luis Buñuel

Dear Dream Zone,

*I have had this recurring dream for about four months now. In the dream, I'm being chased by a man I don't know. I always seem to find a place to hide, but he always finds me. In the dream, I am screaming for my husband, but he can never find me. It all happens in a maze of some sort, full of secret rooms and closets and basements. It builds to the point where I wake up screaming and crying. It's very scary!*

—Julie, 28, Avondale, AZ

**Lauri:** Has something been going on for four months that you have been avoiding dealing with? Is there something you are hiding or are trying to keep private? The maze suggests that there is confusion over this issue. The secret rooms, the basements and the closets all point to secrecy in waking life. What are you "keeping in the closet"?

Your husband is never able to find you or help you in the dream because this is probably your issue and your issue alone, not something he can really do anything about. Once you stop running from the issue and handle it, the dreams will stop.

**Julie replies:** I have some student loans that are in default, and they took my taxes last year for them. My husband and I just got married, so he didn't know about them until we went to go get our taxes done. I feel guilty

about not being upfront about them. The closer it was getting to tax time this year, the more I knew I couldn't hide it any longer. It amazes me how much this affected my dreams! Thank you so much. Hopefully now I won't have that dream again.



Dear Dream Zone,

*I continue to have the same dream of being attacked. Usually it is a black animal, and I am with a loved one, feeling happy and going through my normal day. All of a sudden, I am approached by an angry looking animal—sometimes it is a black panther or a big black dog. I see the animal from afar, but of course before I can get away, he is within arm's length of me. I usually try to attack the animal so it won't harm me or my loved one.*

*Just yesterday I had a similar dream, but this time it was a person attacking me instead of an animal. The person came into my house and tried to attack me. I tried to fight back but noticed my assailant had a gun and was going to pull it out quickly and shoot me. Then I woke up. I have no idea what this means, but I have a dream like this once or twice a week. This has been happening for the past three years or so.*

—Allana

**Dr. Katia:** The black color of the animal lets us know this symbolizes an unknown or hidden element in your

life, probably a fear. An unknown fear keeps coming out of nowhere in your life, getting too close—within arm's length—and attacking your peace of mind. You try to fight back, but since you can't identify this fear, you aren't getting anywhere. Ask yourself: What is this thing that is holding me back in real life? Some situation, an old, unresolved phobia or perhaps a relationship issue is keeping you from living normally. How do you feel helpless and unable to defend yourself in waking life?

The gun and the animal evolving into a person, as well as the invader making it into your house itself, indicate that things are getting more serious, and it is time to solve the puzzle. Once you figure out what it is, the dreams will go away. So quiz yourself and ask: "What am I trying to avoid; what uncertain elements rear their heads from time to time and unsettle me?" You don't even have to solve the fear—just identify it—for the dreams to stop. Good luck, and let us know if the dream recurs.



Dear Dream Zone,

*I dreamed I was inside a huge mansion with spacious rooms and a magnificent view of the ocean. Each window had gauze curtains that blew inside the room with the breeze. I ended up with a man in a fur vest, Henry VIII-like, sitting at a massive table. Bowls of fruit and piles of spareribs and turkey legs were on the table. We ate and he toasted me with wine. I looked down and my feet were bare, my robe comfortable and I was beautiful.*

—Valerie, 50, Myrtle Beach, SC

**Lauri:** My, my, what a lovely dream! The mansion is a reflection of the self. You must feel quite good about your-



*Dreams are messages and warnings, something you need to know. If you've had a strange dream lately and want to know what it means, contact:*

Lauri Quinn Loewenberg, Katia Romanoff, PhD  
www.thedreamzone.com





self and have grand ideas with lots of room to grow intellectually, spiritually or even career-wise—hence the spacious rooms.

The breeze is an important element to this dream, believe it or not. Wind in dreams is connected to changes that are blowing through your life—the winds of change, so to speak. A breeze, however, suggests the changes are kind and gentle and are a “breeze” for you to handle.

Let’s talk about the man with the vest. He is likely your male side, that part of you that has a “vested” interest in being assertive and taking action in this situation. All the food shows us that your desires, your hungers, are being fed. You are enjoying the fruits of your labor, perhaps even with some to “spare”—hence the spareribs! You are toasting yourself for a job well done!

It is interesting that your feet are bare. Have you “bared” your “sole” to

someone recently? From this dream, it seems all is well!

**Valerie replies:** You are right on. I have been baring my soul in all kinds of ways—to friends, on paper and so on. This has been an amazing career time for me, with many options. Much of the work I have done before—the “fruits” of my labors—is indeed beginning to blossom, and there are plenty of opportunities for me, enough to spare. The winds of change are blowing in my life. ✱

# Self-Discovery ACTIVITIES FOR CHILDREN

Lesson Plans for Parents and Teachers *Lynne Cox*

## Moon Adventure

Getting ready for sleep, you turn out your lights, and you are amazed to see a stream of light coming in your window. Looking out your window, you discover the biggest, brightest moon you have ever seen. “Angel, can you see the Moon tonight? It’s gigantic. I don’t ever remember seeing it that big before.”

Angel laughs, “We are always offering delightful surprises for you to discover.”

“That’s true. I can find the biggest thing or the tiniest thing, and it’s just as fun and exciting to explore,” you reply.

“Angel, I wonder why the Moon has different faces. Sometimes it’s just a sliver, and other times it’s big and round and full, like tonight.”

That’s when you hear a voice say, “Hello there. I’m Moon, and it sounds like you have a few questions for me.”

“Yes, I do,” you say confidently. “I would love to know why tonight you seem to be bigger than usual. I also wonder why you are a full moon tonight while other nights you have different faces.”

“Okay,” Moon replies. There is only one reason that I seem to be bigger sometimes and smaller at other times, and that has to do with the angle from which you see me. Believe you me, I am always the same size; however, I don’t always look that way. Tonight Sun, Earth and I are directly aligned. When Earth is in the middle and Sun and

I are opposite one another, I’m full and glowing, like tonight.

“As I orbit around Earth and Earth orbits around Sun, I reflect the light from the Sun from many different angles. Sometimes you’ll see more of me, and other times you’ll see less of me. When I’m a new moon, you can’t see me at all. However, you can be assured that I’m still here.”

“With each phase of my cycle, there is a rhythm and flow of energy that I follow. Would you like to follow me over the next month or so and watch my daily cycle?” Moon asks.

“That would be fun,” you say. “I’d love to experience the Moon cycle with you as my guide.”

“Do you have any favorite Moon stories?” Moon asks.

“Well, you have been there for me so many times that I’ve lost count. There have been lots of nights when



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new moon



new crescent



first quarter



waxing gibbous



full moon



waning gibbous



last quarter



waning crescent

I've looked out my window and you've kept me company as I've said good night to you and the stars. When I've been camping with my family, there have been times I've been without a flashlight, and you were there lighting my way. Other times I've been sitting by the campfire, and I'd feel your comforting light.

"You've reflected so many different colors too! I've watched you shining the brightest orangey-red color over beautiful lakes. And other times you've been a bright white light that sparkled on the top of the calm ocean. I've heard the wolves howling at you on many late nights, and I've imagined myself laughing and swinging on your crescent. Tonight you are so bright that I don't even need a light in my room."

At that moment, the light that was streaming in your window miraculously becomes more solid, and you hear Moon say, "How about hopping onto my moonbeam, and I'll take you for a ride?" Delighted, you hop onto Moon's beam of light, and immediately you begin feeling a very strong energy tethering you. You feel the wind in your hair as you watch your home get smaller, and your city with its bright lights disappears in the night. Within no time at all, you are way out in space, looking back at planet Earth.

"Come back soon," Earth calls

out to you. Bright stars and planets are all around you now.

"Angel, it's awesome out here; I always love it when we have space journeys!" Looking down at Earth takes your breath away. Looking up at Moon, it's so beautiful as the Sun shines upon it. Laughing, you say to Angel, "This journey has got to involve the law of attraction."

Angel and Moon reply in unison, "Affirmative." Angel continues, "Earth and Moon are like magnets." As you are sitting on Moon's light beam, you can feel Moon trying to pull Earth closer; however, Earth stays on course.

"This reminds me of an experiment we did in science class," you say to Moon and Angel. "We were talking about how the Earth spins around on its axis. I remember us all standing up and concentrating on whether we could feel the motion. After a few moments, we all agreed that we couldn't feel Earth spinning. I guess that's a good thing. We'd be pretty dizzy all the time if we could."

"Yes, it's important to keep your balance," Moon replies. "I love watching Earth; she's so beautiful as she spins. Yet I do have lots of fun playing with her water."

Excitedly you say to Moon, "Oh I get it; as Earth stays on course, you keep our water in motion. That's

why we have high and low ocean tides along with all the other tides in between."

"That's correct," Moon replies.

"Do you connect with the water in us too?"

"That's a great question," Moon responds. "What energy are you aware of that is always in motion in yourself?"

You laugh, "That's an easy one; my emotions are definitely in motion! I love it when I'm glowing inside like tonight."

"Aha!" Moon replies. "You're reflecting the light, just like me."

You smile with Moon, "Moon, you are a master reflector!"

"Indeed, I am—as you are also," Moon laughs.

You pause, taking in what Moon has just shared.

"Angel and I have often talked about how we are all reflections of one another in oneness."

Moon replies, "The big question is, what are you believing and reflecting?"

You laugh out loud. "Oh, when I'm fearful in any way, it's pretty easy to see I'm out of balance. If ever I'm hurt about something someone has done or said, or I'm upset with something I've done or said, the fearful emotions can really go wild inside of me. That's when I practice my one, two, three strategy to regain my balance."

"One, two, three strategy—what's that?" Moon asks?

"One reminds me to take a deep breath. Two reminds me to calm and relax so I can think more clearly, and three reminds me to remember my divine innocence and choose to perceive love in myself and another once again."

"Well, that sounds enlightening and simple enough," Moon responds.

"There are many times that it's easier said than done. Yet it's amazing that the more I practice breathing and calming and gently reminding myself to remember

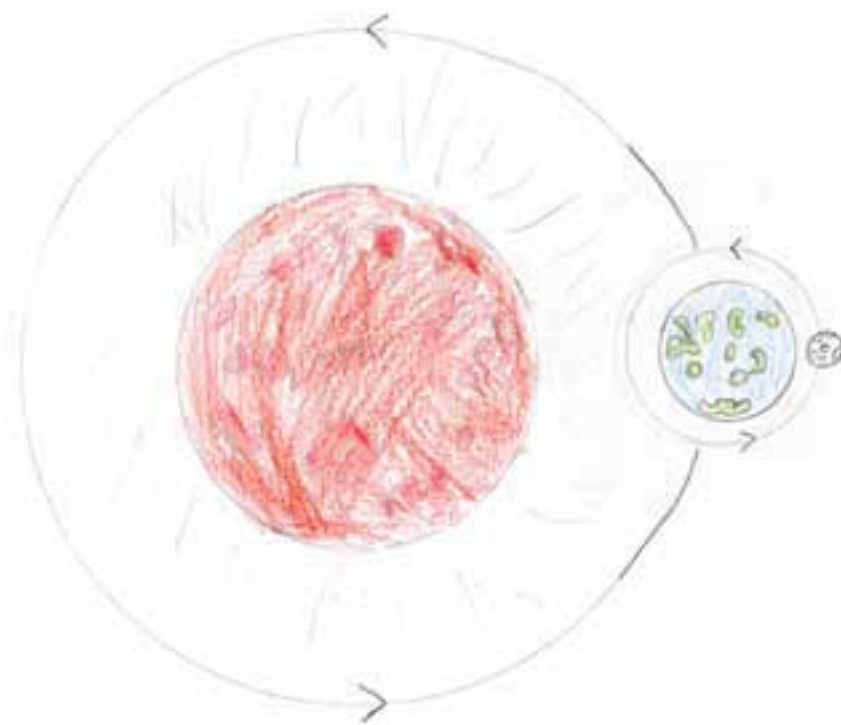
my innocent and loving connection with our divine source, the time it takes to calm seems to get shorter and shorter. Do you think that there will be a time when I'll remember my divinity right away, and I won't have to go into drama?"

"That time is definitely here now. However, remembering the love that you are in each and every moment takes practice, and "as you know . . ." Moon pauses and then you both say in unison: "What you focus on grows."

Laughing, you say, "We're in rhythm with our one mind tonight!"

Moon's beam slowly begins to lengthen. You watch as the Earth zooms closer and closer. You begin to see sparkling, brightly colored lights. Within seconds, you can see your city and then your house, and before you can blink, you're sitting back on your bed in your bedroom.

"Thanks for the fantastic ride, Moon and Angel," you say.



"Any time," Moon replies. Within a flash, Moon's beam is transformed into transparent light energy once again.

You spontaneously give the biggest smile. "That's it!" you hear Moon say excitedly. "Keep smiling and shining your light; it's contagious!"

## LEARNING OBJECTIVES:

- ★ Children are asked to go to the library or search the Internet to learn about the powerful energy of the Moon.
- ★ Children are encouraged to practice using the 1, 2, 3 Emotional Balancing Strategy.
- ★ Children are encouraged to pay attention to the people and situations they attract into their lives.

## ACTIVITIES:

### ~ IMAGINATION ACTIVITY ~

After listening to the story, ask the children to talk about their experiences:

- ★ What loving ideas would you add to this Moon Adventure story?
- ★ Describe a moon experience you have had.
- ★ What color was the Moon when you last saw it?
- ★ What would your ride on a moon-beam be like for you?

- ★ Tell me about a moon story that you have imagined.

### ~ SUN, EARTH AND MOON ACTIVITY ~

The purpose of this activity is to help children become familiar with the orbit the Moon takes around the Earth and the Earth takes around the Sun. Ask the children to go to the library or search the Internet to look at pictures and detailed explanations of both the Moon's and the Earth's orbits.

Supplies: paper, pencils, pencil crayons or felts

Ask the children:

- ★ Draw a picture of yourselves on the Moon that is orbiting around the Earth.
- ★ Make an addition to your first picture. Draw yourselves on the Earth as it is orbiting around the Sun and share your pictures with the class.
- ★ Have fun creating a story in which you discover you are on Earth and the Moon at the same time.

### ~ FOUR MAIN MOON PHASES ACTIVITY ~

The purpose of this activity is to open children's awareness of the four main moon phases. Children experience the Moon's powerful rhythm and flowing energy of its monthly cycle while manifesting their goals.

Supplies: plain paper, lined paper, single-hole punch, string or ribbon, pen or pencil, felts, pencil crayons or crayons

Ask the children:

- ★ Create a journal.
- ★ Using plain paper, create a colorful cover for your journal.
- ★ Punch a hole in the top left-hand corner of your plain and lined paper.
- ★ Place your journal cover on top and then arrange one plain sheet of paper and then two or three lined sheets of paper.
- ★ Bind your journal by tying a string or ribbon through the hole in the top left-hand corner.

☆ Add plain and lined paper to your journal as needed.

Ask the children:

☆ Go to the library or search the internet to find a lunar calendar for your current month and year. Learn about the four main phases of the Moon and how the Moon creates a powerful rhythm and flow of energy.

☆ Create your own lunar calendar. Draw the new moon, first quarter moon, full moon and last quarter moon on the days that are indicated for your current month and year. Add your lunar calendar to your journal.

### ~ MOON JOURNALING ACTIVITY ~

During the new moon phase, draw a picture of the new moon in your journal. Write about the motivational feelings and visions you have of seeing yourselves attain a particular goal by the next full moon.

You may wish to break a large goal down into more attainable smaller goals. Envision yourselves already having accomplished your goal. Throughout the new moon phase, continue writing in your journal about the intuitive ideas and feelings that motivate you.

During the first quarter moon phase, draw a picture of the half moon. Write in your journal about your feelings, ideas and actions that are helping you to attain your goal. Watch the rhythm of this flowing energy grow. Throughout the first quarter moon, continue to build confidence in yourselves by focusing on your positive strengths every day.

During the full moon phase, draw a picture of the full moon. Recognize the accomplishments you have manifested to date. Celebrate your accomplishments in a fun way. Throughout the full moon phase, write in your journal about your feelings of accomplishment.

During the last quarter moon phase, draw a picture of the last quarter moon. Sit quietly and use your intuition to gain insight into the approaches you have taken that have worked, and let go of the ones that you feel are not as

effective. Set your next goal and use your past experience and new ideas to help you attain your new goal.

Follow the next lunar calendar month.

Ask the children:

☆ What was it like for you to follow the rhythm and flow of energy of the four major moon phases while setting and attaining your goals?

☆ What did this experience teach you about the Moon and goal setting?

☆ Share your unique experience with one another.

Note: There are eight moon phases; however, for the purpose of this activity, we are focusing on the four major moon phases.

### ~ 1, 2, 3 BALANCING STRATEGY ACTIVITY ~

The purpose of this activity is to reclaim your emotional balance by practicing the 1, 2, 3 balancing strategy.

Ask the children:

☆ Write down several emotional experiences you have had when you felt upset.

☆ Practice taking deep breaths.

☆ Practice calming and relaxing yourselves.

☆ Use different strategies until you find one that calms and relaxes you. For example, use your imagination and visit your special relaxing place, sing yourselves a calming song or carry a special calming crystal in your pocket. Once calm, you can think more clearly.

☆ Be gentle with yourselves as you remind yourselves of your divine innocence. Choose to perceive love in yourselves and one another once again.

After practicing with several real-life examples, you are now prepared to practice on the spot. Whenever an emotional situation arises, be ready with your 1, 2, 3 Balancing Strategy activity. Ask the children to share their on-the-spot 1, 2, 3 Balancing Strategy experiences with one another.

☆ What did it feel like to do the 1, 2, 3 Emotional Balancing Strategy?

☆ What is your favorite calming and relaxing strategy?

☆ What happens when you remind yourselves of your divine innocence?

☆ How long did it take for you to shift from feeling a sense of fear to feeling peaceful and loving once again?

☆ What did you learn about yourselves as you practiced this activity?

### ~ REFLECTION ACTIVITY ~

The purpose of this activity is to become more aware of the happy, innocent, joyful and freeing moments you attract into your life. Also notice the people you attract into your life who reflect these same energy feelings. Ask the children:

☆ Make a list of the many wonderful moments you have experienced.

☆ What were you feeling?

☆ What were you doing?

☆ Who were you with? Were you alone or with others?

☆ What would it be like for you to feel and appreciate your divinity more often?

☆ After practicing this activity, pay attention to the people and situations you attract into your life that reflect these same energy feelings.

### LEARNING SUMMARY:

Children have become more aware of the Moon's and Earth's orbits, as they have drawn pictures of the Moon orbiting around the Earth and the Earth orbiting around the Sun. They have also created a lunar calendar for the current month and year. They have created a journal in order to document their experiences of following the Moon's powerful rhythm and the flowing energy of the Moon's monthly cycle while manifesting their goals.

Children have practiced using the 1, 2, 3 Emotional Balancing Strategy in order to shift from feeling fearful to feeling peaceful and loving.

Children have focused on recognizing the people and situations they attract into their lives that reflect feelings of divine happiness, peace and love. ☀



# Ask for BENEVOLENT OUTCOMES And Change Your Life

Welcome to this column on requesting most benevolent outcomes (MBOs). If you're just reading about requesting MBOs for the first time, this simple yet powerful spiritual tool is something you can use daily to reduce stress and have an easier life. Closely related to MBO requests are benevolent prayers, which are what you say when you ask for a benevolent outcome for other people. These tools are for all faiths and beliefs—just try them. Here are some emails that I have received during this past month that demonstrate just how effective requesting most benevolent outcomes can be.

## How Can We Know?

Susie writes: "I know you are being flooded with emails concerning the earthquake in Haiti and all the suffering that is going on there. I've been asking my guardian angel and other spiritual beings to help these people, but I guess my question is: How can I be sure that my requests are being heard. I hope this is not too trivial. I really enjoy reading your newsletters."

When you say a benevolent prayer for someone else, you don't always see the same kind of immediate feedback that you do with many of your MBO requests. In my first book, I described saying a benevolent prayer for a woman on a plane who had left her purse at security and seeing the joy she felt when she returned with the purse. So when you say benevolent prayers, have faith that they do work.

In the case of the earthquake victims in Haiti, have you not read about or seen on TV the massive amount of aid coming both from governments and the general public? It is huge. So the question is whether or not you

have been absorbing what I'm trying to convey with these articles—that we are junior creators in training. Have you said a benevolent prayer for these people yet? If not, say right now, "I ask that any and all beings assist the people in Haiti affected by the earthquake to be aided in recovering from this disaster, and may the results be even better than I can hope for or expect. Thank you!" If we have hundreds more people saying this prayer, think about the energy that will be created! Pass this along to your friends, and perhaps lead a group of people, not just you, to say this prayer.

## UPDATE ABOUT INJURY IN SOUTH AFRICA

Linda (see "Benevolent Injury Outcome," from the March 2010 issue of *Sedona Journal of Emergence!*) writes: "Dear Tom, I'd like to send out a big thank you to you and to everyone else for the benevolent prayers that are being said for me. I have made such wonderful progress and am recovering from the injuries I sustained two weeks ago with the shard of glass in my leg. The stitches are all out, there is practically no scarring and I am slowly gaining the strength back in my upper thigh muscle. Walking is no longer painful for me. So I am pretty much back to normal and loving practicing my MBOs! How simple and yet how powerful they are. Thank you for mentioning my story so that others may be inspired to make MBOs a part of their everyday lives. Expect great things!"

We work fast, everyone!

## SOUL CONTRACTS

I had the question creep into my mind about what happens if we stop requesting benevolent outcomes, which my guardian angel says keep us on our life path—or "soul contract," as he calls it. Do we already have a plan in place for other challenges on that path, or do we do the work during dreamtime? During my meditation, I asked him if when we set up our soul contracts, do we set up our "Plan Bs" at the same time, knowing that there will be times when we might take another path, or if this is simply done during our sleep time. He responded, "All possibilities and probabilities are analyzed, and these are all considered during the life-planning session, as we shall call it. As you can tell, this is a much more complicated process than you can imagine, since there are thousands of probabilities and potentials that may or may not come into play. All must be considered, you see. So after a different path is chosen, there are still plans already in place to go forward with that change."

## MBOs AND BENEVOLENT PRAYERS FOR YOUR BUSINESS

Leanne in Australia writes: "Lucky me—my newly built Reiki studio opens on February 4. I wish to ask for an MBO for continual healing for my cli-



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ents and for many clients to come and see me and so on, but what I want to know is whether I ask for an MBO for myself or whether I say a benevolent prayer for my business, for the room or for future clients. I would like to know your thoughts, if you have time. Kind regards from sunny Oz."

For Leanne and anyone else who has a healing business, I would request a benevolent outcome for the success of your business, and then each day, you can request an MBO as you assist others, and may the results be even better than you can hope for or expect. You can also say a benevolent prayer for each client, such as, "I ask any and all beings to assist my client in continuing to heal in the most benevolent way, and may the results be even better than we can hope for or expect. Thank you!" It will become a habit, and I think that if you even say this in front of them, they will appreciate it, and it will reinforce your work on a subconscious level. May I remind everyone that benevolent prayers are for all faiths and beliefs? So you shouldn't be afraid of stepping on toes. I also recommend saying the "expect great things" mantra every day: You can print out a sign with it from my website. My guardian angel says that it opens the door for your guardian angel to bring in business that you may have never expected.

### **WASHING MACHINE MBO**

Daphnee in Vienna writes: "The other day, my washing machine started going crazy, and I thought, 'Oh no! I have to buy another one!' So I asked for an MBO that it work again, and two days later, a friend came to me and told me that the machine was not broken but that I simply needed to empty a filter and that this was the reason it was beeping and not working properly. I am sure that if I had not requested the MBO, I would have continued using the machine and would have really broken it. So this is my little MBO story for the week. Maybe I should keep a record!"

### **MUSIC TO MY EARS**

Marsha writes: "I want to share something with you that happened

to me yesterday. I've been wanting to start playing the violin again (at age sixty), and I realized that my old violin, a full-sized instrument, was now rather uncomfortable for me to play because of my arthritis and the way my joints were being 'encouraged' into radical positions and so on. I tried a three-quarter-sized violin in a store and discovered that it was exactly the right size for me and was much more comfortable to play. Since I'm on a shoe-string (nearly barefoot!) budget, the only three-quarter-sized violin I could afford was priced at around \$75.

"I bought it, figuring that I could learn on anything. I was wrong. The violin had structural problems that were so bad that a repair person said it would take around \$1,000 to get it into acceptable shape. I called the store where I'd bought it and told them I was returning it for an exchange (figuring there might be a better one of the same model) or a refund. All the way to the store, I requested an MBO in finding an affordable violin that was in better shape.

"When I got there, I discovered that they had a beautiful German-made violin priced at \$400 that had somehow 'slipped through the cracks' in their inventory. They couldn't sell it—the computer kept kicking back the transaction because it didn't think the violin existed. So they traded this lovely violin (a straight-up swap!) for the \$75 one I was returning. Thanks to my guardian angel, I now have the kind of violin I thought I could only dream of! MBOs work!"

### **BENEVOLENT OUTCOME WITH A CAR REPOSSESSION**

I'm changing the name of this person to Melissa, who writes: "Peace and blessings to you, Tom. This morning, I heard a whisper in my ear that said, 'benevolence.' This word has been on my mind very strong lately, and while I have always considered myself spiritual, I wasn't sure what it meant. I have a full-time job and am also a Reiki Master who offers service to clients in the Detroit area. The past year has been a challenge for me, financially and physically. I have continued to ask for divine

assistance in my affairs, but the help would always seem to be not what I fully needed. So when I heard the word 'benevolence' whispered in my ear this morning, I didn't know what to think.

"I happened upon your website through a link on a blog, and the results have already been benevolent. I am two months behind on my car note, and I requested an MBO that the bank accept my payment terms with kindness, and that's what happened! The representative who helped me said that she had been just about to turn my case over to be repossessed and that I had called 'just in time.' She accepted my payment arrangements, and of course I immediately said an MBO for my car payments to be paid in full by the due date.

"I know that you receive letters like this all the time and you probably won't even read this letter, but if you do, thank you Mr. Moore! I will keep you up to date on how my MBOs are answered, and I will buy your book. I can't wait to read it."

Notice that Melissa was listening to that "whisper in her ear," as each of you should concentrate on doing each day. For anyone not familiar with the situation in Detroit, they have a 25 percent unemployment rate and 45 percent of the population are not employed full time. Send lots of white light to Melissa (I know she'll receive it) and to everyone in that area.

### **A SNOWY PROMISE KEPT**

Ruthie writes on Facebook: "I ordered pizza from a local shop, along with bread, cinnamon sticks and sodas. Despite our three and a half feet of snow, the order was delivered as promised, except for sodas. The driver said, 'I'll be back.' I doubted that, so I asked for an MBO that the driver would really bring back our soda. Much to our surprise, he came back and gave us two liters of soda. MBOs work."

As I wrote to Ruthie, MBOs make even the more mundane parts of life easier.

### **MORE ON BENEVOLENT PRAYERS**

Rocky writes: "How would you rephrase the daily reminder benevo-

lent prayer to include all animals of every species, or do feel that it already does that?"

Rocky—and anyone who wishes to do so—could change the benevolent prayer that I say every morning as a daily reminder (see *The Gentle Way II*, page 262) from "anyone" to "any being." In other words, you could say, "I ask that any and all beings assist and comfort any being I have ever harmed,

either physically, mentally, morally, spiritually or emotionally in any past, present or future life."

Here's what my guardian angel said about the benevolent prayer when I asked him whether I ever said the benevolent prayer I say each morning in any other life: "No, not really. This is the first life in which you've recognized the value of saying this prayer. That's why it is so important

that you continue to say this prayer on a daily basis, as it truly does erase much karma like I have explained before. So I am telling you the complete truth here, Tom. Do not doubt this statement, as I know doubt can creep into your mind. This is a true gift to yourself and all the other lives you've lived and will live on Earth." And with this, I wish you all a most benevolent month! \*



*Lily Jones*

Dear Ms. Lily

*In a recent psychic reading from an experienced popular clairvoyant, a friend who is like a daughter to me was told she should not expect to live a very long life! This devastating news has literally caused her to shut down to the point where she can barely cope with everyday life, when once she was vibrant and full of life. Help!*

—Jessica, Texas

Similarly to the way it is sometimes good to get a second opinion from a medical doctor, it is very wise to seek a second opinion on any life-changing issue. And keep in mind that some professionals have better bedside manners than others as well. This has actually been the subject of some frequently asked questions: Why do different psychics sometimes see seemingly conflicting viewpoints? How do you know who is most accurate?

When I read for clients, I point out that what I/we see are "windows of opportunity" that you have the free will to choose or even not choose to follow. Different psychics can see similar opportunities or even different option lines for you to choose from in your life charts. I see my job as giving you a heads-up for opportunities in order to have time to "prethink" things out and be prepared to decide what

you may want when something springs up, since we generally speed down our highway of life on autopilot and do not always pay close attention.

I agree with experts who say that when we create our life charts before we are born, we include an average of five exit points that we can use to go home to heaven, or the other side. I include the word "average," as I have met folks who seem to have nine lives or more, like a cat! This fact alone clearly demonstrates how we have the free will to modify what we charted for ourselves in this current lifetime.

Your lovely, vibrant young friend simply has an option exit point placed in her chart, possibly in three to five years. In fact, the angels say she already bypassed one exit point at about age nine, when her mother had a minor fender-bender in the family car. What the actual message should have included from the recent reading your friend had is that the angels encourage her to take time to meditate, not only on what she wants to accomplish

in this current lifetime, but on fully enjoying the blessings that life in a human "biosuit" offers. It is like the difference between reading about eating a rich dessert (when we are home in heaven) as opposed to actually tasting one. One man who survived a near-death experience even exclaimed, "It's wonderful to have organs!"

Timing is a tricky thing to nail down in readings—as most psychic advisors will admit—due to the fact we do have free will in choosing how to overcome various life lessons or challenges that we ourselves choose to put into our personal life charts. And our angels and guides assisting us through the veil from the other side are not confined to the linear highway we know as "time." I am discovering that we actually have the ability to speed up or slow things down



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according to our needs. An example of that ability might be that a breakup may have been tougher than we expected; therefore, we (meaning our higher self) may want a minor delay before the next relationship, or spiritual contract, crosses our path.

To help pinpoint timing, when I read, I typically ask the angels to focus on what is coming up right now—this year, this season, this month, this week—and what can this person go home and do tonight proactively about whatever urgent issue brought him or her to my door. While it may be nice to see far down the road, the accuracy of a reading declines due to the free wills of everyone involved.

Your lovely friend is an advanced soul who goes back to Atlantis and Lemuria. Like many of us, she was sweet-talked into coming back from the future to assist others in our soul group through the current ascension process. I liken it to standing in line to renew my driver's license; you get asked at the last moment, "Would you like to be an organ donor?" Impatiently, most of us say, "Sure," just to get out of there, not thinking about details (especially with the next person behind you wishing you'd hurry up).

The angels gently remind me that many of us, like you and your friend, checked "yes" in the box that asked if we would happily volunteer for extra duties when certain events might call for it when we created our current life charts. My life experience from being called up by our Creator God is that I respond, "Who am I to say no if this is truly what God wants me to do?" For me, that is humbly helping others through messages from the angels and ascended masters.

Our Creator God plants us where He wants us. The angels show me a vision of a boxful of multicolored flowers, representing those of us of various cultures and belief systems. Answering the call as lightworkers does not mean you have to quit your job and move to Tibet, nor is it necessary to be a TV evangelist speaking from a soapbox. It is simply "blooming where we are planted," helping those

fellow human beings around us in our daily lives, including friends, family and coworkers. Many of these people we cross paths with represent spiritual contracts we placed in our life charts. Keep in mind that we can have hundreds, even thousands, of these in our lifetimes. We have free will to choose how long they last. Spiritual contracts can be lifelong commitments down to a brief moment where you might open the door for someone in a wheelchair.

The angels say we cannot emphasize free will enough—the ability for us to "choose." We have the options of deciding when to go home to heaven, so please do not be fearful of not being able to experience this life's blessings to the fullest. The angels say they feel your lovely young friend's higher self will likely choose to stay much longer than predicted in the aforementioned reading. It depends on whether or not we feel we have accomplished what we wanted. Think of it as empowerment to have this option.

Our Creator God gives us life; our gift to God is what we do with it! Love and light to you and your loved ones.



Dear Ms. Lily,

*As a teacher, I had so hoped to have a more positive and fulfilling life teaching children. I never imagined the negative politics with people I work with or how I would not feel supported by those in authority within the school system. What am I to do? I am miserable where I work, and wish I could find a better job. Please help!*

—Patricia, Texas

Unfortunately, as life would have it, virtually any given career brings us together with difficult folks. It can be equally tough to decide when it is time to be creative in gently asserting ourselves where we are or whether it is time to move on. Fear of the unknown can inadvertently deter us from stepping out in faith toward a new life.

The angels remind me of the story of an evil dictator who was executing political prisoners. The prisoners were offered the firing squad or

a mystery door. All chose the firing squad and were taken out to be executed. A reporter in the room asked, "What was behind the mystery door?" The dictator laughed and said, "Freedom. But not one in a million will choose the unknown!" The angels also remind me of a friend who had exclaimed how she realized that it had taken her twenty years to "get out of my own way!"

In my work, I have had so much fun helping others call in angels to work on projects, just like you wanting to find a better job. You can call in a headhunter angel for this purpose. To manifest what is desired, remember to replace the word "please" with "thank you" in your prayer requests. Keeping that "attitude of gratitude" brings miracles never imagined! For example, you may want to say, on a daily basis, "Thank you God/Jesus/angels for the perfect job for me." It never ceases to amaze me how these prayers can really speed up preactive and positive results! The Bible even teaches: "Ask and you shall receive." The Angels are ever happy to assist us at any moment; it is as easy as simply asking. Just be mindful that you likely will get what you ask for—so be careful what you do wish for!

The angels tell me that someone you know will be calling you in seven to ten days about a teaching position only five minutes from where you live! Wow. I see some fabulous new spiritual contracts with new coworkers and kids. Some of these kids will have special needs, which you are so wonderfully experienced with in mentoring. Think back to your own youth when there was that one teacher who touched your life forever, giving you warm memories. The angels tell me you already have been that to many, and you will be that teacher to many more to come! You are thanked for this from the heavens above. In fact, I see this new school giving you some sort of recognition for what you do for others. This is so exciting! Please let me know how it turns out. Blessings to you and yours.

**Update from Patricia:** You may not remember, but you predicted a new



teaching position for me that would be close to home. The call came right away,

like you said, to offer a job like I prayed for! Now, just a few months later, I have

been nominated for Teacher of the Year! Thank you, Ms. Lily and the angels! ✨



## FIND THE COST OF FREEDOM

*Mary Ann Antenucci*

Freedom isn't free. This phrase has been going around in my head for the last few days. What are we really requesting when we desire freedom? Do we want to release burdens? Do we want to be ourselves? Do we want to do what we want to do? We expend so much energy in relationships, jobs and pursuits for the concept of freedom. Freedom also requires responsibility. What is the price we pay to play?

Freedom tests us. We question what we want from ourselves and what we want from others. We ponder the path we have not taken. "What would my life be like if \_\_\_\_?" "What if I were free to do \_\_\_\_?" Freedom helps us by identifying what the illusions are that we hold to be true. Pay attention to where we stumble. Pay attention to what we perceive as limitations. These are our personal prison.

### **IRIS ESSENCE FOR CREATIVE FREEDOM**

Iris essence challenges us to look upward and move beyond our personal limitations. It is used in many manifestation formulas, as it helps us to dream big and get out of our own way. It teaches us how to get our inspirations and direction from spirit. Iris essence is a great essence for creativity and creative process. Any type of creative block can be overcome with a little key to the help from above.

Iris essence helps us to take a look around at all the muck and use it as fertilizer for our personal growth. It reminds us to look at all the circumstances and elements of our lives and see the mosaic. "If this hadn't hap-

pened, then I wouldn't be this . . ." This essence shows you how to take stock and reframe what you see as challenges and limitations. Iris essence gives you wings. Freedom comes from flying above your fears and challenges.

### **WILD OAT ESSENCE FOR FREEDOM IN FIRST STEPS**

Wild oat essence is used when we want to be free, but we don't know what to do. We may recall being in a situation in which we were so afraid to get stuck or commit that we couldn't do anything? Maybe we meandered around, trying to find the exact perfect situation so that we could commit, but we were fearful that we would be trapped by our choices and lose all of our freedom.

Wild oat essence reminds us that freedom comes from starting a direction and allowing the path to lead us to new places. This essence is traditionally used when we can't figure out what we want to be when we grow up. Wild oat essence gently guides us to start on a path so that purpose and direction can be revealed. Freedom comes from taking the first step so that the safety net can appear.

### **BLEEDING HEART ESSENCE FOR EMOTIONAL FREEDOM**

Bleeding heart essence is for emotional freedom. This is typically the "broken heart" formula. This essence

helps to take the edge off the grief process in any type of loss. It is also used to form more healthy attachments. Types of attachments it could help us with could be with lovers, animals, children or an identification with a role that we feel our very lives depends on. Sometimes we become so attached to this person or that concept that we can't conceive of our lives without it.

Bleeding heart essence cleanses the heart and restores the integrity of the soul. This essence helps to reestablish that the sense of self is not dependent on who, what, why and how we are attached to something or someone. Freedom comes from cleansing our hearts and emotions.

### **PURPLE MONKEYFLOWER ESSENCE FOR SPIRITUAL FREEDOM**

Purple monkeyflower essence is especially effective for allowing the freedom to connect with our spiritual natures—whatever our religious affiliations. This is the remedy for the path not taken. We may feel drawn toward a more expanded awareness but don't know how to reconcile our spiritual



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yearnings with the conventions of faith-based systems.

Purple monkeyflower helps with the fear of getting off course. It helps give us the courage to find our inner guidance. It is a spiritual cleanser and stabilizer in the face of religious adversity. This remedy blesses us with freedom to trust our spiritual experience.

### TRUMPET VINE ESSENCE FOR FREEDOM OF EXPRESSION

Trumpet vine essence can be used for verbal freedom. This essence works when we feel that we are always

holding back because we don't want to say the wrong thing or we feel so flustered and frustrated that the words come out wrong. We feel unsafe blowing our own horns. Trumpet vine gives us voice. This essence is great for writers and speakers, as it helps us to articulate thoughts and concepts more clearly.

Trumpet vine helps us to speak up for ourselves. It boosts verbal and emotional confidence by harmonizing our voices as instruments for creativity. Our word can now be your wand. We feel more connected to how our

declarations have value and strength. Our freedom comes from the ability to freely express ourselves.



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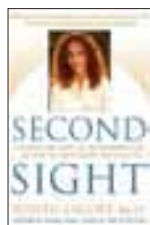
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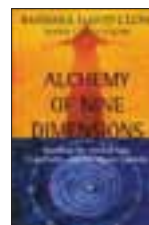


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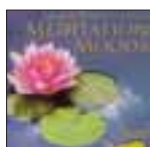


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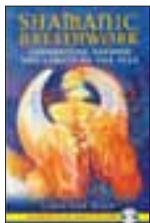


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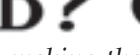
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
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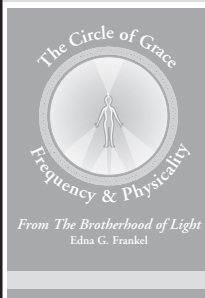
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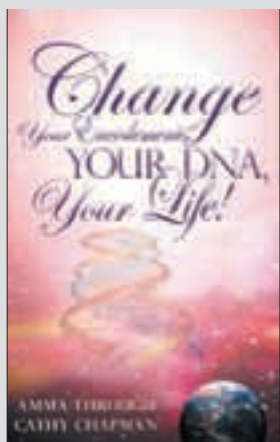
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**DISPLAY ADVERTISING** Our advertisers tell us they get better results with ads in the Sedona Journal than ads they run in other publications.

**TRANSFORMATIONAL RESOURCES** We have set aside this space for those facilitators/teachers/healers who are ready to say, "I am here to serve you, to help you choose to go further, to empower yourself, to be all that you can be." To assist in this process, we have priced these ads very reasonably for the size of the ad and the circulation.

**CLASSIFIED ADS** Advertise your special or unusual services or needs. Rates: Up to 30 words \$50/month, 3 months \$100; 6 months \$190; each additional word 75¢ each per month. Indicate category heading or create your own for an extra charge of \$10.

**PRODUCTION CHARGES** BLACK & WHITE: Rates shown are for camera-ready electronic ads ready to print. Add \$30 one-time setup fee. Add 25% of first month's space cost for layout and design by Sedona Journal staff.

COLOR: Rates shown assume client supplies color separated film. Add \$30 one-time setup fee. Add \$60 for electronic files without supplied film. Add \$60 per hour for layout and design by Sedona Journal staff.

**CHANGES TO AD DURING CONTRACT:** Classifieds: \$15 minimum. Display ads and Transformational Resource ads: \$25 minimum/\$50 hour.

### ALL ADS MUST BE PREPAID BY CLOSING DATE!

#### Payment Terms:

- 6-month contract can be split into 4 equal payments, due the first 4 closing dates of the contract
- 3-month contract can be split into 2 equal payments, due the first 2 closing dates of the contract

**WITHOUT PROPER PAYMENT WE CANNOT RUN YOUR AD!**

#### DISPLAY ADVERTISING - COVER

Full Color	Size	Monthly	3X	6X
<input type="checkbox"/> Outside Back Cover	8½ x 11*	\$1610	\$1410	\$1220
<input type="checkbox"/> Inside Front Cover	8½ x 11*	1440	1265	1120
<input type="checkbox"/> Inside Back Cover	8½ x 11*	1325	1235	1095

\* Add ¼ inches on all sides for full bleed.

#### COLOR ADVERTISING PAGES

<input type="checkbox"/> Full Page	7½ x 10½	1265	1180	1100
<input type="checkbox"/> 1/2 Page Horiz.	7½ x 5	850	800	750
<input type="checkbox"/> 1/2 Page Vert.	3½ x 10½	850	800	750
<input type="checkbox"/> 1/3 Page Horiz.	7½ x 3½	700	650	625
<input type="checkbox"/> 1/3 Page Vert.	2½ x 10½	700	650	625
<input type="checkbox"/> 1/4 Page Horiz.	7½ x 2½	550	500	475
<input type="checkbox"/> 1/4 Page Vert.	3½ x 5	550	500	475
<input type="checkbox"/> Business Card	3½ x 2	350	315	300

#### BLACK & WHITE DISPLAY ADVERTISING

<input type="checkbox"/> Full Page	7½ x 9½	1140	1040	975
<input type="checkbox"/> 1/2 Page Horiz.	7½ x 4½	680	645	595
<input type="checkbox"/> 1/2 Page Vert.	3½ x 9½	680	645	595
<input type="checkbox"/> 1/3 Page Horiz.	7½ x 3½	520	460	430
<input type="checkbox"/> 1/3 Page Vert.	2½ x 9½	520	460	430
<input type="checkbox"/> 1/4 Page Horiz.	7½ x 2½	375	350	330
<input type="checkbox"/> 1/4 Page Vert.	3½ x 4½	375	350	330
<input type="checkbox"/> Business Card	3½ x 2	220	175	160

#### TRANSFORMATIONAL RESOURCES

	Size	Monthly	3X	6X
<input type="checkbox"/>	7½ x 2½	\$250	\$225	\$190
<input type="checkbox"/>	3½ x 2½	\$140	\$130	\$110

Ads for 900 numbers will not be accepted.

**NOTE: CLOSING DATES ARE 1ST OF EVERY MONTH. EIGHT WEEKS BEFORE THE ISSUE DATE!**  
For example, the closing date for ads running in the August issue would be June 1st.

NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

PHONE # \_\_\_\_\_

TYPE OF AD \_\_\_\_\_

AD SIZE \_\_\_\_\_

RATE \_\_\_\_\_

BEGIN LISTING (MONTH) \_\_\_\_\_

Heading (Class./Dir.) \_\_\_\_\_

Run for (\_\_\_\_\_) months \_\_\_\_\_

TOTAL ENCLOSED: \_\_\_\_\_

☐ CHECK # \_\_\_\_\_ ☐ M.O. ☐ VISA ☐ MASTERCARD ☐ DISCOVER ☐ AMEX

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_/\_\_\_\_/\_\_\_\_ SIGNATURE \_\_\_\_\_  
(U.S. FUNDS ONLY)



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# BOOK MARKET ORDER FORM



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The Arcturus Probe.....	14.95	\$
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Handbook for Healers .....	25.00	\$
<b>BACON, SUMMER</b>		
This School Called Planet Earth.....	16.95	\$
<b>BAIN, GABRIEL</b>		
Auras 101 .....	6.95	\$
Living Rainbows.....	14.95	\$
<b>BALL, LINDA</b>		
Dimensional Journey.....	19.95	\$
<b>BATEMAN, WESLEY H.</b>		
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Welcome to Planet Earth.....	14.95	\$
<b>BRUCE, EDITH</b>		
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<b>BUSS, LYNN</b>		
Children of Light, Children.....	8.95	\$
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Numerology: Nuances .....	13.75	\$
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<b>CHAPMAN, CATHY</b>		
Change Your DNA, Your Life! .....	16.95	\$
<b>CLARK, GLADYS IRIS</b>		
Forever Young.....	9.95	\$
<b>COHEN, MARK</b>		
Ratho Shenzi (book).....	19.95	\$
Ratho Shenzi (CD).....	15.95	\$
<b>COOPER, WILLIAM</b>		
Behold a Pale Horse .....	25.00	\$
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Endings Are Beginnings.....	16.95	\$
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Healing Earth in All Her Dimensions .....	16.95	\$
<b>DEERING, HALLIE</b>		
Light from the Angels.....	15.00	\$
Do-It-Yourself Power Tools .....	25.00	\$
<b>DONGO, TOM</b>		
Mysterious Sedona .....	9.95	\$
Mysteries of Sedona—Book I .....	6.95	\$
Alien Tide—Book II .....	7.95	\$
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Merging Dimensions.....	\$14.95	\$
Sedona in a Nutshell.....	4.95	\$
Unseen Beings, Unseen Worlds .....	9.95	\$
<b>FALLON, NANCY</b>		
Acupressure for the Soul.....	11.95	\$
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Soul Evolution Father .....	12.95	\$
Simon .....	9.95	\$
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On Becoming .....	10.00	\$
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<b>GAUDETTE, RENÉ &amp; MCGUFFIN, MAGGIE</b>		
The Wonders .....	14.95	\$
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I'm OK, I'm Just Mutating .....	6.00	\$
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Shifting Frequencies.....	14.95	\$
<b>GRATTAN, BRIAN</b>		
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Ambassador of Light .....	16.95	\$
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Crystal Co-Creators .....	14.95	\$
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<b>ROTA, EILEEN MIRIANDRA</b>		
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# BOOK MARKET ORDER FORM



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<b>ARMSTRONG, VIRGIL</b>		
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<b>BABBITT, ELWOOD</b>		
The God Within.....	12.95	\$
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Brief Tour of Higher Consciousness.....	12.95	\$
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Reclaiming the Shadow Self.....	15.95	\$
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Kryon-Book II, Don't Think Like.....	12.00	\$
Kryon-Book III, Alchemy.....	14.00	\$
Kryon-Book IV The Parables of Kryon..	17.00	\$
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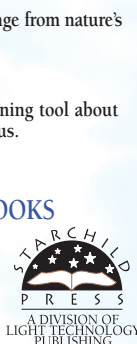
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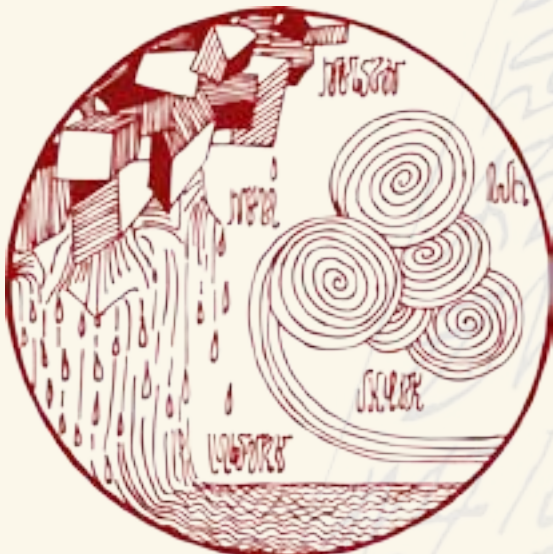
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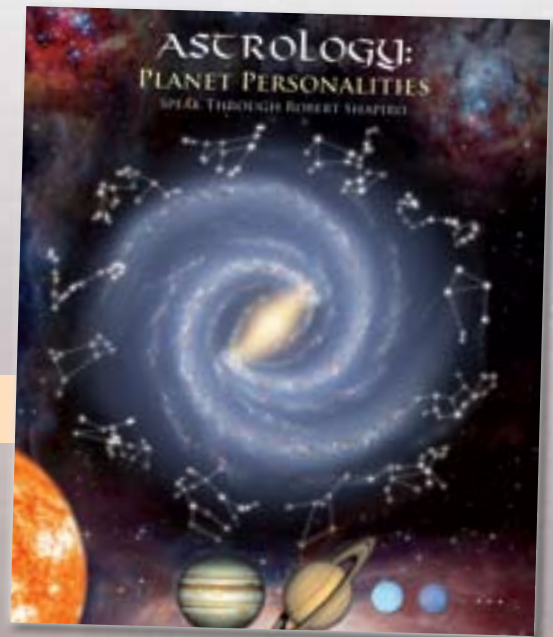
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— Zoosh through Robert Shapiro

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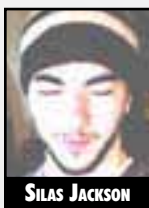
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## INSPIRED INFORMATION

**from beyond the focus of Earth to guide, teach and help you now, as  
you awaken to your natural self and your natural talents and abilities.**

# Stepping into Cosmic Consciousness

## Higher Self through Carolyn Gervais

**E**ven if your mind and heart are heavy with challenges, let the love and joy of this new year, a joy that is expressing all around you, soothe your heart and soul. Let that love, light and joy seep into you through every pore, with every breath you take. For you are the essence of that light, love and joy.

As you know, life is not about Maya; it's about spirit, light and love as God, the creator of the universe. Every day, there are many who are feeling a kind of emptiness that cannot be filled for very long, no matter how hard they try. Some feel confused because physical desires can and often do begin to lose their charm after a certain amount of energy and enthusiasm has been put into them. That is when the intensity of their passion for what they thought was *the* desire begins to wane and dull. It then dawns on them that what they believed would become their life's passion was really just a temporary diversion from the emptiness they were hoping to permanently fill once a particular desire came to fruition.

Those of you who have been a participant on Earth for a very long time and are very astute on inner levels might begin to realize that even though outward human desires can manifest in your lives, the happiness from them is often temporary and fleeting—for however long that happiness may or may not last. Many humans see themselves, Earthly existence and other humans with the eyes of physical limitation—that is until the ego self, or human self, comes under the control of the cosmic self and transcends physical sight into a more all-encompassing view of the finite and infinite.

In case you have forgotten, it is your essence of God that is dreaming the dream of your Earthly sojourn. To God, you as a physical being—a channel or temple, if you will—were

created to express God's expansive consciousness in ever-more creative ways as you expand in consciousness. The only way to see beyond the dream reality to the true reality of who you are is to expand your inner knowing with inner and outer experiences.

It is natural for people of all ages to have an unending supply of physical human desires that need to be sifted through for your priority list of life goals and probabilities before they are acted upon. But somewhere under all of those human and fun desires is one longing desire that could overshadow all others if it were to be realized. For you see that the only real desire there is comes from the soul, and that is to know God—know essence, know the real self. All other desires are desires of the dream itself.

First of all, you understand that there is the visible you that sees life only with physical eyes. As a child, everything those physical eyes see, the body and mind want to have and experience. That is great and wonderful, because that is how a child learns to discriminate between what is and is not desirable. If children are given every toy they want, however, it doesn't take long before they are bored with most, if not all, of those toys. On the contrary, if children are only able to have a few of the things they want, they usually maintain interest and more easily create new ways to use and play with what they have been given. Children who have had everything can grow into adults who never feel satisfied with what they have or have not had. As adults, they can never have enough to stay entertained by life and therefore always need something new and different. On the other hand, children who have very little while growing up may be more content with fewer possessions as adults.

### KEY POINTS

- "Great changes are occurring, and you can help these changes by the practice of tapping into your cosmic consciousness every day, touching the light that is your true destiny."
- "The only way to awaken a world that has lost sight of what is truly important and real is to strip away the false beliefs that blind people to the true meaning of life."
- Moving into this energy is the next huge step for humanity as you transcend the human dream that has gotten out of control and meet the cosmic consciousness that awaits you.

### BECOMING A TRUE ADULT

No matter how a person might look at it, human desire alone, if not under the control of the soul aspect, has the power to trigger any number of negative responses in one's life experiences. Just because one grows into an adult body, does not mean the person in that body always acts like an adult is expected to act. How is an adult expected to act? That

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depends on the situation and a person's wiring, childhood imprinting and soul experiences, but here are a few examples of what could be called the actions of an astute adult:

- Adults think before they act or speak and do so in the most non-harming way they know when approaching a situation, subject or person.
- True adults are honest in their dealings; they are assertive, but in non-harming ways, seeing everyone as equals who all want to be healthy and happy.
- Adults work at being objective so that they can recognize what is fair or not fair. Understanding human nature and having integrity develops objectivity.
- Adults realize that God has no preference for how He/She is worshipped, as long as it is with love and compassion for all people, regardless of beliefs and customs.
- Adults care about other people, especially if they are in need of help.
- Adult leaders work for the good of the people they are serving.

All of the examples we have given for how the actions of a true and astute adult play out are realized because of the desire to express oneself in non-harming ways, the desire to be honest yet assertive in non-harming ways, the desire to understand what objectivity is so that fairness is possible and the desire to understand that God has no preference for how He/She is worshiped. You get the picture.

### **TAPPING INTO THE COSMIC CONSCIOUSNESS**

The question is that if human desire often causes disappointment, fear and pain—which it does—what is missing in the human aspect that will evolve desire into an energy that does not harm but instead heals all suffering in one's self and on the Earth? First, there must be an understanding of what it is that is missing in the desirer. What is missing is the energy of the cosmic consciousness of God working through the human being—also known as God man or God in man.

In a time when suffering is rampant and fear is overwhelming the Earth and its people, what part do desire and love play in tapping into the cosmic consciousness of God? The more fear, pain and suffering there is, the more confusion there will be about who and what will save the human race. Some believe that God (cosmic consciousness) must be angry with the people of Earth. Why else would there be so many catastrophic events and so much hate, anger, greed and death going on all over the world? Others believe that God has abandoned them. Why else would He/She allow so much darkness to remain on the Earth and in the minds of so many? You know the answer!

It is human desire that has and is still causing all the darkness on the Earth. The desire to have it all, regardless of who gets hurt in the process. The desire to be the wealthiest nation in the world at any cost. The desire to have one religious dogma or another that will dominate all the religions of the world, and the desire for power and money. Then there is the desire to have all you need, with no regard

for those who don't have what they need. This is the chant or motto of those who fear losing that which keeps them high up on their pedestal. This comes from the justification of the greedy that it is okay to take from those who are deemed less worthy. These are the kind of desires that create corruption in your world in all of its forms, and it is time for you who see, know and understand the wisdom of compassion to use it to change the status quo in your world.

### **STRIPPING AWAY FALSE BELIEFS AND DESIRES**

The only way to awaken a world that has lost sight of what is truly important and real is to strip away the false beliefs that blind people to the true meaning of life. Why do you think there is so much suffering and loss going on in your world right now? The answer is obvious, is it not? How else will people of the Earth learn about equality, necessity and giving unless they are forced by the harsh consequences they have manifested in their own lives—and therefore the lives of others—because of their self-serving feelings, words and actions? How else will the human race create a purpose or need to move closer and closer to the door of soul, essence, light and love where understanding self and God begins?

At this time in the evolution of humankind, all are growing weary of Earth's lessons from false desires and are beginning to understand that all human desires that do not serve the good of all have a shelf life. That shelf life will vary from person to person and from lifetime to lifetime, as will the lower desires of need, want and having. Many of you are struggling in your individual ways to keep your heads above the fear and evil that is seemingly taking over lives and your planet Earth. If the evil of fear is not affecting you personally, financially, physically, emotionally, mentally or spiritually, then realize that it is affecting those around you everywhere. Any of these emotions can inhibit creativity and freedom and prevent equality, causing confusion and unrest in one's life.

Unfortunately, many who are financially and materially secure can be somewhat lacking in compassion and blind on the heart level to what many are experiencing in their struggle to find jobs, keep roofs over their heads, pay their bills and be nourished in body and mind, let alone in their struggle to fulfill their desires. Then there are the very unbalanced who are found in all aspects of life, who in their ignorance feel a need to destroy people and societies that don't see and think like they do. This uncompassionate energy continues to create a type of smugness and a selfishness that is perpetuating hostile, radical solutions, causing a greater separation among humans as they are placed into categories of worthiness and unworthiness, according to race, creed and their station in life—a division in the idea who should have or not have a decent life.

### **YOU ARE AT A TURNING POINT**

The argument is taking place on both sides of the aisle, though one side has more compassion and understanding



than the other. It is up to each of you to decide which side you feel has the more compassion and understanding of what will bring humanity out of the darkness and into the light of equality and to lovingly merge the two sides, the two extremes being played out. You are all at a turning point in your own lives. Those of you who want to really master the lessons of Earth can only do so once you master your thoughts, feelings, emotions and actions. In other words, learn how to bring your thoughts, feelings, emotions and actions under the control of your soul essence, your higher self, and open the door to your cosmic consciousness—God, Christ, or whatever you call the deepest, most allusive part of you, that which goes beyond the human, visible part. It appears that the dark and the light are at war with each other, but light cannot be at war with anything. It is the power of the light that is causing the upheavals on your planet and among each other. Light brings evil to the forefront to be confronted. So what you are seeing is evil fighting evil and darkness fighting darkness through the visible, outer ego aspect of humankind.

A miracle is needed on your Earth right now, and it will come according to your individual ways of taking control of your own lives, a control that can only come from the essence of God that lives in each one of you. Control here is not about force; it's about letting go of fear, about doing what you can to free yourself from viewing life as if it were ending before your very eyes in a ball of hatred and fear. There is no end to life, to essence, but there can be an end to darkness. Darkness is merely spiritual ignorance that is so pervasive that chaos, greed and tunnel vision are blinding those who believe that the power of money and the power of evil assures the fulfillment of all desires. How many of you feel you have control over what is taking place in the world? If you do, you are correct, but what is it that you are doing that will allow you to have access to your God-given ability to control your own personal world? In other words, what system or practice are you using to gain access into yourself to confront and heal your self-doubts, your issues and your personal inner pain? Let us show you a way to begin or to continue on your path to your cosmic consciousness.

### **FINDING YOUR WAY TO COSMIC CONSCIOUSNESS**

Make a choice and a commitment to find your way into cosmic consciousness—also known as God, Christ consciousness and Samadhi. These all describe a meditative or devotional state of mind in which the mind is gradually and temporarily withdrawn from the senses by internalizing and interiorizing one's focus. The object of your internal search is to feel the life-force energy within you. It is this energy that formed your soul and your body. Think of how miraculous your life-force energy is as you feel the breath of its life move through your lungs and into your body.

You have all worked very hard to acknowledge your fears and resolve, to heal and transcend them. Now you are ready to let go of them as you practice attuning to your cosmic essence or cosmic consciousness. The more you prac-

tice attuning to that frequency, the more balanced and in control you will feel in your everyday life. As you work to balance with your cosmic essence, you will begin letting go of worry, depression from your past and present fears and the beliefs that have made them seem real, for it is this energy that will eventually bring you total understanding of your life as \_\_\_\_\_ (your name).

The more you practice reaching into yourselves at the cosmic level, the sooner the darkness in your own lives will dissipate into the nothingness from whence it came. This will bring more light to the world, speeding up its transformation into a place of love and equality for the many until that love reaches all people on planet Earth.

As long as fear and all of fear's relatives—such as anger, hatred, resentment and so forth—are a big part of the psyche of human beings, those humans will be closed off from cosmic consciousness. Having such fear means that, in terms of free will, they believe more in what is not real than what is real and therefore will be blocked from their own lights until they begin to free themselves from the dream of the Earth reality.

### **A GUIDE FOR ACCESSING THE COSMIC ESSENCE**

Many are asking: "How do I let go and let the light of the cosmic essence fill, heal and hear my call for peace and oneness?" What we will ask is that you take the time to sit down and relax every muscle and fiber of your being, then breathe in the light of God, of essence, of life or whatever you call the energy that created and continues to create the universe and you. Then let your mind center on a kind of devotion to that source. That higher power can be God, love, essence, light, cosmic creativity, a master teacher, saint or even Yoda. It doesn't matter what or who you turn to in your time of inward focus as long as you focus your energy on something or someone bigger than your little self. Spend as much time as possible throughout your day doing this type of inward work and asking for guidance about whatever specific concern you may have as you continue to relax your mind and body. Once you have asked for or have said what you want to say to your inner power, let it go and begin breathing in deeply and exhaling very slowly.

As you relax and let go of all that may be causing you discord, focus on your intuition center. This is between your eyes and right above the bridge of your nose. Once your mind and body feel relaxed, let your breathing even out and become natural. While concentrating on your intuition center between your eyes, let your thoughts be still or float around you like feathers in a breeze. Some of you may eventually begin to hear a high- or low-pitched sound inside of your head or body. If so, concentrate on that sound instead of thoughts and let it carry you deeper and deeper within your being. This sound is part of you. If you do not hear the sound, continue to concentrate on your third eye or intuition center. You do not have to use your physical eyes to look up to this center unless at first that helps you to focus

more easily. But if you are able to, just feel that center by focusing there.

With daily practice, you will eventually begin to experience a comforting warmth from the inside out as you learn to quiet your mind. If your mind begins to wander, say a word or phrase that opens your heart when you feel the meaning of that word from your heart. That word or phrase could be: "Peace, be still," "God, reveal Yourself" or it could be a simple word or term such as "God" or "creative self." Once you have said your word or phrase, let the thought stop but maintain the feeling of still calmness as you focus on your third eye or intuition center. Then let your thoughts go and just feel the peacefulness and the comfort of your devotion or love. Allow yourself to go deeper and deeper into that feeling, letting go of the world and the body for a while. Stay in this state for as long as you can before you let yourself come out of it.

As you continue to do this daily in a quiet place, you will more and more be able to prevent your thoughts from causing you unwanted feelings or emotions in your everyday life. If you do begin to feel disturbed in any way by a thought or something that would ordinarily cause you to become imbalanced, tell yourself that you don't have to go into that feeling, that you will find a peaceful, kind or loving way of taking care of the feeling or situation.

As you continue this practice and become dedicated to it, you will keep going deeper and deeper into yourself and gradually move into your cosmic consciousness. Do not

look for things to happen or try to make them happen. Let the God energy take care of what, how and when "it" will respond to your devotion, love, peace and wisdom.



Dear ones, you are going through the dark night of the soul, as some would call it. This is why there is so much devastation going on around you and all over your world. Countries, governments and people in every part of the world will no longer settle for the status quo. Both they and so many of you have come to the point at which you are willing to sacrifice something or parts of yourselves for your human rights and for world equality. Those who sacrifice their lives do so joyfully for you, and that is their soul and sole mission. That is their choice and gift.

It is you, the people of the world, who are taking back your control to have and to be free to express to the depth of your essence. No matter the appearance, great changes are occurring, and you can help these changes by the practice of tapping into your cosmic consciousness every day, touching the light that is your true destiny. Don't be afraid, for all is well and a necessary process of life in order to bring cosmic consciousness into the world through all of you who allow yourselves to serve as the human channels of the cosmic energy. Moving into this energy is the next huge step for humanity in order to transcend the human dream that has gotten out of control. Your cosmic consciousness awaits you. Let your light shine brightly on all. ✻

# The Purpose of Joy

Onereon through Jeff Michaels

**A**s above, so below. We often point to the feelings of love, joy and peace as necessary to true growth for human beings while incarnate upon the Earth. Understand that these are actual energies, not mere concepts. Just as it is necessary to eat healthy foods and drink clean water, it is essential for the spiritual growth of the individual human to seek these forces to gain strength. In these times of low energy, many feel weakened. Finding joy in life will allow for a considerable gain of strength physically as well as emotionally, mentally and spiritually.

## KEY POINTS

- "Joy grows when you begin appreciating things that are more simple and natural."
- "Pay more attention to reality and less to fear-based commentary, and you will find that joy comes to your life with more ease and swiftness."
- Finding joy and allowing it to grow inside yourselves is the only way the world can achieve balance.

## SEEKING JOY

Where does a person find joy? It is not an item that can be purchased. This means that mere acquisition will not satisfy this need. The gaining of a physical object may bring some small level of pleasure, but pleasure is not joy. Pleasure is when you have been pleased. Look to the words "please" and "thank you," and you will find the beginnings of greater pleasure in your life.

Joy comes from appreciation, this is true, but it grows when you begin appreciating things that are more simple and natural. A cool glass of water on a warm day, the simple observation of color in flowers, the noting of the Sun or Moon showing through clouds, the



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glimpse of an animal in a wooded area or even just the feeling of the woods or forest itself—these all are gateways to the simplicity of finding joy.

Notice that these are things that you experience personally. These are moments when, if you are by yourself, you can take the observations at your own pace and fully inhabit the moment. These are times that can be meditative. These are things that can point to the richness of daily existence. This, then, is a key to joy: the encompassing observation of each day's natural occurrences. It is the slowing down of the external forces of society and the reentry of your energies into the natural rhythms of the planet you currently reside upon.

Joy is not something that needs to be sought. The smile of a child or a baby's laugh can bring joy to you unbidden. The glimpse of a dolphin or whale surfacing for a breath, the sight of a hawk or the light of a rainbow are all things that occur with suddenness and bring a moment of wonder to all. They are all things that cannot be planned. They are things that you can be prepared for and encourage.

Many people simply allow moments of joy to occur. They wish for more joy in their lives but do not act in ways that promote or increase this energy. They may place themselves with people who are argumentative or closed-minded. They may go to films or read books of a disturbing nature. They may consistently focus on what they perceive they lack in life. They may hold on to old wounds or continually identify themselves with diseases or disorders. They may look to others and find flaws—real or imagined. All of these things are ways to seek to pass judgment. Passing judgment will never promote joy.

### **BYPRODUCTS OF JOY**

If you are faced with an illness, it is something that must be observed and tended to. It is not something that needs to be dwelt upon or communicated to everyone you encounter. It may be difficult to maintain a level of joyous energy when your physical body is in distress. Yet we tell you now that as you seek joy in those circumstances, your physical body will gain strength and vitality. In this way, health can be seen to be a byproduct of joy.

If you feel that the world around you is failing or heading toward some fearful destruction, the practices listed above will remind you that the Earth has been in constant and beautiful existence for longer than the family human has resided upon it. The Earth has seen many things change and alter, and it will see many more changes. Observe for yourself the way that seasons arrive and pass, the way foliage blooms and then returns to dormancy or the way water polishes rock, and let these lessons be absorbed into your emotional core. Pay more attention to reality and less to fear-based commentary, and you will find that joy comes to your life with more ease and swiftness. This is not to say that you should ignore all that happens around you. It is to say that you can be a balanced individual by seeking joy first and letting fear get worn away like a stone in a river.

Choose your associations with wisdom. If you do not feel joyful with your companions, then seek different companions. If you are not enjoying yourself where you are, move to a space where you can feel joy. This is not to say that you should abandon everything in life that may be a challenge. It could be that your purpose is to bring the energy of joy to some of these challenging times. Yet you must be joyful first before you can bring joy. Do not let outside energies weaken your joyful nature. It is a natural thing to be in joy. What happens when you take time away from your daily routine to relax and re-create? Does joy not begin to grow quickly?

### **THE CYCLE OF JOY**

Joy is not a logical energy. It is not something to be processed in the brain. Yet joy can still be considered and meditated upon. When the feeling of joy is achieved, the brain will respond by becoming clearer, more decisive and forward thinking. It is then that the physical body will respond with greater vitality. It is then that people will be able to seek their higher purposes with more vigor. It is then that their paths will become clarified.

Seeking joy is not simply appropriate, it is a spiritual pursuit. Have joy on purpose. Joy begins in our emotional center, our heart. It is not a thing that can be thought; it is an energy that will be felt. By starting within the heart, joy then links us all to spirit and thus to Source. The greater your spiritual life, the more joyous your physical life will be. Conversely the more joy you experience, the higher your level of spirituality will be. Each will feed the other.

Joy will also feed you in other ways. The more you enjoy your life and existence—the more you embrace your full reality in joyful anticipation and appreciation—the more love you will feel. It is here you can see how joy brings you closer to Source, for love is the great reflection of the original creative energy we refer to as Source.

### **ENDURING PEACE AND LOVE**

There is no set equation, but you can see easily that adding or multiplying any element of love or joy into your lives will help you to achieve a higher feeling of peace in all areas of existence. Peace is the strong symbol of balanced living.

You see clearly that the world is out of balance. You see clearly the lack of peace in human life. You can then see how this makes it more and more difficult to find and achieve joyfulness. It is imperative for spiritual seekers to find joy and to allow it to grow within themselves. It is the way—the *only* way—that the world will be brought into balance: by individuals, undivided ones, finding and maintaining their own true centers.

Joy is not a passive energy. It is dynamic and active. Joy brings vitality and growth to every being who allows it to take root within the heart. Joy spreads. Joy heals. Joy enlightens. Joy is the key to enduring peace and love. In the same way, peace and love are not passive energies. You cannot simply

wait for these things to arrive in your life. They must be sought, cultivated and tended until they grow strong with deep roots inside your very core. Doing this will benefit not just this life but all aspects of your energetic existence. It is a way of empowering your entire karmic thread.

It is not lightly that we greet you with the phrase “as above, so below.” It is not lightly that we end our messages with the thought, “Seek love. Seek peace. Seek joy.” It is this that will bring to you greater spiritual light and, with you, the world. ✱

# Live in the Now

Michel through David Reid Lowell

**T**he fusion of energy and the matrix of self is interesting. Indeed, this is where many individuals get caught up or feel trapped in their third-dimensional human perspective. The probability of human experiences is that they are bound to confuse and repeat unless that specific individual applies a level of personal intervention, seeing new inroads to self-awareness. This is, in fact, what you are asking to do. In consideration of the recognition of your attempt to seek out vital information that will aide you in the endeavor, you also ask about downloading DNA, which we will speak of in a moment.

Your state of consciousness weaves a matrix of fused reality around you that others react to. When we say fused, we mean that you not only integrate your thought reality with your physical reality but that you also integrate other realities of many individuals you come into contact with and that these will either have a harmonious rapport with your matrix of awareness or not. Within the conscious and aware framework of everyday life, you have people mirror back to you the areas you need to work on for fuller integration of your matrix as a fused reality.

There are downtimes that are less creative than the times you work creatively when you pursue more relaxed endeavors. These are the times when you can be calm and find the space you need to heal, mend or adapt your thought processes in consideration of the interactions you have experienced with those who are not in harmony with you. The mirroring of those who are in conflict with you—or rather, we should say, who are not in harmony with you—or that

you find of discomfort are aspects of something that “hits too close to home,” as the saying goes.

It is not so much releasing something in yourself, as this would connote something that is wrong or something is in error, but it is instead just something you have to honor and recognize in order to heal it. Yes, indeed, this is more about healing fractured aspects of your fused matrix of reality. When individuals sense something in another that pulls up a quickened response, the response has to do with an implanted ideal or concept they have about the subject matter or a meaning that the issue has to do with for them. It means that somewhere along the line, they have acquired a response to that theme or stimulus that made them feel less than whole. Now, what to do, you ask?

## THE KEY TO WELLNESS

Not too long ago, in your news as it is, there were daily reports of negative, fear-based information that can still be used for the higher good. We will do such with this information as we speak of the Amish school. Remember that there was an Amish school that was intruded upon and children were shot? I am sure you recall this. Now, what did the Amish do with this? They did not release it from their reality; they incorporated it into it by realizing that the pain that was being felt was many-fold: by the families of the student, by the community, by the gunman (because he could not have been thinking correctly or beneficially—his pain had to originate from somewhere) and by the family of the gunman, who was not responsible for his choice of actions but was stigmatized nonetheless. In short, the Amish forgave. They found a place to forgive, and they honored what had happened, grieved the losses of all concerned and moved on.

This is truly the key to wellness: moving on without remorse or regret. These events happen to make you mindful of how these things can happen. There are les-

### KEY POINTS

- Tragic circumstances and times of difficulty are opportunities to develop faith, knowing that there are things that are out of your control but within your ability to reason out and forgive.
- “These things will always re-emerge as long as you are part of this human experience, for the experience is very much about the repetition of healing by reminding you of your humanity.”
- “There is a world full of potential, and all you have to do is to allow yourself to live in the moment of your life you are at now to receive the benefit of it.”

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sons within them. When one suffers loss, there is truly no comfort one can be given at that moment. All anyone, all any of you, can do is share in that moment. Here is the thing: When those events happen, there is a great opportunity to become more mindful of how they could occur and how you can prevent them from happening again, perhaps on a larger scale. You think of the future lives you can save by remembering these events and being prudently mindful of them.

This, dear ones, has to do with faith and knowing that there are things that are out of your control but within your ability to reason out and forgive. This is an act of kindness you can extend to yourself by forgiving yourself your feelings of ambivalence toward another that pull that dynamic of conflicted thought up when you react to someone. The simple act of honoring through recognition and forgiving yourself for your human response based on your human life experience will heal that fracture in your fused matrix, creating a more integrated reality of love and compassion.

These things will always re-emerge as long as you are part of this human experience, for the experience is very much about the repetition of healing by reminding you of your humanity. And the way to work at that humanity is to be reminded of it. So many want their fragilities to be removed, to be rinsed clean, never to return. If you or anyone reaches such a point of ascension, then you would have no need for your physical body.

### **WORDS HAVE POWER**

The repletion of these learning experiences not only serves you but also reminds all others of their obligations to each other. Now, look at this fellow, Don Imus. Some time ago he made a statement without thinking, without thought—as have the individuals who now continue to condemn him. This situation mirrors to all those involved how they too can learn about the process of forgiveness and the interaction of love. Their fractured matrix of reality really speaks about how the reality each person creates feeds off of the realities of others. These created realities get lost in the cause or the ability of human beings to reason away their own inability to heal themselves. So most people, at one point in their lives or another, say and do things that are not exactly well thought out. Most people will have moments of speaking when they should not have—a wrong word, a bad joke that wasn't really funny. Words are power; they tell you about the person using them. They are worth remembering.

Now did anyone mean to cause these fractures of integrated realities? No. Those were simply times when the emotional self used language in a thoughtless manner. If you recall, this is why we speak to you so much about your words having power. Indeed, your words have power to insight or to heal. See where they can lead? The good that is coming from this is that it is creating an awareness that goes beyond the stature of the incident to demonstrate how if one does not direct the process of forgiveness in a beneficial manner, even the good deeds that a person has done can be forgotten. Take, for example, this fellow Imus and

see how his good works were tainted. He has rebounded since then, but others have done things that bring more current issues to the forefront of thought.

These things reoccur and happen to remind you that you have to be ever vigilant in recalling your history and the responsibility you share in co-creating a collective reality. Others—like senators, self-help gurus, politicians and sports-figures—will make human mistakes, practice poor judgment, and suddenly everyone will be reminded of how a lack of common sense and the loss of self-esteem can lead to a situation that may have been prevented. Did anyone intend for these things to get that out of hand? No, indeed not. Here you can see examples of how fractured realities of fused responses occur and are processed through. Nonetheless, the learning cycle continues.

We would think that the complicated part is obvious, and that is the part when the human experiencers need to be right, but there is no right or wrong, because many people lose in such incidences. There is a time to forgive and move forward without regret and without remorse. What is done is done. How you choose to be rightfully honest and humble regarding these moments is what matters. Will these mirrored aspects of fractured realities reoccur? It is more than likely that they will—to remind you of your humanity and how to practice being tolerant and forgiving to yourself and others.

### **MASTER THE SKILLS YOU HAVE NOW**

What we speak to has personal perceptions of how you deal with feelings of inadequacy, fear, pain and the lower aspects of vibrational frequency. These lower emotions are easy to substantiate and bond through because they take less work to gather around, complain about and place blame through than it does to look inward, take responsibility, heal and move on.

Your DNA is already within you; you do not have to download more. The physical body you have is equipped, if you will, with many upgrades that take no extra anything. The one tool, the one factor, you have within you that can manipulate these things is your brain, and this is why we speak so much to you about thought. Yes, yes, indeed. It is nice to think you can download, or meditate, on increasing an aspect that would equip you with more awareness, more psychic ability and more intuitive thought processing.

These examples we have just spoken with you about are emotionally charged and can get out of hand and misinterpreted; think of what could happen if your human counterparts had more abilities before they were ready to use them beneficially. Have you ever found yourself speeding down the road in your car? It is such a thing, an innocuous box with wheels; regardless, it is capable of so much, including speed. Have you ever sped? Did you ever get a ticket? Did you ever get mad at someone for cutting you off in traffic? Now think about this. Have you ever felt really good at the beginning of the day and then somehow become so upset that you could barely focus on your work? Have you ever

said something and later wished that you could take it back? Now think about what would happen if you had this extra DNA activated within you.

The body is self-maintaining and will adapt when it needs to. The unpopular thing about our teachings is that we are concerned that you have a very strong foundation where you are at before you move onto something more complicated and in-depth. At this point in your life, you have an amazing amount of potential. Unlocking the potential you have is a demanding task, and you all have to master those skills before you acquire more. It feels and sounds that you are well on the track to being more advanced and light-working. Do not rush. Focus tightly on where you are. The wonderful thing about your DNA is that it will automatically release when you are in proper alignment to unitize it.

### SPEAK FROM THE HEART AND HEAL THROUGH LOVE

Now the caveat: Within your DNA, there are also trigger points for illness and dis-ease. Your thoughts release chemicals that affect and could potentially release DNA sequencing for many things. Included in these things are all the potential realities that make up universal occurrences—this means the occurrences that balance out universal laws. Again we will say to you that your mental thought creates your physical reality. Another way of putting it is that your psychological outlook determines your physical well-being.

So often many try to do something quickly as they hunger for the secrets of life. You have many lifetimes, and yes, you will have moments of recall during all of them into those past and future lives. They will not be forgotten. But you should have a great appreciation for where you are and the skills you have. To reinforce this, we will tell you that the law of attraction is not about material gain in spirit; one should not seek self-gain over spiritual gain. Material rewards do not equate with spiritual truths. You will not find your answers in vision boards or by believing you can just simply attract status to you and that suddenly your life

will magically come together. These things come with hard work and by being centered. Many people often need to hear the same message in different ways to incorporate that information into their schematic of life.

You are defined by your soul's empathy for your third-dimensional self, and that is why a sense of discomfort arises when you or anyone locked with a physical-beingness sees something that is upsetting or disquieting. That squirming feeling you get reminds you of your humanity, and it is natural to not want to deal with it, to turn from it or to pass blame. Remember that process of mirroring; it is there for a reason, and that reason is for you and all others to use it as a tool to reconnect with your soul in a very basic way. That way is to learn to speak from the heart and heal through love. The very love you would have given to yourself, you need to give to others. There are paths that help with the evolution of humanity and human awareness. Each brings with it the ability to reach readers or listeners in their own cognitive way. There are others that are here to simply observe this process and learn what they can from it. We spoke to you about the matrix of fused realities, and this comes in part from your associations and how you were taught to think and view things. Those relationships bring you to a critical point in your personal evolution.

They are there and will be reminders of your growth process from childhood into adulthood. This journey and all of the information that brings each of you to the point you are at is, in part, the judgmental part of you that is mirrored back through others you interact with. This is when your soul self is telling you to look closely at your feelings and move forward into newer, more productive ways of being.

You are here to be gentle, loving creatures that forgive, nurture and live well, helping each other to become more than your limited perception would have you think. There is a world full of potential, and all you have to do is to allow yourself to live in the moment of your life you are at now to receive the benefit of it. ✨

## 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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# Give Kindness Unto Yourself

## The Council of Light through Cinder Marquis

**G**reetings and kindness to all! We are the Council of Light, and our message today is given in complete reverence for your walk during this amazing time on Earth. Believe it when we say that you are all on a spectacular evolution never before experienced here on this level of existence. All is appropriate, and we see your struggles in dealing with the increased frequencies that are arriving moment to moment.

We ask of all who are feeling off balance to honor your bodies and minds and to welcome these “funny feelings” with complete and unadulterated kindness—the kind of kindness that you would find in a baby’s first breath or that touches your brow in a light breeze off your magnificent oceans. It is the strength of kindness that allows you to take a nap when needed. Be gentle with yourselves.

### YOU ARE RIGHT WHERE YOU NEED TO BE

Never before has this kind of evolution been experienced while in the body. The frequencies and energetics of evolution that are presenting themselves during these changes on Earth are taxing and trying to your central nervous systems. Do you feel dizzy and scattered? Do you feel bursts of energy and clarity followed by exhaustion? Are your sleeping habits “kitty-wumpus”? Then you are right where you need to be! Welcome to the transmutation of your physical form and graduating to a higher frequential pattern of being in motion. All is as it should be.

However, we hear your calls for assistance and understand your concerns. They are many, and they relate directly to the increased vibrational fields present today. This is why we bring you back to the simplest of notions: of kindness to yourself and others. Allow yourselves your foibles, jumbling words and inabilities to follow through on many efforts.

### KEY POINTS

- “You are all on a spectacular evolution never before experienced here on this level of existence.”
- “We ask of all who are feeling off balance to honor your bodies and minds and to welcome these “funny feelings” with complete and unadulterated kindness.”
- “We are moving away from the linear ways of life and reestablishing the core connection that relates to your sacred heart chakras. This is felt by extending your kindness outward from within.”

Allow yourselves the gentle nudge of forgiveness for not being all that you can be during the coming days. Allow yourselves the time to rest and recalibrate your energetic beings.

Lean back, literally, on your Mother Earth, rest directly on her “skin” and let go. Let go of the way you think things should be. Let go of your “mistakes.” Let go of knowing how things will work out. Let go of the way you know things have worked in the past. Release old resentments, old hurts and harsh judgments, especially all those you have made against yourselves. You are truly your harshest critics, and we surround you with unconditional love and light during these painstaking moments.

### SHED OFF YOUR OLD SKINS

Sit down outside and shed off your old skins—the three-dimensional energy that has proven linear and limiting. Step out of your paradigms of safety and radiate the pulsing vibrational energies of this New Age! What comes with this improved mode of travel is a lighter notion of all that is. Forgiveness will sit to your right, and forward is the way to go. Step into release and feel the old, stagnant energy fall away. The incredible lightness of being is at hand. It is your reward; receive it. The time is now!

Your neighbor is your mirror. As you shed off your old skin, reach out to those who are struggling with their own release. This is not an easy process, and many do not understand what is happening. Where is the old pattern? Where is the way they knew their world to be consistent? Many feel off-balance, and fear is stirring. As you take the gift of kindness to yourself, allowing what is, extend your hand in welcoming them to your peace. There is no amount of explanation for how this will heal your world.

We are moving away from the linear ways of life and reestablishing the core connection that relates to your sacred heart chakras. This is felt by extending your kindness outward from within. The magic of this simple extension is astounding! It is truly a kaleidoscope of color—the simple really is magnificent. Share a meal and welcome those who are struggling at this time into your lives. Lift up the hearts of the hurting.

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Let them know you too are afraid, but do not allow the fear to grow. You truly need each other, and those of you who know this are being asked to extend yourselves in ways that you know have comforted you in the past—by reaching out, sharing and simply being there.

In closing, we ask you all to ask yourselves: what does kindness look like? Take that definition, embrace it unto yourselves and, when you are ready, gift it to another. Kindness blooms in the beginning spark of the divine, and the divine lives in you! So be it. Sacred blessings to all. ✨

# The Wisdom of the Trees

Gail Swanson

I have been thinking a lot about trees lately. I have always been in love with trees. When I was a child, I had the great fortune of living in a neighborhood with an empty lot across the street that took up the entire block. It was the only one around, and it remained untouched until long after I left home at the age of nineteen. There were two particular trees in the area that were just made for climbing, and as I was very adventurous, I would climb them both regularly. The older boys had nailed wooden planks into the sides of one of them and put in a wooden seat for when you made it to the top. It was an easy climb for me, and I loved it up there sitting among the branches.

The other tree was way up at the other end of the street and had no steps or wooden seat, but it always seemed to call out to me, "Climb me!" It was a rather scary climb and a real challenge. I had been known to get stuck up there several times; thank goodness, a neighbor noticed me and helped me down while warning me never to try that again—but of course I did. I can still remember so vividly the feeling of those trees and the many others that made up my magical woods. I knew every inch of those woods and spent hours and hours imagining and daydreaming among those beautiful trees.

When I was raising my children, the urge to move to the mountains and the woods was so strong that we did just that. We were surrounded by the tallest, most magnificent trees, and the pines with their sweeping majestic branches were so incredibly beautiful. Our house was on the side

of a mountain, and the woods were all around us. We felt this was where we belonged, and we stayed there for ten wonderful years until the call to move came once again, and we began yet another new adventure.

## FALLING AWAY

Never in my wildest dreams did I expect to wind up in a place that was such a far cry from everything I had ever known of mountains, trees and cold. A tropical climate? Not me! I don't like flat land, broiling heat, bugs and—may I say broiling heat again? However, this was to be, and when we found our Florida home over ten years ago, one of the most wonderful things about it was the gigantic magnificent old oak in the yard. We fell madly in love with her. Little did I know she would turn out to be our guardian, our teacher and, above all, our family.

It was just the other day that I truly understood all she had come to teach us. From the beginning, we were told that she was very old and should come down. We wouldn't hear of it. How many days and nights did we spent looking at her, sitting beneath her and, yes, talking to her? She was as much a part of us as any member of our family. We loved her so. When a huge part of her came down the first time in a storm, we were devastated. Oh, she would not look the same! But we cleaned up her branches and prayed that she would remain strong and stay with us. As this was happening with our beloved one, there were

parts of our own lives that were falling away as well. The storms continued and sometimes all would be well, but sometimes she was not strong enough, and again we would witness more of her falling away.

For many reasons, we felt that we would soon move from our home, and we felt that this was surely a sign from her that we too were done in this place. We were sure of it. The day finally came when so much of her fell that the rest of her had to be taken down for everyone's safety. It felt like a death, and I cried and cried. The yard was a devastation. All that was left of her was her huge trunk; her glorious branches were gone. That was this past winter, and everything looked so barren and harsh and brutal that our lives seemed to be that way too. I didn't go out in the yard much; we didn't know where to even begin to start to pull it all back together, and it was heartbreaking to look upon the place she had once stood, proud and strong and mighty.

## ROOM FOR NEW GROWTH

Then spring came, and we did what we always do—plant a little garden and fill our pots with flowers. The rains



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came back, and then something magical happened. Plants and ivy grew over her big beautiful trunk, and the other plants and trees grew up everywhere because now they were getting more sun. Suddenly, everything was beautiful. My husband turned to me the other day and said, "I don't think the yard has ever looked so beautiful." I looked out the window and sighed, and in that moment I recognized the metaphor of falling away, of trying so hard to hold on to what is done and fearing how things will be. How will you go on without something you counted on, something you thought

would be so hard to be without? How will you weather the storm and the change?

Well, we are still here, and we still feel in many ways that our branches continue to fall. I cannot say that at times I do not feel frightened. But I am awake, and I have been loved by an old and wise standing one, and she has taught me so much. She has shown that the falling away is sometimes what has to be to make way for the Sun that births new life so that all will be made anew. And no, it will never ever be the same, but there is beauty found even in this. Every day,

I feel so thankful and so grateful that one such as she came into my life and held the space for all the trees I have ever loved and missed. She opened my heart, nurtured me and taught me, and stood for everything that is loving and right and true. Now when I look upon her mighty trunk, I do not feel sadness and sorrow. I just feel her heart beating in resonance with mine; I feel love and wisdom and truth. I look up at the sky where her branches once were, and I see her and feel her there. I bow before her with love and gratitude and I whisper to her softly, "Thank you." \*

# Interview with an Angel

Silas Jackson

Everyone has a companion angel, a celestial being with whom their life and growth are intimately, inseparably entwined. I've recently had the good fortune to talk with my own angel, and it is my pleasure to now present the reader with a few of the deeper insights I've gained by exploring our connection, sharing many direct quotations from my angelic counterpart.

## KEY POINTS

- Angels are love as an active force—the personifications of the compassion that contains and pervades all existence.
- Their function is to facilitate the further growth of human beings by whatever activity they can offer, providing the conditions and events that will be supportive of human development—physically, psychologically, emotionally and spiritually.
- Angels cannot be grasped by conceptual, relative understanding. They exist as individuals in human perceptions.

Our talk has undergone some editorial work for the sake of clarity and wider applicability as well as to weave material from several different conversations into the course of a single narrative. I've remained true to the original meaning and spirit of all that my angel offered in response to my questions, but keep in mind that the rather conventional setting of the "interview" is a fabrication for the reader's sake. The actual conversations re-created here took place over several days as part of a slow and meditative process.

As you begin to read, remember that belief in angels is not a prerequisite. Simply keep an open mind. If any point that follows is helpful to you, it is our hope that you will take it for your own, divested of any of the esotericism shrouding its origins that you find difficult to accept. Above all, proceed lightly. A conversation with an angel is not deadly serious business.

As we enter the sky blue room in which we shall be conducting our interview, I am momentarily dazzled by the bountiful sunlight pouring in through

the banks of windows to either side. We slide into a pair of comfortable, simple wicker chairs, facing each other. I set my tape recorder on a low glass table between us and ask if it's all right for me to record our chat so that I may better transcribe it to share with others. "Of course it's all right," the angel replies, "Share with whomever you will. Joy is not to be kept to yourself."

I have to admit to myself that sitting across from the angel is a rather joyful experience. Simply being in the presence of such an entity sets my mind at beautiful ease; I feel weightless and serene, as if my whole body were pervaded with cool, tingling light. Yet I maintain my professionalism and objectivity as I draw my notebook from my jacket and prepare my questions.



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## THE INTERVIEW

*I think it would be prudent to begin with a question that has long vexed many of those who will read this interview. What, exactly, is an angel? Could you describe the angels for me and perhaps tell me a bit about how you relate to humanity?*

The angels are love as an active force—the personifications of the compassion that contains and pervades all existence in its active phase.

*“In its active phase”?*

Yes, the underlying principle behind all manifest reality is both passive and active. Imagine a plant sprouting. It requires stable, fertile earth in which to root. This can be seen as the passive supporting factor of its existence. But in order for the plant to continue to manifest and progressively transform itself, it also requires an active supporting factor; the energy of the Sun pouring over it, in constant motion, facilitates its growth and further development. The angels can be seen as this active principle. Our function is the facilitation of your further growth by whatever activity we can offer to provide the conditions and events that will be supportive of your development—physically, psychologically, emotionally and spiritually.

*Like an intelligent cosmic force?*

Yes. You could view the angels as a sort of spiritual mucilage between human beings as well as between human beings and the forward-leading aspects of their environment that promote learning. We bring together people when there is potential for connection and help to supply the situations and experiences that will allow you to heal and overcome blocks to your continued development.

## THE INDIRECT EFFECT OF ANGELIC FORCE

*You describe the angels as being fairly impersonal in a way. Are you saying that you're a cosmic force and devoid of individual entity?*

We have manifest characteristics only in your perceptions. The law of gravity pulls you toward the ground.

You need only trip and fall to experience gravity as an empirical reality. Your perception of it is based upon its direct effects on you. Angels, on the other hand, affect you indirectly. Thus our activity is more subtle and difficult to perceive.

Suppose you were in an auto accident and miraculously emerged unharmed. A mathematician could map out the input of various factors: momentum, trajectory, friction and so on. Now, if you analyze these factors, you could posit that it was likely you would survive unharmed, all along. But why?

This arrangement of factors that allowed you to survive unscathed was not the only possible course the event could have taken. Thus you arrive at the vague, imperceptible activity of the angels turning the course of circumstances.

With this understanding, another force is suddenly perceived as having allowed you to walk away from the accident. A mathematician could not factor this influence into his conception of the event, for it is not manifest empirically. You may know well that it was the activity of angels that saved you, but one cannot say where the angel ends and other opportunely arranged forces begin.

*So you're saying the angels are so tightly woven into everything else that we cannot consider you to be individual beings other than in our own perception of you?*

You make it sound as though we're imaginary! [Laughs.] I'm simply saying that we cannot be grasped by conceptual, relative understanding. We exist as individuals in your perceptions. The key point is that we exist. This may be an affront to the linear, rational faculties of your mind, but let go of the urge to hastily crumple the reality of our existence into a compartmentalized, logical conception; allow it to unfurl fully and make complete sense in its own right.

*Allow you to spread your wings, and we'll be surprised by how far they reach, so to speak?*

Exactly.

*So in that case, you, as my own companion angel, are not the concrete entity I perceive you to be. In my perceptions, you are, but that is simply for my benefit as I relate to you. In truth, you are much vaster, and you connect me to the universe as a whole in a much more diffuse fashion than I can generally understand. Very interesting. I'm curious, do you have a name? An individual name, I mean.*

**Note:** *The angel is silent for some time, either reflecting on how best to answer, or quietly amused by my continuous harping on such a dualistic approach to understanding.*

Call me Heart. It's the perfect name for me, because I'm not actually separate from you.

*All right, Heart. (I can't help but smirk as I say this, and the angel seems to find it humorous as well.*

## DRAWING PEOPLE TOGETHER

*You said earlier that angels draw people together when there is potential for connection. Could you clarify that a bit?*

You've had the experience of an old friend suddenly contacting you only days after you thought you should like to get back in touch with them.

*Yes, I have. It's funny you mention it; only a few days ago I . . .*

Oh, that wasn't a question. I know you've had that experience, because I helped to bring it about. You see, when people are ready to reestablish contact, the angels rush in to make it happen. That friend of yours whom you thought of and who then contacted you soon after, got the idea to contact you from his angel. His angel suggested it because I carried over the message that you were ready to renew the relationship, and that little crack in the barrier of separation between people is enough to make us spring into action.

*So when my friend contacted me and I thought it was just a coincidence, it was actually the fruit of your work?*

Yes, it was. It was no trouble—you can thank me later. Angels are love as an active force; we value every scrap of friendship that arises between people, because every bit of love, no matter how small, has to be nurtured.

It's the force that will transform the world.

*And this activity of the angels—drawing people together—doesn't just extend to estranged friends?*

Oh, no. Not at all. Anytime there is potential for two people to connect, we work to bring them together. Whether they're old friends who just need a little push to get back in touch, two total strangers who, for one reason or another (the subtleties of interpersonal dynamics are too involved to go into here), are ready to strike up a relationship of some sort or a man in a foul mood who just needs the slightest inducement to turn his head and see children playing in a park or a dog fetching a ball for its laughing owner, thus banishing the dark corners from his face with a smile, the angels are in constant motion, helping to make these vital connections—like the sunlight pouring over the plant, helping it to grow.

*Thank you, both for sharing this with me and for doing what you do.*

Always.

### **EMBODY YOUR TRANSFORMATIVE FORCE**

*So far, we've concentrated on angels and their activities. What about the human end of this relationship? Continuing with this same topic, for instance, is it possible for humans to follow your guidance to be able to do the most to embody this transformative force of connection between people? Could you, for example, lead me into the deepest, most authentic relationships possible or past barriers that generally separate people?*

I don't have to lead you anywhere. You can embody this transformative, angelic force wherever you are, with the people you are with, in thousands of small ways or in thousands of small gestures. Eye contact, offering a smile—these are noble acts! You don't need an angel to teach you to do them. I hope it helps you to know I'm here with you and that I'll be with you whenever and wherever you make the effort to open your heart to another person and to life, but ultimately that effort is yours to make. I can't make you do it. The

Sun doesn't force the plant to grow; the plant has to be willing.

*So you're saying that people don't need to learn to work with the angels as badly as they need to learn to work with themselves and each other?*

That's right. We're just here to help, and we will continue to help and be able to help even more, the more you open to your angels.

*Thank you so much for your time. It has been great talking with you. Really, I can't tell you how much I appreciate your patience in answering my questions and clearing up so many issues. I'm sure all that you've offered here will go a long way in helping someone somewhere embrace his or her own angel and start down the road of exploring connectedness to everything. It even might help people to embrace their own potential to be angelic, unfurling their wings to soar on the updraft of unconditional compassion.*

I can't tell you how happy it makes me to be getting to know each other like this. Of course, we've known each other for a long, long time, but talking this way has been wonderful. Don't go acting indebted, as if the benefit were one-sided! I learned as much as you did. The questions may be even more important than the answers. Sometimes just thinking about what you're asking will lay your whole nature out bare in front of you, and you can stop reaching out for an answer to grab hold of.

*Is there anything else you'd like to say before we finish?*

✱ ✱ ✱  
This question is still reverberating in the air between us as I fall out of myself into an awareness of being empty, open and full of everyone and everything. I see my whole vast, intuitive heart and mind stretching out like an unfathomable sea, the bottom of which I could stoop down and touch with my hand if I only knew it. For the duration of the snap of a finger, I know that I am not separate or different from anyone else.

I know that my whole sense of self—my ego, my psyche and my personal characteristics—are just like a speck of froth on top of milk; beneath that thin, transient layer, the depth of cool, untrammelled liquid unfolded ever downward toward the place where every speck of froth on the surface found its common origin.

I see the angels too—dancing between people, holding them together like glue, personifying the active and passive wisdom that is the support of us all, holding us close (perfect as we are) and also gently urging us forward to the point at which we can pop the bubbles in the froth and relax back into the pool without any tensions or clinging; utterly laying our suffering aside.

I sit bolt upright in my chair as I drift back into ordinary awareness. The chair across from me is empty. I'd say, "I'll show myself out," but I know you're coming with me; so I'll just say, "Talk to you soon." ✱

