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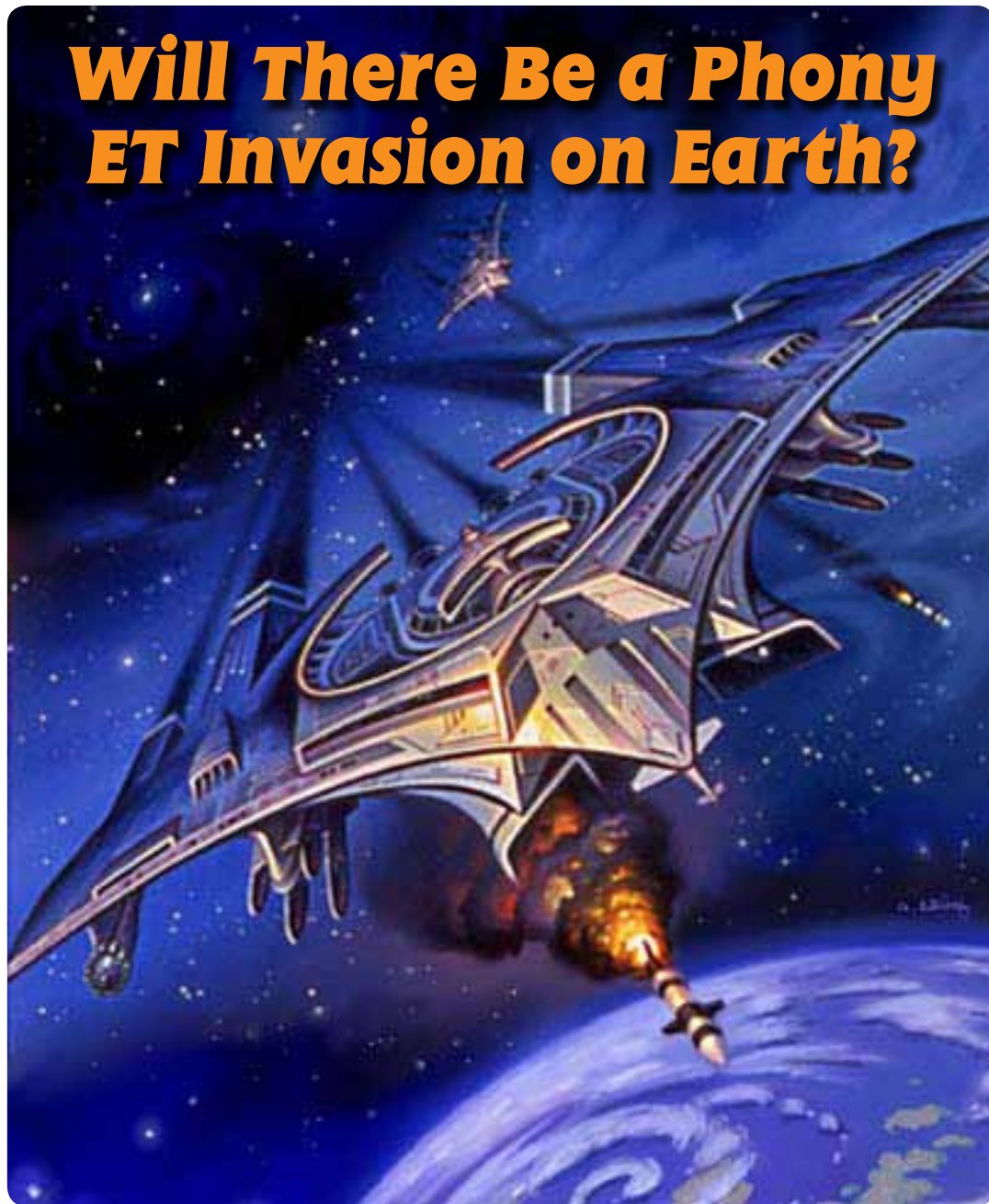
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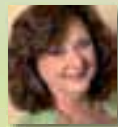
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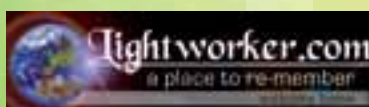
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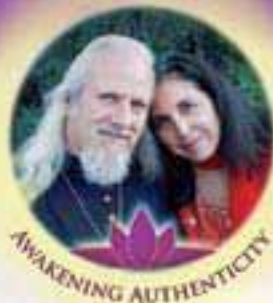


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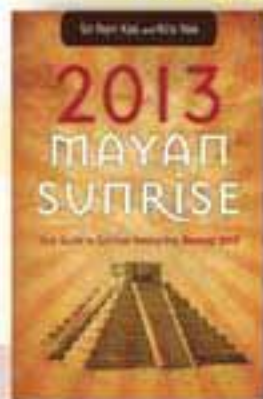
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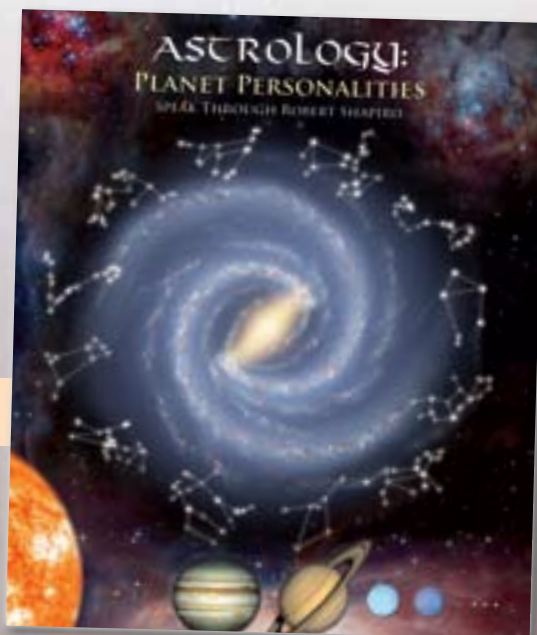
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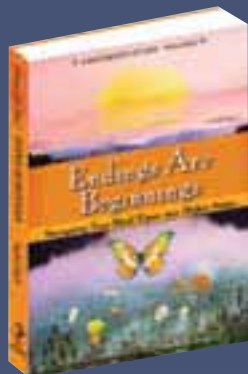
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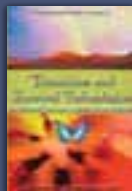
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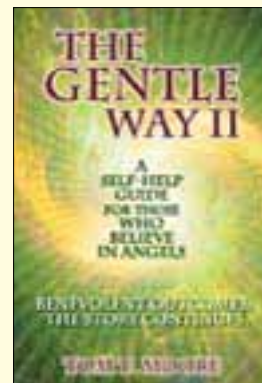
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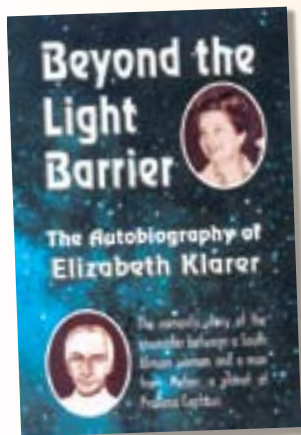
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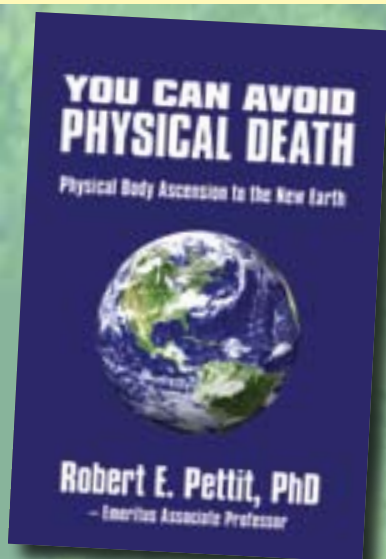
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Robert E. Pettit, PhD, was an electrical engineer, taught electronic guidance systems for the US Air Force, and High School Sciences. A University of Missouri Instructor (seven years), a Professor at Texas A&M University (twenty-six years) in Plant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

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MAY 2010

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# WILL THERE BE A PHONY ET INVASION ON EARTH?

Zoosh through Robert Shapiro

23 January 2010

**A**ll right. This is Zoosh.  
*Welcome!*

These Internet photos that look very real are not quite so real, okay? Now, understand that things like this are very easy—very easy—to fake these days, and NASA is not in a position to, how can we say, deny things, okay? So let's just say this: If there was a nasa.gov on the web address [chuckles], then that would be something to take seriously, but there isn't.

## LOOK TO THE FEELING OF ENERGY TO KNOW IF A UFO SIGHTING IS REAL

There are less UFO sightings these days than there appear to be. Also, there is more capability to make things *seem* to be so when they are not, as well as technology that can woo people. But I will speak now of recent sightings in general areas (so that people do not get in trouble, eh?) that are real. There are some places in the high mountain passes in Europe where such sightings are real. Generally speaking, they will be seen as lights, sometimes of different colors, moving in patterns that would not be expected or even possible on the basis of current technology on the Earth or even that which is experimental. It is possible to fake a certain amount, but some things cannot be faked.

I'll tell you how you'll know the difference: If you see something and you don't feel any energy during the sighting and you don't feel the energy right after the sighting—for those of you who feel energy—you can be pretty sure

this may not be so. But if you see something and you feel a good energy during what you see or immediately after—and I mean instantaneously after—then you can be pretty sure it's real. This is important to know, because that will be, to me, the "acid test."

Now, I do not recommend that you pursue this thing. For starters, while it is possible for light vehicles—vehicles of light, compressed light and so on—to be in the Sun's corona, you might reasonably ask, "Why would they bother?" And that's just it—they don't need to be there. If you're looking at the idea of any metal—and I'm talking about metal not just of Earth, but anything that appears to be a metal object—in the Sun's corona, I think you can disregard that.

However, if you're looking at things that are light in the Sun's corona, it's possible. But again, recognize that a certain amount of conditioning has been taking place through the use of various fictional presentations to suggest, "If we do this with the Sun, if we do that with the Sun, then we can go here, we can go there." But really, this is entirely fictional. While I support it as an expression of creativity, hurdling around the Sun in order to go back and forth in time is not necessary.

Now, there's more. Generally speaking, where there are objects that might actually be vehicles that would be seen, it would be in those high mountain passes, but there are other things that might be seen. Spirits might appear as lights—beings, you understand. If they have lived on the Earth, then they might be seen as a purple light. Many of



ROBERT SHAPIRO



you have seen that. Generally speaking, that purple light will be somewhat spherical (meaning round), but it won't, most likely, appear to have depth—meaning, it will be seen as something sort of flat and round, even though where it is has a little bit greater mass. But if you are seeing it, if you can perceive these things—because you have either developed that quality or it has been visited upon you—you might at other times see other light objects, moving or still. Again, there ought to be that feeling of energy.

For those of you who don't normally feel energy and do not have a "qualifier," so to speak, to know, "What does that mean?" or "What is that?" the physical feeling of energy would be something very gentle. The best way I can describe it is as the suggestion of a touch that is so gentle that wherever you might feel it on your body (probably somewhere around your head), it would be as if a feather, the softest feather possible, was touching some part of you. If you have such a feather, goose down or something like that, and can very gently touch it—not quite to your skin, but just very slightly to the hairs above your skin—it would be a feeling similar to that.

I want to give you something you can use so you can say, "It's something like that," only it wouldn't just be in one spot. It might be over your face; it might be over your head. It might be a feeling inside your body, a warmth inside your chest. It would be a good feeling, okay? Nothing to worry about.

If you get a very uncomfortable feeling—this is for those of you in general who are either sensitive to these things or not—immediately look away. That's all. It doesn't mean it's bad; it just might mean it's not for you to see. If you saw it and you don't feel comfortable, even if it is benevolent and you feel uncomfortable, look away or close your eyes. There is no need to hurry such a thing. If you're not comfortable with it or it frightens you, you can also say out loud, "Too soon," or "Please be more gentle." Try to say it out loud if you can. If you are religious, you can include it in a prayer out loud.

### **YOU WILL MOST LIKELY SEE SPIRITS, NOT VEHICLES**

It is much more likely these days that you will see spirits—beings, all right!—than that you will see vehicles. I know there is a great desire to see vehicles. Part of this has to do with the Mayan calendar and the object at the end of the Mayan calendar, which appears to be a vehicle and that, on occasion, has taken the form of a vehicle. But, in fact, the reason it's tilted on the axis the way it is—meaning the shape; if it were a vehicle, why wouldn't it be the other way, yes?—is because it's actually the feminine sign, and that's been discussed before. However, if one sees a vehicle that looks like this and is reasonably certain it is a vehicle, then one can be certain it is a *feminine* vehicle, meaning everything about it is feminine.

Men, don't let that frighten you, okay? It simply means that the portion of you that is gentle—that was there when you were born, even if you've been conditioned to believe

it's not you—is simply coming to help you to be in balance and to feel better in your life. Women, if you see that or have connection with that, you can be pretty sure you will feel supported and more at ease. Do I recommend that you wear such symbols in the form of jewelry around your neck? It can't hurt, but I'm not suggesting you do so. Do I suggest that you make a copy or a drawing of such a symbol and keep it handy? Only if it makes you happy.

It's not about religion. The Mayan calendar was never about religion as you understand it. It was about, "When can we expect life as we have known it to come to an end and be something that is life as we want it to be?" In that sense, it's life in the most benevolent form. All throughout the universe, the most benevolent form is the feminine. This does not mean that men look like women when there are men on a planet. It just means that they are gentle. For some men on Earth now, that would seem frightening, vulnerable, but where there is no harm, no threat, no danger, gentle is the natural way.

There has been a belief that in order for this to take place on Earth, it must come from beings coming from other planets who will somehow bring their energy, clearing the energy of Earth so that all of the imbalance—all of the discomfort, all of the disharmony and so on—will simply be eliminated. But, in fact, Creator's way has always been to encourage that from within each and every one of you, and that's why you all have unique souls. This is why I say that the most likely objects you will see these days—those of you who are sensitive know this, even if you are not conditioned to be sensitive but will come to be so—are spirits in some form.

Some of you will see a sudden flash of white light or gold light. Some of you might see green light, occasionally pink light—rarely that, though. It won't be unusual to see an intense red light for a moment, usually very small, and then it disappears. If you see that, that's more likely to be of Earth, but that doesn't mean it's a bad thing. The Earth strength color, which one often sees in the mountains or glancing at mountains—not always, but especially those of you who can see light and energy—is red. Usually, though, glowing around mountaintops or even on some of the sides, it might be white or gold, but within one sees red very often. So I am not saying that the strength color is masculine or feminine, only that it is a color Mother Earth uses to support her being.

Now, sometimes these different spirits and forms and beings will feel comfortable. Other times, they won't. Don't assume that this color or that color is always this or that, all right? It will be very individual for individuals. Sometimes you will see a purple lightbeing and it will feel wonderful. Other times it won't feel good. Anytime it doesn't feel good—with any color of light—immediately look away. This means that it is not meant for you. Perhaps you have seen it because you are sensitive, okay, but it may not be for you. Sometimes spirits will visit and they will not understand what life is like on the Earth. So if you are concerned for any reason, if it doesn't feel good—those of you who are



involved in some spiritual practice know what I'm going to say here—then breathe in through the top of your head.

For those of you who don't know what I'm talking about, take a breath and imagine—even though you know it's coming through your mouth, your lungs, your diaphragm working—imagine it coming through the top of your head. Then very gently blow in the direction of what you have seen—very gently, not a big puff of air, just slightly. That's a universal symbol to encourage a being to move away. Sometimes you'll do this and you'll regret it after the fact—"Oh wait, that felt good"—but don't worry about that. No one's offended. Generally speaking, you see, when you breathe through the top of your head in that fashion, the energy felt as you gently blow in the direction of that thing that didn't feel comfortable in that moment, will be felt by that spirit comfortably. So I'm giving you a little teaching here.

There will be objects seen that are vehicles, generally speaking, in the high mountain passes, as I have said before, but there will be other places, sometimes at sea. Those of you who travel on the sea for your work, whether you are above or below the sea (taking navies into account), will see these things sometimes. Obviously, if you are on the surface of the water, it will be easier to see, but even if you are subsurface and you see these spirits, don't be frightened. Just apply the same principles that I've said, all right? If you have questions, you can ask. Send them to this publication

and ask a question. Or if you prefer, ask it of your spiritual adviser, whoever that may be, religious or otherwise.

So at sea, one might see these things as well, but one might also see vehicles. You might see them emerge from the water. You might see them go into the water, or as I say, if you were on the surface of the water, there might be times when you see a glow in the water. I'm not talking about something man-made here, but just a curious glow. It might be a particular color. It might be, at times, something that's a part of nature, beings who are natural to the Earth. But if it is a wide area of glow—really big—it could very well be a vehicle. If it feels comfortable to look at, look at it. If it doesn't, look away. Keep it that simple, okay?

Generally speaking, these days you will not, on this planet, see anything that resembles a vehicle that appears to be metallic. As I say, you might see something that doesn't seem to make sense—meaning something that does not have a hull, so to speak, like a boat, but it might have windows. It's not impossible that you might simply see the beings who seem to be behind the windows. If you see that and they look like beings of some form, just assume that this is probably something safe for you. But always go by the way you feel. Even if it's safe for you and you feel uncomfortable or frightened, do that breath through the top of your head, blow in its direction (with your eyes closed is okay), and look away—do something else.

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Sometimes there will be those who will attempt to create these things, these phenomena, who may have the ability, at least on a temporary basis, to stimulate fear. This will be extremely rare, because it's hard to do now with your current level of technology. There will also be those who will attempt to stage an apparent invasion and then use that apparent invasion (meaning from space) as an excuse to suggest or enforce laws that might be difficult to deal with.

### **MANY OF YOU ARE ENCOUNTERING ETs IN VIVID DREAMS**

This is how your interaction with ETs and benevolent beings from other planets (spirits) will take place. You will always begin to see spirits first, because many of you—*many* of you—now are sensitive enough to notice these things. Even those of you who do not think you are will often see things out of the corner of your eye. So this is always the way of what could be called “first contact,” because it is gentle.

There is another way this has been happening, and that's that you'll feel things in your sleep. Some of you will have this experience of a vivid dream, and a vivid dream in that sense is not really a dream, it's an actual experience that is taking place while you are asleep. But it takes place while you are asleep so that you will not be frightened, because if it took place while you were totally awake and conscious, even those of you who are sensitives might be a little alarmed. So it takes place while you are asleep, but it's real.

These encounters are happening. I'm not talking about nightmares here; I'm talking about a good experience. You wake up and you say, “Wow! That was awesome!” in whatever language you speak—something like that, an exclamation. These encounters have been taking place for a while now and will continue. For some of you, they will increase at an increasing rate, meaning you might have the experience more than once.

So there is spirit contact first. Very often there is a simultaneity of spirit contact and these kind of “vivid dreams.” And then, within a year or two, very benign, very gentle ships might be seen—generally in the form of light, but something that clearly appears to have form and substance. It will always feel good. It is not like you are being trained with the spirits, but in a way, you are, which is why I'm trying to give you this education. The training is to reassure you that something good is coming—not that something terrible and frightening is coming and you must get armed to the teeth, but that something good is coming. So with this kind of training and these kinds of “dreams,” then it will come about more naturally and gently.

When you are babies, you have these encounters with spirits and ETs all the time, and this happens for the first six, seven, eight months of life, just to ease you into life a bit. Most often, your parents or the adults around you don't see these things, but sometimes they might get a glimmer if they are sensitive. Everybody has these experiences. If you happen to pass over slowly, meaning go through what is called “senility,” you often have those

experiences again, most often with spirits, but occasionally one might see a vehicle.

This is why Creator does this, because there is a familiarity at the soul level with this. By the time you get around to seeing an actual vehicle that presents itself or maybe multiple vehicles that present themselves to you on Earth that you can see and say, “That's a ship,” if it does not feel really good to you and comfortable, then you can be pretty sure this might be something that's staged to frighten you, okay? With this “easing in” you're having now with the spirits, and so on, it ought to feel pretty good.

Granted, you might start to see some of these things in the year 2012, as has been stated, but that's the best guess on the basis of the Mayan calendar and those who are experts in that field. One might see something like this in the latter part of 2011, any part during 2012 or early on, including the first half of the year, in 2013. So it's kind of flexible, using that calendar measurement. But after 2014, one might expect to see these things more often.

### **SOME OF YOU WILL SEE ANGELS**

Don't let people frighten you that some terrible invasion of ETs is coming from a planet from someplace else. Earth is insulated and protected from that, so if somebody stages something like that, know that it's coming from Earth and that the beings you see in the windows who look frightening are not real. It's really important to know that. There might be those who will attempt to stage something as a being, as a terrible, frightening ET. Be pretty sure that that's going to be faked, okay?

Now, some people will produce fakes with the best of intentions, wanting people to believe UFOs are real. For those of you who are doing this, please don't. It's not necessary. What's the rush, all right? Everybody will find that out in time; there's no need to rush it. Creator wants you and your planet to be involved with benevolent beings, most who will look exactly like you—meaning exactly like this group or that group on Earth. Usually they will arrive all at once in the same vehicle so that you can see they're all friends. This will happen when it happens. Don't rush Creator, okay?

At the same time, recognize that some of you will also be seeing, these days, angels. Do not expect [chuckles] the angels to have wings! This was something that was projected in olden times to try to explain how it was that beings of light who were seen in those times could move about in the air, and it also was to suggest that these were divine beings. Generally speaking, if you see angels, they will feel wonderful, and they will have white light and gold light associated with them. They will always feel wonderful. Those of you who have had near-death experiences but are still on the planet—or have moved on but have left your record of same—will have seen these beings.

So some of you might see angels. They will be a white and gold light, and the energy will be wonderful. If you see that, don't assume you're going to die or something like

that. It might just be that you've been blessed to see these beings. They are spirits associated with Creator.

So that's what's going on. I wanted to give you this primer to help you through these times because the Internet, as wonderful as it is in helping you to unite with people all over the world—most of whom you can understand and appreciate, some of whom will be a little feisty, and some of whom will be mischievous, not unlike people in your own neighborhood—is a tool meant to help you communicate and appreciate how much alike you all are. But sometimes mischievousness happens on the Internet too, doesn't it? So, generally speaking, ETs in ships will come along when everybody's ready.

### **THE FEAR CREATED BY A FAKE ET INVASION CAN LEAD TO INFLUENCE AND CONTROL**

*What is the percentage of possibility that the sinister secret government will attempt to stage a fake ET invasion?*

Let's just explain, for those who are reading this and don't know what that is, that this term refers to a small group who is influential and is trying to hold onto its power and influence by any means necessary. That's the best explanation for who the sinister secret government is. I might add that it's not this religion or that nationality. It is a group of influential individuals, most of whom have all the resources they need to be influential, whether it is fear or wealth or other. But this doesn't mean that all wealthy people are of that group [chuckles]. As a matter of fact, most wealthy people are not of that group.

Now, you're asking for a percentage. I'm saying that the chances that things like this will be faked in a way that is frightening—and may not have anything to do, directly or even indirectly, with the so-called sinister secret government—is about 50 percent. But to answer your question literally, the chances that this will take place being provoked by the residual elements of the sinister secret government is about 10 percent. They are distracted at the moment.

*Then who are those beings? Can you describe those beings not of the sinister secret government who might be attempting to stage this fake ET invasion of Earth?*

They might be associated with various governmental bodies, but they might also be associated with other groups that wish to maintain an influence and might be willing to make a significant investment in stimulating fear. So, given that, I'm going to suggest something, albeit I'm going to make a few people unhappy. I'm going to suggest that if you like to watch frightening or scary movies or read frightening or scary books or are simply attached to "horror" and stuff like that, it's time to let that go now. If you're in the movie business and you're making scary movies, it's time to let that go now. I answered your question already, but I'm just tackling this on at the end because I feel that it's been overdone and there are too many people who are attached to things being scary and who react to things with fear first.

So here's a suggestion: If you are frightened all the time, you might have good reason to be. Maybe it's local, mean-

ing where you live is frightening or you're under some kind of threat. I understand that. But if where you live is safe and you are not under any threat as far as you can tell, it's time to let go of artificially stimulating yourself, for entertaining reasons, to be frightened. Recognize that this might actually be a form of addiction.

*What specifically would these beings be hoping to gain by creating fear from this fake ET invasion?*

Influence and control. Very often, if people are frightened, you can get them to do something they would never have done otherwise. Most mobs are filled with frightened people. Granted, there may be others who are strictly there for the adventure or the thrill, but if you talk to people who have been in a mob and that mob has done some terrible deed, maybe more than once, if you talk to them individually afterward, invariably they will tell you that what was going on in the mob, even if they directly participated in it, scared them to death while they were doing it and that they deeply and bitterly regret it.

The reason I can say this with some authority is that everybody who's ever been in a mob and has passed over has immediately presented themselves to the angels with, "How could I have done that? What was I thinking?" Of course, when you have an audience with Creator, you as the being who just passed over are deeply regretful. But even before you get to that stage, afterward you usually ask yourself, "What was I thinking?" Or you are very conscious of being terribly frightened and intimidated, and that's why you participated. I'm not saying everybody is like that; I'm saying that this is the vast majority.

I bring this up as an example because that type of control—to encourage people to do something that might fly in the face of their entire conditioning and upbringing—is in existence all the time. For example, in many warring countries, all the youngsters have been brought up in some benevolent religion, and yet they go to war for various patriotic reasons or for various religious reasons that are an anomaly in the face of that conditioning, of that politeness, of that respect they were raised with or of that deity they were raised with. What happens in war is not simply soldiers killing each other; it's what also happens to others who aren't soldiers. Those who have been to war know exactly what I'm talking about, to say nothing of the conditions under which soldiers live. People who have been to war and then come out of the military service are very often shattered or aren't really very sure about religion or benevolence anymore.

So what I'm saying is that those who produce such things, as per your question, it's because they want control and influence. They want to be able to control the people through their influence so they can maintain whatever control and influence they have for whatever their reason is. Sometimes one finds factions like this in a government. Sometimes it might be some other group, a gang perhaps, pursuing control and influence for its own purposes. Some-



times one finds it in most individuals who may or may not be sane. Sometimes one finds it in oneself, when you are interacting with a brother or a sister or a friend.

I am not trying to say that people who do this control or influence are from Satan, or the devil, but I am saying that since you live in a polarized world, one finds this within each and every one of you, so you must make a choice: Are you going to stay addicted to forms of entertainment that are actually frightening? Are you going to stay attached to beliefs that cause you to be angry and violent with people you don't know and have never met? Or are you going to consider that spirit, angels and Creator want you to love each other benevolently, benignly and gently?

### YOU ARE BECOMING CONSCIOUS CREATORS

*Something has changed, because I asked you this question—about whether there would be an attempt to stage a fake ET invasion—some time within the past few years, and you said you didn't think it was going to happen. So what has changed?*

Choice has changed. People have more choice now. The more you are empowered, the more physical your choice becomes. You become *conscious* creators. You've been unconscious creators for a very long time, producing through your unconscious physical self—meaning your soul functioning through your physical—that which you came here to learn. This means circumstances you would be in so that you would choose something that would work better for you or by which you could discover, in an individual soul life, what you came to discover so that at the end of that life, you would have that known and understood. That was in the distant past and until recently.

But now, since you've been assimilating more and more of your total real self, your full spirit, you are becoming not just unconscious creators—not just, as you have been in recent years, *subconscious* creators, meaning at times being vaguely, dimly aware that you did something to bring about this creation, whatever it was—but now you are coming to be *conscious* creators, and that's why you must clear out your consciousness. Decide that you do want to live a benevolent life, that you want to be happy.

That happiness doesn't have to come about through revenge. It can come about through kindness, friendliness, benevolent love—not “attack” love, meaning that you love doing that, even though it harms somebody else. You have to choose. It is a conscious choice now. It's time to let go of attachments to that which is frightening so that you can choose that which is benign.

*Attention equals energy, so the amount of people going to or using this violent type of horror entertainment are adding energy to the controllers who might stage this invasion? Is that how it works?*

It's not quite that simple. Do you ever entertain yourself with something that is violent but isn't horror? It's the same thing. Horror might be just a notch greater than violent. It might be a maniacal killer who somehow can't be killed—that might be considered horror. But violence might also

be something in which someone can be killed, but look at the damage they do beforehand. Anybody who's been in battle in the military service knows all about that. That's why it's hard to deal with when you get out of the service, to say nothing of when you're in it.

### PEOPLE ARE FRIGHTENED NOW

*You know, this was scripted fifty, sixty years ago. Wernher von Braun said before he died that those who would attempt to influence and control us were going to first use the Russians as the enemy, then they were going to create terrorists as the enemy, and then they were going to create a phony invasion of ETs. I mean, this has been set up for fifty years! [See Disclosure by Steven M. Greer, p. 255]*



Wernher von Braun

Well, let's just say that that person had a certain amount of awareness, to say nothing of what he had actually lived in Germany. So if a person of his stature were to receive certain knowledge, simply because of his experience going through the Nazi regime in Germany . . . let's just say that certain things would not be shrugged off as being, “Oh, that could never happen.” He participated; he was a portion of it.

*But he warned people before he died: “Watch out for this.”*

He's not the only person who's done that warning, but he's remembered because of his, to put it mildly, influence.

*So they stage a phony invasion, they create terror amongst people?*

No, no, no. You're talking about this as if it is something that hasn't happened yet. But the terror is already amongst people. People are frightened now. Granted, some of it is because of manipulations. I'm not saying real terrorism doesn't exist. I am saying that some of it isn't real, that it's staged—which is not to say that people don't get hurt or killed or tortured. But some of it is part of this scenario being perpetrated upon you. Also, at the same time, people are addicted to frightening themselves, but they don't feel addicted because it feels like entertainment.

*But what would be the result if there was the phony ET invasion? What would people immediately do, then?*

Why say that? The more you know it could happen, the more you might be trained in time how to deflect it—how to bring about that it's something that could just be disarmed, but not in a way that harms. Interesting, eh?

### BENEVOLENCE MUST BE FOR EVERYONE

Those of you who are working on bringing about a benign and benevolent world, **always remember** that everyone must be treated to benevolence. *There can never be any revenge. Never forget that.* So if the spider bites you because you have squeezed him into a corner and then you see the spider run away, you cannot rush over and stomp on the spider. I'm putting it like that, not because there's any

symbology there, but because this is something that happens the world over. I grant that you might slap a mosquito, okay, but what I am saying is that if you are working to create benevolence, it must be for everyone.

So don't attempt to eliminate people because their absence would mean benevolence. Always work toward transformation in the most benevolent way. The militaries of the world someday will do that. They will be experts in transforming benevolently, and guns will disappear. Do you know that when you find militaries on other planets, that's what they do? Sometimes they're referred to as a priest class or a priestess class or something like that, but in fact, they would easily be seen by someone with military experience

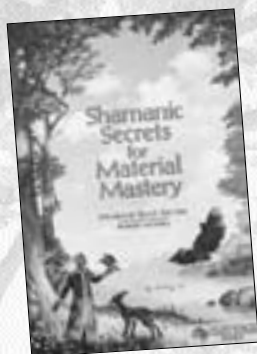
on this planet as saying, "These people are like a military force, but they're just doing benign benevolence." That's what they're doing, so train for that.

I'm not saying to turn the other cheek; I'm saying, work on creation elements that can be used to create benevolence. That's why there has been a lot of teaching through this channel and by this channel about benevolent magic. What you call magic is the appearance of something for which there is no logical, technical explanation. That's the definition of magic.

I'm not talking about illusion, as might be done by an entertaining magician. I'm talking about magic, something that is benign and benevolent, and for which there may be no

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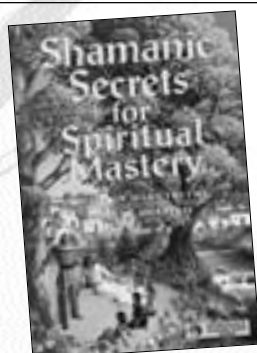
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logical, technical explanation. Thus it is most likely sourced from benevolent spirit, angelic, Creator energy. That's what benevolent magic is all about, even though it might have mental aspects, as has been taught through this channel. Then, very simply, you can do this too, and in time, it will lead to doing things much simpler, much easier.

### **PRACTICE AND TRAIN TO CREATE A CULTURE OF BENEVOLENCE**

So practice and train while you can, and work toward bringing about resolution in a benign and benevolent way so that the so-called invasion, this scary invasion, either doesn't happen or becomes something that's kind of amusing, and those who have staged it just laugh and say, "Just kidding. We didn't mean any harm." So don't set up punishments. It's not about punishing; it's about restoring balance and benevolence. I'm not talking about the balance between good and bad, positive and negative. I'm talking about *balance*, meaning masculine and feminine balanced with creation, the angelic and the benevolent spirit of all beings.

*So our homework is to do benevolent magic and other things to assure that it doesn't happen?*

Not to assure that something *doesn't* happen. Don't go for that. Stopping something is very difficult. Rather, start something. Starting is easy; stopping is more difficult. So create, the best you can, a benevolent visitation

of friends from other planets, friends for all beings on the Earth. That's what to do. Don't even address anything that might be frightening that's trying to be staged. Just focus on creating something and supporting the creation of something, if you do this in a group, that is benign, benevolent, of Creator, of the angelic, of benevolent spirit—of good friends who want to help and support. Don't worry at all about stopping something.

So don't get too wound up when you see pictures of UFOs. If you're interested in UFOs yourself, that's fine. Don't try and convince someone who doesn't believe that they exist or thinks it's all phony-baloney, okay? Don't try and convince them it's true. What's the difference, really? How many times have you been approached by others with a philosophy or a belief system who tried to convince you that they were right and you were wrong? It's offensive, isn't it? If you do that with the UFOs, maybe you're offending others. You don't have to convince anybody of anything. You believe it, and that's fine. You find other people who believe it, and that's fun, that's good, that's enjoyable. But don't turn it into "religious warfare," okay? Let it be something you enjoy, just like other people have other things they enjoy that may not be something you want to do. Learn to allow people to have their beliefs, and maybe they will allow you to have yours. There are good times coming, even though it may not be obvious, so hang in there and produce as much benevolence as you can. Good life. ✱

## **BEWARE OF A STAGED, FAKE ET INVASION**

**Z-S-H-H-H-H, a Spokesperson for Many Earth Teachers, through Robert Shapiro**

5 March 2010

**G**reetings.  
Welcome.

As you know—albeit the readers do not know; maybe some do—your planet has been isolated to some degree from the normal interactions of one planetary community to another. Partly, this has been done to protect the citizens of other planets because you are doing things that are so far removed from what they are doing that it could be harmful to them. I think you can guess what that might be. On the other hand, it has also been to protect you, because many times these beings from other planets are so unusual, so different and specifically of such a variety that it might be just a little bit too much variety for the citizens of Earth.

### **TO BEGIN MEETING ETs, YOU NEED A GLOBAL CONSENSUS**

You live in a varietal world, with many different kinds of plants and, as you say, animals, but you have relegated these forms of life to categories that are deemed less than your own value. In this way, you do not have to deal with the

potential that these are literally no different than extraterrestrials you might meet *in terms of their difference to you*. At their core being, they are from other planets: animals and most but not all plants. The ones that are healing plants for the human being are all native to Earth, and the animals most often found as beloved pets, while not being native to Earth, have been on Earth for the longest time. So this insulation works both ways and is intended to serve a specific purpose as indicated.

For a long time, your governments as they come and go in the different parts of your world have had the opportunity (sometimes just representatives and not everybody in a government) to interact with those from other planets: sometimes knowingly, sometimes not. The consensus over time has been that it would be important to wait until you have some form of global consensus, a global community that can speak for all peoples of the Earth—meaning, at this point, all human beings—so that any decision made will be adhered to, at least in a general sense, by the citizens of Earth. It will take this in order to have the means to welcome and interact with citizens from other worlds.



**Ronald Reagan**

40th President of the United States from 1981 to 1989

*I couldn't help, at one point in my discussions privately with General Secretary Gorbachev, when you stop to think that we're all God's children, wherever we may live in the world, I couldn't help but say to him, just think how easy his task and mine might be in these meetings that we held if suddenly there was a threat to this world from some other species from another planet outside in the universe. We'd forget all the little local differences that we have between our countries, and we would find out once and for all that we really are all human beings here on this Earth together.*

—White House transcript of "Remarks of the President to Fallston High School Students and Faculty," December 4, 1985

*In our obsession with antagonisms of the moment, we often forget how much unites all the members of humanity. Perhaps we need some outside, universal threat to make us recognize this common bond. I occasionally think how quickly our differences world-wide would vanish if we were facing an alien threat from outside this world.*

—Speech to the United Nations General Assembly, 42nd General Assembly, September 21, 1987

You will not be meeting citizens from other worlds who look that different from you in the beginning, though there has been much suggestion that you would. Do not assume that those who have contacted various citizens of your world in the past will be the ones who formally meet you as one planet community to another planet community. That is extremely unlikely. No, the citizens will look rather like you, though they might bring along citizens from other planets—or, more likely, a means to show you what civilizations look like that have human beings and most likely other beings interacting there as well on other planets. This will give you an idea of what and who you might meet someday, a typical diplomatic interaction well known to diplomatic representatives in practice now all over the world—meaning how they communicate with each other.

### **WHEN YOU FINALLY MEET ETs, FEAR WILL HAVE NOTHING TO DO WITH IT**

So, as a result of Earth having no global leader, there have been moments by different groups of belief and even fear that this was somehow going to threaten this or that group's authority on Earth, or even their viability. Over time various scenarios were worked out—not in a unified way on the world now, but in a way that could be counted on to create the greatest amount of anxiety over meeting beings from other worlds. Fear has been used for a great deal of time on your world to manipulate and control people. I don't have to tell you how that works; I'm sure you know.

These fears are still doing that job in your now time, but younger generations are more immune to such fears, having grown up with exposure to models of fear—meaning an awareness of how it works and how people are manipulated by it. This is not simply because they are more brilliant than their predecessors, but because they have been so totally, universally exposed through the advances in media in your time to various "entertainments" that are meant to frighten, but that also in the process—whether intentionally or unintentionally—on a cumulative basis teach how the fear model can control and manipulate. As a result, they see through it.

The advantage of this is that they, as well as generations that follow, are unlikely to fall for this. So those who wish to manipulate through such fears that have worked in the past . . . I'm not talking about a singular group here, you understand. I'm talking about the smallest groups all over the planet to larger groups, okay? Sometimes parents do this with their children, not intending to harm them, you understand, but trying to control their behaviors. The result is that there is a gradual consensus coming forth on how to advance the fear model to its zenith.

Curiously enough, as world leaders or heads of government sometimes do when they depart office, they like to make some statement that, in some cases, is generous to people, kind or, as is sometimes the case, sensational—almost like one might find in a large headline in a newspaper, something that catches your eye when you walk by and see it. Such a sensational announcement was made by a former President of the United States who has moved on to another plane of existence. This president announced that, "Wouldn't it be interesting if there were some threat from some place beyond Earth?—essentially laying out the model of the scenario. "Wouldn't it be interesting if this happened?"—I'm paraphrasing here. "Maybe the peoples of the Earth would unite."

Of course this president was calling partly on his previous career as a very well-known actor, and at the time, people thought he was just being humorous. But he was actually doing something that world leaders often do when they leave office—sometimes intentionally, other times to be sensational, but this president was doing it because, like many presidents before him, he was privy to various plans and possibilities. He saw, within that particular scenario he had read about while in office, a great danger, for as a man of vision and a sensitive man—though not everyone believed it—he felt that such a scenario played out in reality could keep people back from meeting what might be great friends, helpers and even guides in the ways of life beyond Earth. So he took a chance—and it was a great chance, since that plan, even today, is guarded zealously—to state such a thing.



It has been many years since that president spoke those words. A few people remember them; many people do not. But I'm mentioning it here because you are now under threat of such a plan being carried out. There have been little trial balloons, you might say, to see whether this would work, and those of you who are younger or in the community of computers and software know that the capacity to create things that are fictional and yet fantastic-looking—"fantastic" in the science-fiction sense—is quite available and can be done. Especially if there is a good budget for it, it can be done without any great struggle. One just has to be dedicated and have the budget and the staff to bring it about, to create something that looks real. But even though it looks real and can often fool experts, it is not only *not* real but intended to be that "scare" thing that this president spoke about. If that president were here today, he would say, "This is it! This is what I was talking about!"

I want to tell you now that when you finally do meet extra-terrestrials on a global scale, you'll like them and they'll like you, and there won't be any fearmongering, manipulation or control by them. They will be somewhat indulgent of the fact that some of the people on Earth may be a little shy and a little fearful. This will be understood by those from other planets, as they will be trained diplomats, you see.

As I said, they will look like you. Some of them might be a little taller than the average person and some might be a little shorter than the average person, but you have that on your planet now. You won't see any diplomats who look like dogs or cats but talk your language—nothing like that. You won't see any frightening creatures who appear to be salivating when they look at you; those are all fictions meant to "entertain."

### **ANY ET "THREATS" WILL BE EARTH-COORDINATED**

This time you're living in is a time that is fraught with temptations to deceive. Granted some of the deception is meant entirely for entertainment or is revealed quickly after it appears as being false. But some is meant to deceive and carry out a means to produce fear, control, manipulation and blame. Be very vigilant now for such things. They will be often found in fields of study that have been looked upon—granted, through various means of conditioning—as scams, such as the study of UFOs and their occupants, but in other fields as well, such as the study of "new life forms," as they're called, whether they be microbiological or just have escaped your detection, such as one might find in remote places like deep caves or at the bottom of a particularly deep portion of the sea, for instance. There has been some effort to see whether such forms of life can be found in near-space expeditions—meaning near your planet. These things sound like science fiction, but they are real.

I'm speaking to you today because I feel that the threat is imminent that there might be something staged to frighten you. Remember what I say today, that there will be no attempt to make a global contact—perhaps with more than

one vehicle from other worlds—that will be intended to cause fear and frighten, manipulate or attack. Since your world is largely insulated and protected, you see, it cannot happen. So that cannot happen. You are insulated and protected because you are doing different things here, eh? **So if that happens, it will be staged, and you must guard against that.** The means to do something based upon a gradual usage of fictional and science-fictional elements, as one might find in moving pictures, movies, with the ships and death rays and all that kind of stuff, all of that can be artificially produced and can even be produced to a degree with weapons' technologies that exist today.

So be aware that if something appears to be coming from space to raid your planet and fires some ray gun and even causes damage, it is entirely Earth-coordinated. That president long ago in your time who made that warning did so because of his unique (for a president) grasp of the difference between fiction and fact, and that if people understood that something was fiction, they could enjoy it and even think about it, as many theatrical productions attempt to do. They could watch it, enjoy it, but think about it and consider.

So he could see the difference between doing something as entertainment where people could say ultimately, "But still, it was theater," and something that is done to create blame, fear, control and manipulation. He was also, to a degree, a student of history and had noted that such methods of blaming and fearmongering had been used in the past: where if you claim that something has happened and you claim it loud and long enough, then people might be inclined to believe it. History is fraught with such blaming, and I will not go into it here. That is why he said that when he departed office. I want to underscore his statement.

### **LOOK FOR FEARMONGERING, BLAME AND MANIPULATION**

So the issue is this: Such fearmongerings, which are still going on to control and manipulate, in time will go away. But you have yet some challenging times to go through. You have yet to become quite clear that all forms of life are deemed as equals and are just as sacred, one and the other, that this is meant by the Creator of this universe, and that you are here on this planet to discover that—even though you are cut off consciously, but not at the deep state, from your knowingness of this. You cannot be cut off completely, you see. Otherwise, your souls would starve, and they must be in connection with their true selves, which they are in deep sleep. If they have that cut off for even a week or so, then the soul becomes self-destructive. I think psychologists at the leading edge of research might understand what I'm talking about.

I wish to, then, say who I am. I am a spokesperson for many of the teachers who have come to your planet. Some of them have been deemed as religious figures, though much of that has been embroidered over the years as one might expect when a beloved teacher is somewhat idolized. But I am also a being who has helped to set up the means to insulate and protect your planet, not only from such interactions with extraterrestrials before you are ready, but also to

keep those extraterrestrials who are sometimes a little too casual with the way they present themselves—and who are not yet trained in diplomacy to present themselves in a formal, safe way for you—away from your planet.

They are not harmful, but they are who they are, as they like to say, and they don't like to pretend to be anything else, eh? You can identify with that, some of you on the planet. Such personality types exist in space, so you will be able to look forward to meeting them. They are a lot of fun, and when you are ready to meet many different kinds of beings from other planets, you will have the opportunity to meet them. But that is a long way off.

So I have come to say that I am that being. I do not have a name as such, but very often in the spirit world, meaning as you might find in your natural, safe way of being—meaning beyond this Earth as you are—that is the case. That is who I am.

But if you wish, I will give you a name. I am . . . a moment. [Pause.] Z-S-H-H-H-H. I didn't want to give you that, because it sounded too much like that other being's name, but that's actually the name. One finds sounds sometimes in the world beyond spoken word, and sometimes one identifies sounds, feelings, brightness and such other stimulations as a means to know one being from another, not entirely unlike on your planet, where you might identify some sounds with this and that being.

*You said only one craft. Would it be triangular or round? What would be the shape of this purported ET-invasionary craft?*

If I tell you, they'll use a different shape. [Chuckles.]

Oh! [Laughs.]

It's more the behaviors: the fearmongering, blaming, control and manipulation as stated, all of that. It is more like that. It is not, "Here's what it's going to look like." If I say that, then they'll just use something different. That's why I am here: not to tell you exactly what's going to happen, but to warn you so that you will be able to identify what is and what isn't a little easier. I think those who have sharp instincts and know what is and what isn't, how to know such things, will know on your own and will not need such guides as I have given you today. Such training, I believe, is going on through this channel and others through the books and the blogs.

*You don't want to say the scenario.*

If I do, then . . .

*They'll change it.*

I'd rather give landmarks that are simple and easy to remember, though in the beginning, in the first few moments, you might not remember them. But it will come back to you. You'll say, "Wait a minute; I've felt this way before," meaning



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when you were frightened and manipulated as a result. You'll say, "Wait! This can't have anything to do with real extraterrestrials. It must have something to do with Earth. Who's trying to control me?" and so on, eh?

*Yes, very good. Are they just going to spread fear? They're not going to actually try to shoot at somebody, are they?*

There are many possibilities. This is meant to warn the people of today, but given the media type that exists, this article might just appear in some more long-lasting form, eh? It's not just on the paper, and once it is on the Internet, it will be available as a cautionary message to all.

*You said you were a spokesperson for many teachers who came to Earth. Why do the teachers need a special spokesperson?*

If any one teacher spoke, other peoples of Earth would feel, "Oh, that's not our teacher."

*Oh! I see, you mean like a representative of all the teachers?*

That's right. I have not come here to frighten you. Rather, I am here because I feel you are ready to hear these things and to consider them. I am not saying you must believe it. I am saying that it is something to thoughtfully consider, to observe as you go through life how you may be getting manipulated at times, sometimes by people who are afraid of you. Some of you might say, "What? Afraid of me? Why?" It's because people have been conditioned by life and also by previous manipulations they've been exposed to, to be frightened of those around them. So even though you may not feel that you're particularly fearful—meaning that people would be frightened by being in your presence—they might be simply because of their conditioning and/or their situation in life.

Know that the reason I am speaking to you about this matter today is that such blaming and fearmongering is still rife in your land on Earth. So when you hear, as you may, that this person did this and this person did that, or she said this or he said that, look at those who are saying it. They might very well believe it, eh? If they believe it, then perhaps they have been manipulated.

### **SEEK OUT FOR YOURSELF WHAT IS REAL**

Don't assume that all warnings are untruthful. After all, you hear warnings every day: "A storm is coming. Seek shelter. Take an umbrella to work." These warnings are well intended and meant to be of service. But if warnings come along that say, "She is the cause of all your troubles," or "He did it, and others like him should be assumed to be a danger to you"—in other words, people you don't know and have never met—well, then start to consider, "Am I being manipulated by those who may not even understand that they're manipulating? Perhaps they've already been manipulated, and they really believe it. But how can this be true? How can every single person—human beings who have free will, though not always freedom of this or that sort—how can we know what is so? Are they trying to frighten us, or are they simply conditioned and believe what they have been told?"

Begin to use something else. Don't blame the person who may be blaming. Say this to yourself: "How can I know? What is real for me?" Begin practicing your own instincts, your own means to know through the use of your physical self. [For more on this, see Grandfather's videos on "How to Know," transcribed on next page.] So learn how to use your instincts physically, as the animals use them in the forest or other places, and you will then be able to separate, as they say, the wheat from the chaff. It is important as a step of self-empowerment, yes, but also as a means to know what is real and what is not real. Do not blame the rumormonger; just seek out for yourself what is real and what is not real. You are born with certain capacities to do this, to discover what is real and who is "right for me," not who is wrong, what is false, but what is "real for me"—in other words, instinct. "Who is best for me to be near now?" Instinct. If someone is not best for you to be near, it's not that this person is bad, but that it's best to be near others. No blaming. I just wanted to add that, as such an addition can be useful.

I also want to say that you are being trusted now to know these things because you are ready, especially younger generations, to break the chains that tie you to a past of fear, blaming, conditioning, manipulation and violence. Those of you who are of older generations can consider this as well. Good night.

*Thank you. Thank you for coming. \**

## **How to Know Grandfather through Robert Shapiro**

*The following is a transcription of Grandfather's three-part "How to Know" video series. For the original online videos of these sessions, see <http://www.youtube.com/user/Benevolent-Magic>, "How to Know," Parts 1–3.*

### **HOW TO KNOW, PART 1**

**G**reetings. This is Grandfather. Now, I have spoken about this before, but I want to give you more details about this. I will do a brief recapitulation, though, so some of you who have not seen all these videos can catch up. There is a way by which you can know what is right for you at any given moment—the question could be asked, you see—or what is better for others. I don't want you to think about it as being wrong; it might just be something that is better for others and not for you, at least not at that time when you're asking the question. So many questions come up in our lives, don't they? And we really would like to have a way that we can at least be sure—or if not sure, have a way that is always with us, kind of like a friend to give us advice whom we can trust. That friend can be your physical body.

I want you to practice something. It's going to take a couple or three weeks for some of you to get it. Others will get it right off. That's just how it works. Some of you may not be

able to get it, and you'll have to keep trying. So here's what to do: Take your hand—either hand, or both is even better—and put them on your chest, just lying flat on your chest. You can cross your hands if you want to; you don't have to. Then I want you to focus on or put your physical attention into your physical chest of your body and try to produce or create a physical heat that you can feel, all right? This isn't a visualization; it's not a thought. It's entirely physical. When you get to that heat, just know that that is your body's way of giving you love. And the way it can be applied to a decision I'll tell you in a moment. But for right now, practice that heat. When you get good at it, you won't have to put your hands on your chest, but you can always do that if that feels better.

Now, when you do get good at it and you can feel that heat or bring it up just about every time you try, then this is what to do: First, pick a question that's innocuous, not important, like you're going to the movies and should you go to this one or should you go to that one—something like that. Or you're going to go out for dinner and should you get steak or should you get chicken—something like that. Or "Should I get a burger or should I get a fish fry?" Something like that, okay? A simple thing, something that you would normally make as a decision in your mind.

Before you go, go someplace on your own where you can sit quietly and put the question very simply, and say, "I am asking," you would say this: "Would it be good for me to go to this movie?" And you say the name of the movie. Then you see if there's heat. If the heat comes up, that means there's love for you, and you can interpret that as, "Yes, that would be a good movie."

Then pick another movie, including two or three movies—one after the other so you're asking a question—that you wouldn't normally go to. But just take time; wait a couple of minutes between each one, and when the warmth comes up, if it feels good, just stay with it for a while. But eventually let it go, and then ask, "Would it be good for me now to go to this movie?" Then go on. If it's the case of a restaurant or even a fast-food place, before you go, same thing. If you're in your car, that's okay, but make sure you're not distracted, not driving. You have to be still and quiet to do this, so if you have a cell phone, turn the ringer off.

Then you might get three or four responses—I'm going to use movies. The one you have the greatest heat for, that's the one to go to. Now, you might say to yourself (or to me, if you were here), "Well, Grandfather, I don't really like that kind of movie, you know? It's not something I normally go to." But keep this in mind: You might have a good experience, or maybe something will happen on the way to the movie so that you will know, "This was intended to happen. This is a good thing for me." You might not even wind up going to the movie at all. Now, if it's a movie that's really something terrible or frightening, you don't have to go. You can be pretty sure it's something that's meant to happen on the way to the movie, or maybe even in the lobby. So that's how to get started, okay?

## HOW TO KNOW, PART 2

This time, I want to talk about another aspect. Suppose you asked a question, whatever it may be, and you get an uncomfortable feeling in your body? It could be a tightness, just a discomfort that wasn't there until you asked the question. Then you'll know that that is not for you at that time. You could say, since we're talking about heat, and that's love, that there's no love for you to do that at this time. And it might also be that you could ask that same question another time, perhaps about something slightly different, and there would be love to do that for you—or you could just call that "yes." So when there is an uncomfortable feeling, then you know that that's "no," or no love, okay? So there's that.

After you do those kinds of basic questions, I want you to begin to integrate this—only if you wish, if it's working for you; don't do it unless you can get the heat and you can actually feel it, all right? So try this: For those of you who work in offices or maybe just go out on a Friday or Saturday night, go to your closet, and you might look at two or three different items that you think you might wear. Men, if you have ties, that's okay, or different colored shorts—okay, that's fine. Women, you'll have different dresses or tops, okay? So pick out the ones you think might be good and set those on a different place in the closet. Then you can either take the hanger with the item off the rail or whatever it's hanging on and pull it toward your body and say,

# ANDROMEDA

By the Andromedans and Zoosh through Robert Shapiro

**N**ow the Andromedans who originally contacted the Professor speak through superchannel Robert Shapiro and again give instructions that will allow trained scientists to construct a shield around existing Earth planes so that Earth astronauts can fly to Mars or the stars.

The Andromedans also tell what really happened on their journeys and on Earth, and they clear up questions one would have after reading the English or Spanish version of the previous book—the text of which follows the channeling in this book. In addition, they supply a lively account of their lives on their home planet in the Andromedan constellation of our galaxy.



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“Would this be good for me to wear now?” And if you get heat, then set it someplace where you have it in the pile, so to speak, of “possibles,” and go right on through everything else to see if you get heat. The one you get the most heat for is the right thing to wear for you at that time.

Sometimes, it might surprise you. For instance, you might not get heat for any of them, or it might just be a very slight warmth. Then you might look in the closet again, and instead of pulling everything out, you would just take like a sleeve or a portion of the garment and pull it toward you and ask the question, and it might just be that it would be better for you to wear that particular garment at that time.

Now, sometimes the heat you’ll get in that situation might be for something that’s totally inappropriate. Say, you’re going out to dinner and your bathing suit feels just right. Well, obviously, you know that’s not right, but it could be the color. Then look at the color and see what else you can find that’s that color or close to it, and try those items. I want you to do it this way with these things that are not world shaking, all right? By “world shaking,” I mean choosing this person over that person, say, as a steady partner to date or as a lover, you understand? That would be more world shaking. Or for those of you who have major decisions to make—that would be world shaking, all right? Don’t do any of that for the first three months of successfully doing this work. Just keep it to innocuous things like, “What should I eat?”

By the way, if you’re in a restaurant and you get good at this, what you can do is, without even asking a question, you can just point to something on the menu and just say the question quietly to yourself and then pull your hand back. You point; “Is it that,” you might say, “Is this the best for me?” You can whisper it, or you can think it—for some of you, that will work—and that could help. It’s particularly helpful for those of you who go to restaurants and sometimes don’t feel good afterward. You might want to get something, but when you point to it on the menu, you get a bad feeling in your body. You’ll know that—that day, at that time—that item isn’t good for you, okay? Don’t assume it’s toxic. It might just be that your body’s not ready for that at that time.

So make only those kinds of decisions for the first three months when this thing is working. After those three months, you can begin, if you wish, to make decisions about more serious questions, but give it plenty of practice.

### HOW TO KNOW, PART 3

There is another way you can use this. At this point, when you are going to apply it to things like this, make sure you’ve been doing this successfully for at least three to four months. This is particularly useful when you’re not sure about something that might be safe or not safe. But it could also very well mean that there is an opportunity that you might otherwise have missed.

This is about routing—where to go, how to get there, all right? So say you already know where you’re going to go. It feels good to you, but there’s more than one route to

take. Then you might ask, “Would it be go for me to go . . .” and then you say the way that you are mentioning, see how much heat there is, and also notice if it feels uncomfortable. If it feels uncomfortable, definitely do not go that way, and go right on through the possible routes. It might happen that the route where there is the most warmth turns out to be a route that’s not direct, not the way you would normally go. This probably means there’s a reason why you ought to arrive at a little different time or from a different direction, or possibly there will be an opportunity for you that you might not otherwise have acquired. So that’s another way to use it.

Sometimes you might be walking somewhere or driving somewhere, and you’re not sure where you’re going. This is what to do: Say you’ve got your hands on the wheel. Wait until you’ve been doing this successfully for at least five or six months. But you can do basically this: Keep your eyes on the road, and don’t be thinking “is it best to go this way or is it best to go that way” kind of stuff, all right? Rather, just go like this: Point this way, this way, this way or this way [points in various directions]. Give yourself plenty of lead time. You can say a word, for instance. I’m going to pick a name of a street: First Street or Eighth Street, something like that, okay? And see if you get heat.

Practice this for a while before you’re in traffic or in some situation. I’ll tell you how to practice it: Go to a parking lot on a day when there are no cars there, or very few—particularly one that has rows that are numbered—and try it there. Say, you’re driving along very slowly. Pay attention to the way you’re going, because you never know who might be there. Do it in the daytime when you have the best light. Then say, “Row A, Row C” [points in various directions], something like that, and fine-tune it, okay?

Now, there are a lot of other ways to use this, but that’s enough for now—except I want to give you a bonus: Many of you work in situations or have to go or be in situations that are very stressful, a lot of tension. And sometimes you’re around people you would rather not be around, and when you come home, you’re just exhausted. Normally, you’d take a shower or a bath, if you could, and sort of wash that stuff away, but there’s something else you can do: Sit down in that comfortable chair you have, or even lie down on the bed, if you like. Turn off the ringers on the phone, so you won’t be interrupted, and do that heart-warmth. Now, when that warmth comes up—and it might come up in some other part of your body, for those of you that have that experience, that’s okay—but when it comes up for you, wherever it comes up, go into it and feel it more, and stay with it as long as you can. What it does is it just transforms and pushes all that stuff out of your body, just as if it were energy, which it really is. And it is refreshing; it will help you to transform those extremes of the day, and it’ll be a lot easier to let go. This is particularly important if you have a very stressful job or one in which things come up that are just hard to bear. Good life. ✱

# Needed Science For the Times

Kryon through Lee Carroll

14 February 2010, Albuquerque, New Mexico

**G**reetings, dear ones, I am Kryon of Magnetic Service. Again we are here in a way that may seem strange to many. I want you to get used to hearing this voice and understanding the reality that is here. Perhaps you might ask yourself, "Is this real?" You might say, "Kryon, I'm having a hard time believing that you're really channeling, that the voice comes from the other side of the veil. It's just so difficult!" If that's what you're saying today, Human Being, I will say that you are blessed to be so honest with words coming from the struggle to work out of the three-dimensional box you are in.

Dear ones, if you ask the right questions of your own higher self, of your own belief, of your own psyche, you then start having things revealed that you didn't expect. For it indeed is a quantum experience on the other side of the veil. My partner [Lee] and I are linearizing this conversation for you. This is a quantum experience, which means that language is only a small part of it. The audio that you hear and the words seen on the page are only a portion of it.

In the past, we have spoken of something called the third language. This third language, identified some time ago, is not a language in linearity. It is instead a language of the catalyst of the three. We use the three in numerology to represent a catalytic action number. That is to say that all of you have the ability to receive what is being given at a level that is quantum, and not a language such as words on a

page. Even the reader of this particular message can ask for a quantum experience and then be in the session with those who are in the room in real time.

## SCIENCE FOR TODAY

We're going to give you some science. We've chosen, perhaps, an odd place for that [Albuquerque, New Mexico]. But we really haven't, for we think in a quantum way. We wanted to come to this place and honor those who built this building [Albuquerque Indian Center]. We want to honor the ancestors who are here listening. We've come to a very quiet place in the stillness of the Southwest in order to give a message of clarity and purity so that others will also receive it in this fashion.

When we give a scientific message, I ask my partner to go very slowly. Some of the things we speak of now have been revealed to him, and some have not, so I asked him to proceed slowly, for it will be heard and read clearly, and much will be seen around it. What follows in this message is not just esoteric. There will be practicality presented and there will be physicists looking at it—and that makes my partner nervous.

This is not going to be complex, for even those sitting in their chairs who don't understand science will still receive what they need to receive through the third language. They will understand why these things are being given, and they will appreciate them. All through this process and the entourage who has poured into this place, who represents the ancestors of all of you, resounds with it all. Even the ancients who are here—who are wrapped into this building, into this place, where my partner gives a message of science—are pleased.

## REASSURANCE ABOUT GLOBAL WARMING

This message is not necessarily a long one, but one that you have to hear. It's about the environment and science. So let us start with

### KEY POINTS

- What you have called global warming is not global warming at all, but part of the cycle that always was. It is, however, going to get colder as part of that natural cycle.
- The way to obtain more heating energy for the coming colder climate is through geothermal energy: creating steam through the natural process of thermal energy that drives steam turbines to create electricity. The safe way to do this, without having to drill so far down, is to not use water.
- Since fresh water will become more scarce as a resource in the future, it will be necessary to find more efficient ways to desalinize ocean water for safe usage. Nanotechnology and magnetics will be the key to this process.

### LEE CARROLL

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some assurance and positive news. Let us review one more time that what you are seeing in weather changes on this planet have not been created by Humans. What you have called global warming is not global warming at all, and I say it again: It is part of the cycle that always was. This information is not new, and we told you these things some years ago when the idea of warming was first presented and fear was the result. We also called out the weather changes you are seeing now, back in 1989 when my partner began this journey with me. Long before the idea of warming was popular, I was telling you to expect this cycle.

The North Pole has melted several times and come back several times. It is waxing and waning. The water evaporation cycle [what Kryon called the water cycle] is the way Gaia works. However, this time it appears to be here sooner than expected, and that is alarming to many. If you were to ask Gaia right now to come into this place, Gaia would give this message: "Humans have not caused this." Could it be any clearer? I give you this information so there will be no alarm sounded regarding it or actions taken that might be in response to a false idea.

However, at the same time, I tell you that there is a mandate to change how you create your energy. What you put into the air is significant, for it is a hazard to your health. What you put into the air hurts Humanity, though not necessarily Gaia. Gaia is far more resilient than you think. Gaia adjusts in ways you don't expect—and faster than you expect. Your contribution to pollution is insignificant compared to just a few natural volcanic eruptions of the past. Gaia takes care of Gaia, and the process is not new, or a surprise. However, for humanity we say, "Clean up the air, and you will live longer." It's not about stopping a weather cycle that you have created. Hardly! It's about common sense for life.

It's going to get colder. That's one of the subjects of today. You're going to need more energy to combat the cold, and we have given you advice in the past regarding this that we wish to revisit today. It is time for you to think outside of the box of three dimensions when it comes to some of the things that we have discussed with you. You think in a straight line. You don't necessarily think past certain concepts, but rather you assume things that then create straight-line thinking.

At the same time I give you this information, I will also tell you that this particular concept is already known on the planet. It is the way of it. We do not give you something that has not already occurred to Human Beings. "Free choice" is what we have told you the operative term is. So in order to honor this free-choice attribute, the things presented today must have already occurred to Human Beings before we will deliver a message like this. This creates a situation where the Humans are manifesting it, not just using hints from Spirit.

When these insights are received by humanity, they normally land as inspiration on the planet in more than one place at a time. That is to say, epiphanies of discovery happen all at

once, usually three to four places in order to assure that they will not be lost. It's like this: The vibration of the planet is like a big door that opens and closes with the vibration of an enlightened or nonenlightened humanity. If you chose to close this door by creating a low vibration of the planet, then information, invention and discovery are lost. They actually go away, since humanity doesn't even care to look!

When the vibration becomes higher, the door opens and discovery and invention just "lie" there, ready to be seen. So Spirit does not dole out inventions, but rather the system you have created allows for them. High science is always there no matter what, but the Human Beings on the planet temper how much of it becomes available by how high the planet vibrates with human consciousness. This explains how you have lost so much science in the past 50,000 years. There were societies who actually were far more quantum thinking than any you currently have today. There is an actual irony here in that you have higher technological inventions today, but far lower conscious understanding. You have marvelous computing power that is only programmed for 3D! Later this will be funny to you.

### **NEW WAYS TO OBTAIN GEOTHERMAL HEAT**

There is tremendous energy available to you directly from the Earth, and it's free. It is not what you call free energy, for you have to build an extractor to get it. But it's everywhere; it's forever—you don't use it up—and it's called geothermal energy. It's all below your feet, not really that far away, and it's natural heat. It's hot enough for you to drill down and create steam. If you can create steam through the natural process of thermal energy, then you can drive steam turbines and create electricity. That will create the power you need to survive some harsher winters and to heat your homes. Electricity may not be the most efficient method to use to heat a home, but it may be the cleanest in comparison to the methods that pollute the air. If you can create the electricity itself in a very efficient way, it becomes far more viable for everyday use.

Using steam, there are other ways to create electricity as well. Humanity is fond of very elaborate steam engines, and you've been using them a very, very long time. Today's nuclear reactors are simply very expensive steam engines. You heat water using nuclear reactors and create steam with that heat, which then drives your turbines. So we're giving you something to think about. Nuclear power, as clean and good as it is, has byproducts that are dangerous, and you know this. Geothermal energy, although very clean, can also be dangerous. So now we open the discussion of something new.

If you can drill approximately five kilometers into the Earth, you will find enough heat to make a steam engine work. Now, five kilometers to you is not all that far when measured in a straight line along the surface of the Earth. Many of you actually walk that distance to school and work and realize that it's not that far. But if you're going to drill that distance, technically it becomes difficult and danger-

ous. It's not just dangerous for the driller, but can be dangerous for the planet. On the way down through the crust of the Earth to the five-kilometer mark, you go through pockets of attributes—perhaps releasing gas, fire or water. If nothing else, sometimes you interrupt what we will call the integrity of the lubricant of the shale itself. What I'm saying here is you might even advance the potential of an earthquake—all by drilling down only five kilometers.

So now I'm going to give you the answer for how to make steam without drilling so far down, and it requires thinking outside of the box of what you have always assumed. All along you're thinking that you're going to drill down and put a pipe in the earth with water in it. You put water in, and get steam out. However, what if I told you that you only have to drill down a fraction of that distance and that you will then find enough heat to boil fluid? You'd say, "Impossible." This feature exists over the hot spots of the Earth, which have heat very close to the surface, but those attributes don't exist in most of the places we're asking you to drill. The answer, then, is to not use water. It's time to marry the highest technology that you have on the planet with things you didn't expect to marry them with; this is thinking outside of the box.

This is the kind of thinking that is becoming a little more quantum—seeing the entire picture instead of just seeing what you think it should be or what you are used to. There are solutions here, and some already know what they are. There is elegant chemistry that will boil at a fracture of the temperature that water will, and this is the answer: learning to use those substances and those fluids with this chemistry within a closed-system geothermal machine that doesn't have to drill down five kilometers. How about two kilometers? Using this known chemistry, it will be possible to drill only a fraction of the distance and get the heat you need for steam.

We tell you this because you're going to need to do this. If you heed this advice, you'll find that the timing and the synchronicity of discovery is at hand. That is to say, you will understand it all and realize that the elements will fall together, and you will get your steam engine. And it won't take five years to build, and it won't be dangerous, and you don't have to cover it with a shell—much easier. It won't belch smoke. It won't pollute, and you don't have to worry about being next to it. Think about it: natural heat from Gaia that is forever! It will create electricity you're going to need to heat homes and businesses, because eventually it's going to get colder. That's number one.

### **THE NEW DESALINIZATION ANSWER**

We're going to give you one other insight: This is not new. The following information was known, then inappropriately sold and pocketed by industry. Since the idea is already known, I'm going to give it to you here so that the public can see it and anyone with synchronicity who listens to or reads this message will understand it. Even you sitting in the chairs will understand the concept, but the scientists and the physicists will then have to implement it. We

would not mention it here if it were not very timely.

The resource that humanity is going to need the most as the population grows and as the weather changes is what you probably already had guessed: fresh water! Already, it's becoming scarce. You will notice the snow is falling more and more in the wrong places, often in areas that have no infrastructure to capture the runoff. The reservoirs and aqueducts are built for the old energy with the old weather patterns. As the population grows, water will be the issue.

Here is one immediate answer. It is a profound thing when the Earth is mostly water, yet you cannot drink it! The answer is to use the sea and the ocean and convert them. The ocean, of course, is not fresh water, so you have to ask how to extract the salt. Desalinization exists today in a very inefficient way. Large amounts of water have to go into vats of containment and sit there while heat is used in various ways. There are various systems—some of them steam, some of them not—all requiring heat to take out the salt. It takes a long time. It's expensive and not efficient. Therefore, it is not tenable to desalinate ocean water for an entire city. Instead, only places that simply have no fresh water at all have a system like this. It becomes a necessity of inconvenience and expense instead of a good solution.

Now, I'm asking you to think outside of the box, and I'm going to give you the answer for how to desalinate water in a new way. My partner [to Lee], I want you to go slowly here. Most of the largest cities on Earth are on the coastlines of the ocean, very near water. This is because over time, those coastal areas were the places where trade could happen with ships and ports, so you've ended up with the largest cities being on the ocean. It's a good place to start, is it not, to get water for them from the source that they can simply look at and use? The answer is not that difficult, but it requires something that has not been considered.

### **DESALINIZATION THROUGH NANOTECHNOLOGY**

The highest technology you have today has to do with the smallest of the small. You call it nanotechnology. It is chemistry and even extremely small chemical machines that take form as what you would call robots. These ultra-small, molecular-sized robots exist today and are at the pinnacle of your new inventive efforts. Even now, your science is considering how to insert them into the Human bloodstream to seek out and kill disease as an enhancement to the white blood cells that you currently have. That's how small the nanoparticles are.

Naturally, there are objections to this, since it seems to alter the Human body. It doesn't, not any more than any supplement that is not naturally created—which you have learned can help you with pain, disease, chemical balance or even to sleep at night. So it joins forces with the kinds of science that has been given to Humanity to help keep you alive. Remember that although we teach that Human Beings can use their own consciousnesses to do that, there are millions who will not believe it or not be interested in it. So science takes up the slack, so to speak,



and there is much today that is known to assist the quality of Human life that is not metaphysical. This is a balance, and is proper and appropriate.

Still, there are those who will let their own children die rather than use science to help balance a disease. They believe that anything that is not given from God is not appropriate. It's time to fully understand that good science is simply the discovery and implementation of the way God created the universe. Used with integrity, it is appropriate, God-given, blessed and was allowed to be discovered, due to a higher-vibrational Earth. In other words, you earned it! Therefore, to throw it away or call it evil is to not understand it.

A man is very thirsty. He is very religious and prays for water to be given to him. Along comes another man with water and offers it to him. The thirsty man rejects it, saying that he expects it only from God and will wait. He dies thirsty, never understanding that the synchronicity of God is through other Humans! Learn to appreciate the science that is given to you to extend your life, for this is appropriate and is given to Humanity for this reason.

Nanotechnology is becoming smarter. Science is learning to make the robots intelligent through chemistry, through logic and through electronics. It's like the logic of a computer, which can cleverly help you to do many things. It doesn't think for you, but rather it assists you in tasks you can't do yourself. These tiny smart robots can help desalinate water.

I'm going to give you a task: You're going to build a desalination plant in which the water never stops flowing and where salt can be removed in real time, creating a byproduct that you had no idea about. The water never has to rest and never has to be cooked. There is no heat involved at all. Using nanotechnology, the water goes in one end of the machine, and it comes out the other in a steady flow. In—salty, out—fresh and ready for standard purification.

The first stages of the system require that you release enough nanotechnology robots that they can be assigned to find the dissolved salts and attach themselves to them. Here is the secret, however: every single robot is magnetized! I am the magnetic master, after all. [Kryon smiles.] All of the salt then becomes magnetic with tiny little nano-robots hanging on to all of it. On to the next stage: Flowing into the next area, the water is exposed to tremendous, huge electromagnets, pulling the salt out of the water completely and totally, because the salt is now magnetic! Out it goes. This is oversimplified, perhaps, but that is the way of it. No heat is involved.

Now, the byproduct—you won't believe it! Oh, this will be controversial when you discover it. Magnetic fields applied to water often create water that is quite healing. Do you see where this is going? What a device that might be! It would be quantum, you know, because it uses magnetism. There would be those who will say that magnetically treated water is bad for you, since you are altering it in a way that is not understood. They don't realize the amount

of energy that other Humans have gone through to find the healing waters of the Earth! Now, you get a bit of that while desalinating water! There will be no proof either way of what is happening, so that will make it controversial. All people will know is that fewer people are getting sick!

So this is what we wanted to give you today. This is what we wanted to have recorded today in this way, so that you might hear it and it would be published. I wish to tell you what we see in the future based on the potentials you have developed. We're not going to give you a timeframe, for there is none.

## THE FUTURE OF SCIENCE

The information I'm about to give you could be two generations away, maybe even three. But it all has to do with quantum invention. Physicists, listen: I'm going to give you something you already know, and it's possible. It involves another field of science, but it opposes everything three dimensional you've ever learned. Humans are funny. Even in the highest math and geometry, everything is defined in a straight line. Therefore, Humans just love to define a circle as a polygon with an infinite number of straight lines. That's funny!

It's almost as though a circle didn't exist in nature, and the Human has to create a formula using a straight-line object for it to exist. Interesting, isn't it? I'm just giving you the Human straight-line bias, and it's fun to look at. Bubbles have always been around. They're beautiful, you know? They're natural, you know? The circle is a naturally occurring event in space, as well; think of planets. But Humans want this shape to be an infinite number of straight lines. Like cartoon characters on a page, the stick figures find a few three-dimensional properties in their two-dimensional lives, and they "prove" them by creating an infinite number of stick figures to explain the shape.

What you already suspect is that gravity and magnetism all naturally bend. They don't go straight, and they never have. What about light? It doesn't either. When affected by the other two, it bends also. That should tell you something. Nothing is really a straight line at all! The only straight lines around are the brains of the Humans. [Kryon joking.]

## THE NEW MATH IS COMING

You're not using the right kinds of math either, and we told you that long ago. There's an elegance of math that is quantum, and if I begin to tell you about it, even in the simplest terms, it's going to seem overly complex. Quantum math uses something that is going to be discovered, and we're going to give it a name: influential numbers. These are numbers that do not have empirical values, but instead have values that are influenced by the numbers around them. Four is not a four. Four is modified because of the numbers that sit next to it, as in a formula or in linearity such as counting.

Each time a formula is manufactured in a quantum state, the numbers within it are all influenced by the others around

it. This is because all of the numbers in that formula are modified by the numbers that are next to them. They're influential numbers. If the four is used in a linear way, it is affected by the five or by the three. They all influence the numbers next to each other, as seen in the conceptual sense. The reason for this is that a quantum reality is one that is never linear or has the attributes that you think are "normal."

However complex, it is not random, and there is indeed an elegant system—a beautiful thing when you find out the attributes and see the consistency of the change. Chaos does not look like chaos when you understand the "chaos rules." Eventually, when you see this, you will then have the formula for a circle being a whole number, not an irrational number as it exists today. It won't be pi. Instead, it will be "pi solved." We ask physicists to work it backward if they have to in order to get a whole number of pi. This will give a hint about what has to be done with the rest of the computations.

Imagine mathematics with influential numbers. Each number is not empirical, but influenced by the one around it. I'm giving you high math now, and here's how it's going to serve you: When you start to understand it, you're finally going to understand what I'm going to call the Holy Grail of Physics. That's a Human term [Kryon winks]. In your straight-line thinking, in your bias, you have many 3D formulas, don't you? And when you look at the basis of physics, you talk about matter having mass. In those things that have mass, you've even figured out their atomic structures and densities. You are proud of the consistency of the formulas based on what you see around you, and you think they're static, don't you? You think there is a formula for everything, and it explains how things move and react. "If it has a certain atomic density and mass, then it weighs this or that in a certain gravity." You've got it all figured out. Indeed, you have, but only in 3D. So as soon as you become quantum with these formulas, they all stretch and become different.

### CHANGING MASS THROUGH MAGNETICS

All this is to tell you, yet again, that it is possible for you to alter the mass of any object in existence. It doesn't matter how large or small or dense it is. You can alter the mass of it and, therefore, the effect that gravity has on it. There is no such thing as antigravity, only the control of mass. So whatever formula you have in 3D that tells you how much something should weigh can be then changed by controlling the mass of the object in question. Therefore, you are not changing gravity—which is really a quantum product of two other forces—but the mass of an object. And it has to do with controlling the atomic density, or apparent density as seen by gravity.

In the former Yugoslavia, there's a famous workshop. It is historic, for it belongs to a man who thought out of the box: Nikola Tesla. In that workshop, there are marks on the ceiling made by the objects that took off from his workbench and went straight up. They shattered, hitting

the ceiling hard! Nikola was frustrated, for he had discovered the creation of massless objects and didn't know how. He thought outside of the box and was the only one in existence to ever give you a blueprint for how alternating current might work. Oh, it's more than 3D. Study it, for it's elegant.

All of this that Tesla did was created by magnetics, and this was also the basis behind the experiment in his workshop. However, in Tesla's time, there were no computers or any of the finite instruments you have today to measure or create tiny fluctuations in magnetic fields. He accomplished the creation of altering the mass of an object, but he couldn't control it, and didn't know exactly how he did it. Frustrated, he was. By the way, he's back. I'm not going to tell you where. Maybe he will read this and know what to do next? [Kryon smiles.]

It is clever how magnetic fields can be arranged around other magnetic fields. Even solutions [fluids] can be magnetized to create cleverly shaped fields within fields—sometimes at right angles to each other, sometimes not—to give you a condition that will create a change in mass. None of these things are out of the purview of Human development. How long will it take? We don't know. That's up to you. But do you understand what it will change? Everything! It means that the things of science fiction are finally yours. What you called antigravity is simply an object with controllable mass. It'll float, no matter how big. It's doable. Maybe it's time to implement it?

### TIME FOR A NEW PARADIGM

"Kryon, why do you tell us about these things?" you may ask. With this we close. The answer is that we want you to stay here. All of this is given in love. We want you to stay here! And you're not going to have much luck with that unless you start thinking in more quantum ways, unless you start accelerating the inventions and putting some of the politics out of the way. The countries that must do this are the ones who have the highest technical abilities, but they also have the highest influential structures that are in the way of it all. It is time for the population to understand this and turn the physicists loose without strapping them with those things that are politically or industrially or efficiently "appropriate." Perhaps you don't know what I speak of, but they do.

In the process of this, there will be life extension; in the process, there will be epiphanies. In the process, you might even find that this message was accurate and true. Somewhere down the line, if you do, then you've got a puzzle, don't you, physicists? Don't you? If you're listening to this, you've got a puzzle, because who is it who is speaking from the other side of the veil, giving you information that is true and real and scientific? At some level, you're going to have to say it's real. At some time in the future, you're going to have to admit that the spiritual and the science are allied, and the energy that created the Earth and the magnetics and the gravity and all of the things you



studied is a piece of you since the creator is inside each of you. Then maybe you'll open up?

It all has to do with this puzzle: Is this real or not? Is Kryon real or not? Is love real or not? Well, some of you know, because you've sat in the presence of the Creator today who loves you. This family on my side of the veil loves you. It's a wonderful message, isn't it? So we say to you, dear ones, that all of the things that we talk about—whether they're scientific or have to do with your akash, your core soul or a higher self—are given for one reason: to make the life you are living on this planet easier. It's so you may discover the compassion that is the glue that puts you together with creation, that changes the Earth itself, for the shift is upon you.

What you call the 2012 energy is already here, having arrived in approximately 1998. Let this be what it is supposed to be: a time of high consciousness, of scientific evolution with integrity, of an economy that is re-emerging with integrity, of government that slowly changes old energy. There is a new paradigm occurring, consisting of things that you would never put together in the past. This is an oxymoron, and these things cannot exist together—integrity and government, integrity and insurance, integrity with banking. A new paradigm is upon you, and this shift is difficult. We have the warrior and the worker in the chairs in front of me. They know it, because that's why they came. The akash is alive and well in you, dear ones, and you know who you are. I know who you are. And I celebrate, each one. And so it is. ✱

# Cocoons

## Sarrinn with the Ancients through Daniele DeVoe

**W**elcome, lightworkers! Welcome and many blessings to you all. We watch your work and your resonance and celebrate the success of your efforts. Your success has such an effect on All That Is, and your participation is essential to the evolution of the ascension that is happening and approaching its completion. Because of this, so much power is building for you, for us and for our universe that it is easy to get caught in avalanches of energy, riptides of power and volcanic eruptions of potential, and because of these surprising spurts of flow, it is easy to feel vulnerable.

You are in a transitional time in your world and dimension, and it always gives us great joy to assist and to participate when lightworkers prepare for such work. We certainly do not interfere with your choices or preferences, but we will amplify both as you invite us to do so. We hear your thoughts as if they are an ongoing conversation, which they are, and we feel the importance you assign to your thoughts by the emotion that fills each one. So why is it that some of you feel that we do not hear you? The answer to that question lies in the concept of cocoons.

### KEY POINTS

- Your cocoon is composed of the reality you have created around yourself and the belief systems that serve you.
- "These shelters originally protected you, but as they continue on past the time of their intended usefulness, they imprison you."
- The time has now come to leave the safety of your cocoon and to transform from the caterpillar you have believed yourself to be into the butterfly you truly are.

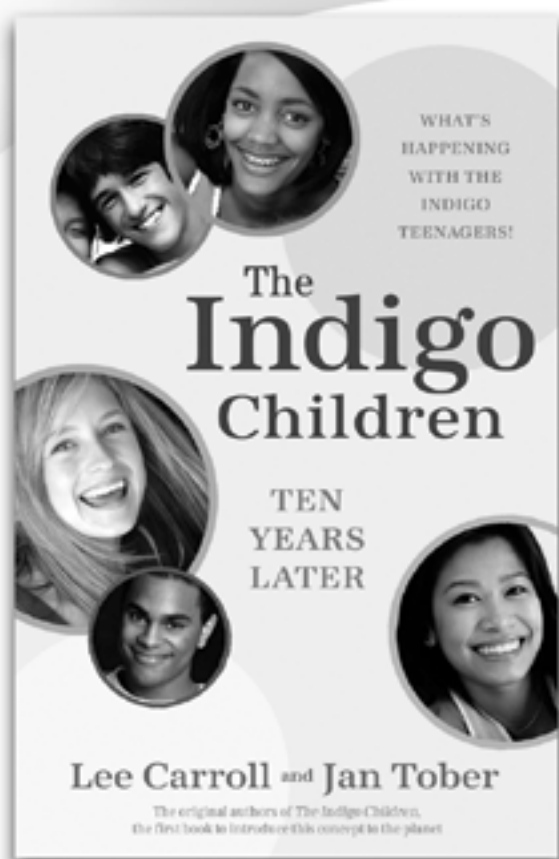
### PROTECTION THAT BECOMES A PRISON

The fact is that we see many of you surrounded by a beautiful orb of light, which is an auric glow made from elements of your love, your spiritual energies and your beliefs. For others, the light of your aura is visible but confined by a cocoon made of congealed and impacted habit, unconsidered judgments, outdated beliefs and protection from fears that are, to you, both real and surreal. For those of you living in these cocoons, they have served you well; they have kept you safe and grounded while your souls have been working for your growth and ascension. For many lifetimes now, your cocoon has actually been projecting the illusion that your life in the 3D and 4D realities has become, but now the time has arrived to transform from the caterpillar you have believed yourself to be into the butterfly you truly are and to leave the safety of your cocoon!

Would it help if you knew what your cocoon is constructed from? Your cocoon is composed of your world—the reality you have created around yourself that is safe, secure and perceived to be dense and immutable. It is comprised of the belief systems that serve you moment by moment while offering you the feelings of consistency and truth. These shelters originally protected you, but as they continue on past the time of their intended usefulness, they imprison you. Some call your cocoon "negative ego." Most simply consider it to be the "way life is."

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## 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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Added to this is the understandable fascination humankind has with understanding what happens to consciousness after physical death. The truth is that life—your life—continues. What is experienced is designed and aligned at first by two things: The love that you are and the beliefs that you nurture. Since the cocoon is configured as much by your beliefs as anything else, it becomes a valid indicator of the afterlife you are creating. It is said that there are beings who have sunk so deeply into amnesia that they have no belief in the continued existence of the soul and little to no self-love. And it is said that many of these people have crossed from their physical existences with such blinders in place that they simply exist in a somnambulistic state, unaware of the potential for continued life and insensitive to the help and love offered by those trying to awaken them. One great teacher likened their state to sleeping humans lined up like logs at a lumber mill. Those who are trapped in this self-imposed limbo are the same ones who crossed in thick, inflexible, unbreakable cocoons.

### OBSERVE YOUR LIFE

Why do we speak of this now? It is partly to encourage lightworkers to dissolve the rigid aspects of their own cocoons, partly to encourage healers to help dissolve the cocoons of their subjects and mostly to share with you the information that these times and this augmentation of light

and sound are changing the rules. For the first time in the Earth's life, the cocoons are beginning to dissolve on their own—ready or not. There is so much joy in this message. Why? Because this means that many beings, both in the physical and in the self-imposed limbo beyond what you call death, are being freed from their prisons!

So how can you know if you are still living within a cocoon or if you have freed yourself and spread your wings? The simplest answer is to observe your own life. Are you happy? Are you hopeful? Are you loving to yourself and others? There are actually symptoms of cocooning that are simple to identify, such as the way your cocoon can numb you. If you think about it, if you live within a small space that separates you from the love and light of the true reality, you will feel numbed. With such implacable walls separating you from loving and emotion-filled participation, sensation—especially emotional sensation—diminishes dramatically. Numbness happens because of the disconnect. Most humans label this state as depression.

Incidentally, this is one of the causes of autism. One of the most difficult aspects of autism is that the beliefs and fears that cause autism are often based in other lifetimes. In a society that doesn't believe in or understand reincarnation, it becomes very difficult to treat the condition and dissolve the cocoons of these sweet beings.

Your cocoon can cause you to repeat experience by holding you within its orbit of known and accepted emotions



and by preventing you from accessing the wisdom available from past experience. Wisdom is stored in light and emotion. How can wisdom, which includes memory, be accessed if either light or emotion is prevented or denied? Have you ever been to a metaphysical class in which you were guided to release the difficulties of the past and even the mistakes of past lives? Some forms of psychoanalysis even encourage the releasing of old traumas in order to remove their focus and impact from a subject's life. But what happens to the wisdom and experience that your soul worked so hard to acquire through that event or lifetime? Are you aware that, quite often, released experiences are repeated in order to regain the wisdom and growth the soul wanted from it in the first place?

### **DISSOLVING YOUR COCOON**

We are not suggesting that you keep fearful, hurtful, damaging experiences as active issues in your lives. We are suggesting that, rather than releasing them, you place them in your akashic record and let them be valuable assets in your subconscious mind's reference library. Once placed in the akash, the event's emotional trigger is gone; it becomes historical information, void of any emotional charge and filed and preserved for reference as you try to decide whether or not to participate in a similar situation.

Before you complain that you don't know how, there are two steps for moving old energies and beliefs into your akashic record. First, bless it with perpetual forgiveness. Second, simply intend it. Why the perpetual forgiveness? Because a great portion of your cocoon is made of habit. Once you have made the choice to move an event into your akash, forgive its effects upon you until this time, then intend its movement.

Every time something reminds you of that event, rather than go into the old story—the old anger, fear and hate, the old outrage or the old fear, all of which are cocoon builders—forgive it again. Keep this forgiveness going until it never flairs up again. And with every act of forgiveness, another strand of your cocoon dissolves! This will work for all the elements of your cocoon. And as more and more light begins to flow into your life through the dissolving walls that imprison, love, hope and joy begin to rekindle and expand.

### **FINDING SAFETY AND FLOW**

What happens when you dissolve your cocoon? Well for one thing, you will feel even safer than you did before. The walls of your cocoon offered a very false form of safety, like living within a fort during a war that offers protection but is most certainly not impenetrable. As your cocoon evaporates, your resonance will raise, and you will begin to connect with sweeter and more loving experiences. And what is so wonderful is that even the slightest raising of your frequency will cause you to see and experience more that is positive.

For those of you who are living in monotony, new experience is one of the side effects of cocoon busting. We

are amused by the number of metaphysicians who are fervently working to make this their last physical incarnation. Chances are that they still have remnants of cocoons that are holding them in stases of boredom or in flows of beliefs that are erroneous. As your cocoon dissolves, mundane life becomes vibrant and interesting. Beliefs that you are in a lesser world to learn the lessons of suffering give way to the realization that you are actually in a world that offers you the final stage of ascension as an inevitable opportunity for all.

If you have had difficulty with abundance, relationships, purposeful work, health and so many other life experiences, you will find that flow is one of the results of cocoon evaporation. Once you can see the world around you without blinders, it is much easier to be in the right place at the right time or to want to practice healthy lifestyles, right work and loving relationships. Flow is almost impossible when every step walks you into a wall. What joy to know that the walls are not necessary and that the universe is helping you to demolish them now.

The true safety and well-being that permeates your entire life does not come from fearful protection. It comes from knowing and remembering the truth of who you are and who everyone else on this planet is. There are no enemies when everyone is God. And yes, we absolutely agree that while the amnesia continues throughout humanity at any level, it is important to be discerning and intelligent about your dealings with others. We do know, however, that as you remember your divinity and practice observing the divinity of others, you will begin to live at a resonance that attracts wonderful life experience to you, and this life experience is thoroughly and unconditionally blessed with flow. And even for those of you who fear death, as you remember your divinity, you will also remember your immortality and even that fear softens and dissolves.



Your soul came to this planet to experience and create growth. Your cocoon tends to inhibit new information, new experience and, therefore, new growth. In this remarkable time when even God/Goddess/All That Is has set the intention of creating growth through experience that is even beyond this moment's divine imagination, there is huge potential for exquisite and miraculous life for us all. We, who call ourselves the Ancients, are evolving into new growth with you, and we don't do that by repeating old issues, hibernating from life or separating from others. We live in the now moment that is eternity in motion; we watch constantly for loving ways to participate, and we connect heart to heart and perpetually with All That Is. Are you one of the many who were told during your years of schooling that everything that can be imagined has been, that all adventures have been lived, that nothing new exists under the Sun? Well, those teachers were wrong—and you (and we) are here to prove it! Namasté. \*

# The Measure of Mastery

Jeshua ben Joseph (Jesus) through Judith Coates

**B**eloved ones, in every lifetime you have left a mark upon our holy Mother Earth—sometimes a physical mark, but I mean more the spiritual mark. You have made an impact, and you have left your energy. It is there when you go back and you visit what would be a foreign land or a new place, and you find something that feels familiar. This is because you have left your energy in those places. Everywhere you walk, you leave an imprint. You even have in your world now a focus on what is called the “carbon footprint” and how big your footprint is in the global focus of energy. Everywhere you have gone in this lifetime and other lifetimes, you have made impact of one sort or another.

You have prophecy now that there is going to be a big change upon holy Mother Earth in the year 2012, as it has been called. You have found all kinds of channeled information about it, and this is wonderful, because you are bringing it forth for yourself in order to sit with it and see what *your* truth is about the year 2012. You do not have to accept anyone else’s truth; that is their truth. You choose for yourself what feels true to you and what you want to experience. Because, you see, the year 2012 has not been written yet—even though you may have the “wise ones” who are channeling all of the information about what is going to happen.

I say unto you that 2012, 2011, 2010 have not been written yet. Even what you see as the morrow has not been written yet. You are the makers of what you experience. You are the makers who are the judges and jury of everything that you bring forth, and as it is written in your Holy Scriptures, whatever you create, call it good, because truly, everything is good, even if it has the appearance of being a disaster. It will lead, and it has led, the holy child to a place where it can make a new choice.

## WALKING THE PATH OF PEACE

You have chosen some great challenges and some smaller challenges in order to live your divine being. It was the

### KEY POINTS

- “The measure of mastery is in the time that it takes you to be in the place of turmoil, to understand the place of confusion and then to come to peace.”
- “That is the measure of the master: to be able to see the good very quickly in everything you experience.”
- “Allow yourself to know that you are the master come once again into this experience to let your light shine, to be joyful in the face of sorrow, to be comforting to another one and to lift them up with hope.”

same for me: Would I travel to far lands to study with the great masters of that time? Would I teach the multitudes or just the few? Would I experience the crucifixion and arise up in the resurrection to continue that lifetime? These were some of the choices I looked at in that lifetime.

Take yourself back—in this moment, allow yourself a deep breath and allow yourself to go back to the being that you have been in the Atlantean time when you were the creator bringing forth new creative inventions, when you were working with crystals, and when you were finding what crystals could do as you were knowing oneness with the energy of a crystal. Allow yourself to feel how you felt and to see the goal that you had in that lifetime for how you wanted to use the energy of the crystals. Some of you in a particular lifetime saw how the energy of the crystal could convey personal power to you. Others of you saw the healing energy of the crystal and how it could be used for healing.

In the last couple of moments you have traveled, as your historians measure time, back many, many eons to a realization, a reality, that is true. It is legendary according to some of your history books, if it is mentioned at all, but it is true. It is a true reality that you have lived. You have been there. You have also walked the path of peace with nature in Lemuria. Feel that peace and know that that peace of nature can yet be found in some of your trees that have been growing for centuries; allow yourself to sit with them in the mind, and sometimes with the physical body, and ask of them what they have seen and what they would advise for the future.

Everything is open to you. Everything. There is nothing that is held away from you. There is nothing that would be denied. It cannot be denied the holy creative child that you are. That is why I encourage you to go for it, to live your dream, to ask of yourself what your dream is. What do you want to see happening in your own life? What do you want to see happening with your grouping of friends? What do you want to see upon the face of our holy mother, the Earth?

## THE MEASURE OF A MASTER

You are a great master. You have chosen to be in this reality at this time, just as you have chosen many other times when there would be a turning of an age, a time of awakening. You have said,

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"I want to be there for the quickening of the energy. I want to be there to add my energy to it." You are a courageous master. You have come from the place of the heart. That is where the root of the word "courageous" comes from—*coeur*—the heart. You come from the heart to serve the light, to serve the awakening, one more time.

The measure of a master and the measure of mastery itself is very simple. The measure of mastery is in the time that it takes you to be in the place of turmoil, to understand the place of confusion and then to come to peace. Sometimes it may take you a decade or longer. They call it a "certain stage" of life. You may have to live through a certain stage of life. Other times, it may take you a couple of weeks, or it may take you only a deep breath, and then you come to that place of peace that says, "Whatever happens is good, because it serves the atonement. Whatever happens, I add my energy of knowing the blessedness of it, and therefore it is good."

So if you want to know the measure of how you as a master are coming along with this journey, if you want the progress report, you can easily do this for yourself. When you get into that place where you do not know what to do or you feel that everything seems to be at sixes and sevens and nothing is working together, allow yourself a deep breath and come to the place of peace. If it does not happen right away, that is okay. Take another deep breath and ask for peace. If it takes you an hour, a day, a fortnight or even a year to be at peace with something, that is okay. That is the measure of mastery.

### FINDING THAT PLACE OF PEACE

If you would cast your mind back to a decade ago when you were in a certain situation and there was perhaps an issue that was very close to your heart and it hurt, now you look at it: You see it differently. You can see the blessing that has been in it and the goodness in it, even though at the time, a decade ago, it might have been very painful. The measure of mastery can happen with the deep breath in an instant, or it may take longer, and that is okay. There is no judgment, because truly there is no time. In this reality, there seems to be time, but in truth, it does not matter if it takes you lifetimes before you have lived a certain situation over and over and over and then finally come to a place where you have said, "It really doesn't matter. It really doesn't affect me at all—what 'they' choose to do."

Sometimes in a lifetime, what "they" have chosen to do seems very important, and you can feel very hurt by what they have chosen to do. But then you can come to a place where you say, "But that touches me not. It is their choice. It is what they see to be important that they need to do," and you can let it go. The measure of a master can be measured by how long or short a time it takes you to come to that place of peace. It can be done, as I said, with a deep breath. It can be done with the candle. If you want something tangible, light a candle and look into the flame, the energy of the candle, and know yourself to be that light—

for truly, you are the one creating the light of the candle. In truth, that candle does not exist except as you have brought it forth in your consciousness.

Now, the world does not say that to you. The world says that if you touch the flame, you are going to feel it. But that is the teaching of the world, and you can go beyond that. You have seen others snuff out the candle flame with their fingers, and you wonder, "How can they do that? That's fire. How can they snuff out that flame with their fingers?" You have thought, "If I did that, it would be too hot." But if you are in a certain state of mind and you reach out and squeeze the flame, you can extinguish it with no harm to the fingers. It is the state of mind, the consciousness that makes the difference. However, I would suggest that as you develop trust in knowing the shift in consciousness, for the first few times you snuff the candle flame, you wet your fingers first. [Smiles.] It is the state of mind; it is the consciousness that determines what you see your life to be and how you see it to be.

### CELEBRATE YOUR SELF AND YOUR CHOICES

Some of you have wondered, "Why am I here? I enjoy my life, I enjoy traveling, I enjoy my friends, I enjoy the books that I read, but why am I here? Surely there has to be a reason more than that." It is to be the light that lifts up the world. It is to be the master in realization and to know that every issue that comes to you, you have invited.

Sometimes separated ego does not want to hear that. "I invited this mess? I invited this relationship? I invited all of this abuse? I have invited the illness? I have invited the economic downturn?" Yes, you have—in order to know your divine power, in order to know the divine power of choice to live in a different space. That is what I have called the measure of mastery: to be able to choose to live in the space of divine love, a space that knows that no matter what the world is doing, no matter what the body seems to be doing, no matter what anyone else is doing, "I am living the I Am Intelligence. I am love. I am okay." Start with that one. You can understand that one, the human self. "I am okay." And you are. You are truly more than okay, but sometimes separated ego does not want to go any farther than that, so you can start with, "I am okay . . . I think." And you are.

Allow yourself in every day to celebrate your self. And by that, I mean to look back over the challenges, the experiences of this lifetime and to see how far you have come. See where you were a decade ago. The separated ego may say, "Well, a decade ago I was younger. I was prettier; I was more handsome. I had more golden coins. I had more of the worldly accolades." Maybe yes, maybe no—but as you assess the measure of mastery, you will realize that now you can come to the place of peace much more quickly than you did previously. You can come to the place where you are okay with whatever anyone else chooses. You are okay with whatever the body brings to you. You are okay with every issue, because you know that you are more than any issue.



Some of the issues feel like big stumbling blocks. You lose a loved one, they do not send you a post card and it feels big. But the master of you—and you *are* a master—comes to know that that experience was not a downer. It was not a minus sign but a plus, and you look at all of the treasure that came from whatever issue you have dealt with or are dealing with. You look at all of the expansion of experience that it brings to you instead of looking at all that you have lost, because truly you never lose anything anyway. You look at all of the positive things that have come out of that experience, all of the treasures that you have stored away in the treasure chest, and only you know those treasures. You can open that treasure chest and you can take out each jewel and look at it and say, “This is the jewel that came from when my parents left. This is the jewel that came when my mate left. At the time, I thought it was a piece of coal, an old stone, an old rock. I would have thrown it away, but something told me to put it in the treasure chest. And now I see that there are sparkles on it, and it looks different to me.”

### SEE YOUR PERFECTION

That is the measure of the master: to be able to see the good very quickly in everything you experience. As you travel the journey of life, there are many opportunities to judge—to judge self is the first one. You have been

taught, even subconsciously, by parents and peers that you were not quite good enough. Maybe you did not make the cheerleading squad. Maybe you did not make the first string of the football team. Maybe you were not the best orator. Maybe you did not get the highest grades, and so on. Your peers would tell you whether you were good enough or not good enough, and your parents—even the most well-meaning parents—would encourage you to do better. And you thought, “Well, if they are saying that I should do better, that means that I’m not there yet, I’m not perfect yet, so I must be imperfect.”

Your heavenly Father/Mother sees you as perfect, because you have to be. You are the extension of that creative principle. It is neutral. There is no good or bad, less or more. It is, and there is no judgment in it. Allow yourself to know that you are the master come once again into this experience to let your light shine, to be joyful in the face of sorrow, to be comforting to another one and to lift them up with hope.

Know that always I am here for you. If there is no one else who will listen to you, I will listen to you. Always, I hear you when you call. Call upon me; I am always here for you. I love that which you are, because I know that which you are: You are the divine holy child experiencing and expressing as the human one more time. I give unto you my great respect, my joy and my love. So be it. ✱

# Chamber of Freedom And Temple of Mercy

Master Kuthumi through Rae Chandran

**G**reetings, beloved brothers and sisters, this is Master Kuthumi. As you enter this important period, it is time to reflect on the changes happening both inside and outside—a time of gathering and preparing for the months to come in which the fruits of your inner work will be grounded and prepared for the new beginnings that will take place. So what have you instituted this year that will be making your life more in

tune with your soul’s desire? In the next few years, human beings will again and again be gently nudged into tuning in to their souls—your true identity and living from that place. The time to move from mind to soul is already here. Will you be going into this partnership gracefully, or will you have to be pushed? This is a choice that each and every human being will be presented with.

As you move into this auspicious time, it is gently encouraged that you move past your drama. Whatever needs to be done to clear it, do it. It is in doing that the greatest growth occurs. Humanity has the preconceived notion

### KEY POINTS

- “As you move into this auspicious time, it is gently encouraged that you move past your drama.”
- “Every human being is working to heal at the deepest level possible, for humans beings, at the deepest level, know that when they heal, they are much closer to getting in touch with their own inner divine selves.”

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of a destination, and human beings work throughout their lives toward reaching that destination and don't realize that the lesson is in the journey and not in the destination. Destination is only a concept in the human mind. For many, the destination is having material abundance while for other people, it is the goal of ascension. In both of these cases, it is the destination people are after, and they don't realize that when they focus on their journeys, the destination will inevitably be reached.

### **TOOLS FOR HEALING**

From the many tools and techniques given over the years by many beings, choose one you feel comfortable with and work with it. These tools, in and of themselves, will not help anyone, but giving intent to heal and work with these tools will create miracles in your life. When you heal, an energy is released, creating a vacuum. This vacuum is then automatically filled with the light, for there cannot be a vacuum anywhere. Even the simple act of walking in mindfulness in nature can bring healing on many levels. When you give intent to heal and become whole once again, the process of healing has already begun, and the tools then become just a technique to use and then release.

Every human being is working to heal at the deepest level possible, for human beings, at the deepest level, know that when they heal, they are much closer to getting in touch with their own inner divine selves. This is why human beings visit temples, churches, mosques, shrines and so on; it is always for healing purposes. The statues and other objects placed in these temples and other structures are a way of drawing people to these places so that they can heal. It is important for human beings to know at this time that it is in their best interests to move from these places of healing into their own inner powers once they are healed. I am not suggesting that you should stop visiting temples, churches, shrines and so on, but I want to gently remind you that when finding the divine within, there is no need to look outside, whether it be in a building or otherwise.

It is time for human beings to claim their true power and not be afraid of that power—the power to create their own realities—and not be afraid to take responsibility for their creations. For when you, as humans, truly claim your power, you can collectively create a benevolent society, and when you are truly in your power, combined with the divine love that is inside of you, then it is impossible to create selfishly. The creation becomes not only for the person who is creating it, but for all those who will be touched by that creation. In truth, each of your creations touches many lives, even through generations. The ancient Chinese masters knew and practiced this. When they made a decision, they knew that decision had an effect for the next five to seven generations.

### **SPECIAL MEDITATION FOR FREEDOM AND HEALING**

Now I would like to introduce you to a special medita-

tion that can be used by spiritual students who genuinely seek liberation, freedom and healing. I gently ask all of you to deeply breathe and center yourselves. In connecting with your breath, you are connecting with your soul. Breathe deeply and fully. When you feel centered, invoke the presence of your personal guides, angels, masters and teachers. You can also invoke me. Now invoke the full essence and the presence of the divine Mahatma—the cosmic logi. See a cylinder of light coming down and enveloping you. Bathe in this light and feel its presence permeating all of the columns of your chakras.

Once you have done this, ask to be taken to the healing chamber at the ashram of Mahatma. This chamber is very vast, and the walls of the chamber cannot be seen. The chamber is shaped like a pyramid and is silver in color. Breathe in the energy and light of this chamber. Inside this chamber, you will see a smaller pyramid that is also silver in color. There is a small door to this pyramid; gently enter this chamber through the door and sit cross-legged, deeply breathing in the energy and light of this smaller pyramid. Feel the smaller pyramid slowly melting and becoming a part of you as finally the entire pyramid becomes integrated within you. Then repeat these words out loud three times: "I now release all limitations from my life. I now exist as the freedom of the Creator."

When you feel you have completed this meditation, ask your guides to gently transport you back to your reality, bringing back the freedom you experienced in the chamber. There are many chambers in the Mahatma's ashram. There is the chamber of cleansing, the chamber of creativity, the chamber of peace, the chamber of abundance, and the chamber of learning and integration. All of you are encouraged to use these different chambers to invoke healing.

### **THE TEMPLE OF MERCY**

For those of you who are inclined to go further, I encourage you to visit the Temple of Mercy, which is situated in the inner plane. This temple has the most up-to-date energy and wisdom of the Creator for the present moment. It is important that you have the ability to anchor the most appropriate vibration of light and energy that is needed at this time in your life, for there are different levels of vibration for the same energy. For example, there is a vibration of love when you deal with your family, and then there is a different vibration of love when you deal with your colleagues or with your relatives and so on. So it is important that you ask for the most appropriate vibration of the energy to be anchored to you.

The Temple of Mercy also contains the energy of the will and purpose of God, and when you ask for the appropriate anchoring of energy, you will automatically be aligned with the will and purpose of God. It is time for human beings to integrate and become their true selves once again. You are all supported from this side in manifesting this and making it your reality. ✨

# Return to Oneness

## The Council of 12 through Selacia

27 February 2010

*This message from the Council of 12 came in the morning of February 27, as news was pouring in about the 8.8 earthquake in Chile. I asked the Council of 12 to address the energies we are now working with and to speak about how we as lightworkers are impacted by earthquakes and the other changes in these unique times.*

**Y**ou have come to Earth to once again hold the energies of connection, of oneness and of goodness. As more people like you do this, these energies form the new template for a brand-new human. As you express and embody these energies, you change your own destiny. On some days, you might feel as though your destiny is the one that consensus reality projects. It may feel as if there is nothing you can do to avoid the dire fate that many predict will be yours. When you are not careful, you can slip into past sabotaging habits and a mindset of limitation. Do not judge yourself or others for these lapses. You are *not* your conditioning, and yet your conditioning is not easy to shake.

For hundreds of generations, people have learned to relate to one another within the old paradigm of fear. This has caused people to become competitive, jealous, insecure and prideful. It has fueled loveless relationships and countless wars. Do not be harsh with yourselves when you notice that you are jealous or competitive. The remedy is not more harshness—it is love.

### REMEMBER HOW TO BE GENUINE

Today you stand at the edge of massive changes that will bring back a love-filled existence. Signs are all around you if you look for them. Movies such as the blockbuster *Avatar* could not have been such a success in earlier times. People

#### KEY POINTS

- “Today you stand at the edge of massive changes that will bring back a love-filled existence. Signs are all around you if you look for them.”
- “This is the time for powerful inner work that will allow you to identify and dismantle the old patterns. The revolution being created now is an inner one with each person facing his or her past and present with new eyes.”
- “There is a different potential now than what existed in earlier decades. The possibilities for creating a light-filled world on a grand scale have never been greater.”

are now ready to know that there is a better way to live. They are hungry to connect once more with the sacred. They are ready to remember that everything and everyone is connected. They are ready to begin seeing themselves and their world through the eyes of truth.

It is time to remember what is important. It is time to remember how to be genuine. At the core of your being, you know how to be real and you understand what is really important. You are now in a process of remembering what you know on this deeper level. As you do that, you naturally rediscover the importance of love and how to be loving with yourself and others. Take a moment today to acknowledge these things, and then take actions that reflect the love you want to feel and see around you. Also, acknowledge how far you have come in these past few years; you are now embodying more inner strength and resolve to complete the journey you came to make. Your earlier preparations will become vital to your success in the next phase. None of them were wasted.

If you have been on the path of awakening for a while, you are very familiar with twists and turns. Most likely you have had your share of challenges and also numerous light-filled experiences as you opened to spirit and began integrating the force of spirit into your life. Your years of inner work and spiritual studies have helped to place you at the forefront of the great changes occurring now. You have laid a foundation for yourself and for others who follow you. Because of you and what you have put in motion, it is easier for those who come after you. The world now holds a different energy—an energy built by you and others who were encoded to be divine change-makers.

### REACTING TO UNPRECEDENTED CHANGE

There is a different potential now than what existed in earlier decades. The possibilities for creating a light-filled world on a grand scale have never been greater. At the same time, when nonworking systems collapse, you are conditioned to go into fear. In the past few years, as the need for massive changes became clear and solutions seemingly elusive, the fear barometer has risen considerably. One factor in this reaction is that people are now more aware of what is happening when it is happening. Another factor is that more

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of the hidden information about how society is structured and about its various dysfunctions is coming to light.

In tandem with that, the amount and magnitude of climate changes means that people everywhere are learning to live with higher levels of anxiety and uncertainty. The most recent examples include the mega-earthquakes in Chile and Haiti. While those places have a long history of earthquakes, the latest ones are impacting people in a deeper way. Lightworkers living far away from Chile and Haiti have felt the impact in their nervous systems as well as a telepathic link with the people and places impacted. To be sure, these years in the window of 2012 are bringing unprecedented changes to the planet and to how humans live with one another. As these changes occur, remember that you as a lightworker have come now to participate in these changes so that the end result is a more light-filled world.

Do you remember what you were doing in 2007? That's when a powerful collective crisis began forming, involving humanity's struggle with seeking to maintain the status quo despite the obvious unworkable institutions based on old-paradigm ideals. Right now you are moving through a deeper wave of this energy that continues through 2011.

This is the time for powerful inner work that will allow you to identify and dismantle the old patterns. The revolution being created now is an inner one with each person facing his or her past and present with new eyes. As you and others move through this pivotal time and make needed changes, you jointly create a brand new template for living upon the Earth. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. ✨

# Birth Pangs of the Mother: The Ring of Fire Is on Fire

The group through Steve Rother

March 2010

**G**reetings from home. This day we share with you much that is going on. Your physical bodies are changing every day in order to carry more of your own light. The physical rewiring you are going through as individuals is now starting to spread throughout every part of the entire planet as you reach a collective, critical mass.

We have mentioned a bit about the rewiring process and have told you about some of the physical properties that will be changing and some of the things that will be taking place with every one of you as this goes forward. You will see a

huge increase of sexual and life-force energy on this planet in a lot of different ways. Over time you will begin having conscious control over certain sets of muscles that you have not had conscious control over before. You will find that you can be conscious breathers instead of unconscious breathers. You will find that you will have more ability, not only to tap into your own telepathy, but also to tap in through each other quite clearly and very easily on conscious levels.

In order to get to this process, there are many physical changes that your bodies must go through. It is an evolutionary step and does not actually happen overnight, but when you look back at it one hundred years down the road, it will look as if it happened overnight. Let us tell you about the process so that you can see what is taking place, because much of your preparation is happening on a time schedule that will put you at the right place at the right time. You are not the only ones that are changing. The Earth herself is changing as well.

## KEY POINTS

- Humans are now beginning to stretch beyond their original templates. It is part of the evolution of humankind at this moment, and it will help human beings to develop bodies that can hold more of their own spirits than ever before.
- The process of a dimensional opening that will trigger a wave of completely new energy on this planet is beginning. The recent earthquakes and seismic events are in preparations for this, as Mother Earth begins to experience birth pangs.
- The ring of fire is on fire, and more of the same is yet to come, but human beings can decide their fates and come together to help heal the world during this time of the rapid evolution of humanity.

## NEW HUMAN TEMPLATES

We have mentioned before that you are literally going through a rewir-

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ing process so that your energetics can hold more of your own spirit than the physical body has ever been able to hold before. When you first took the body, there was a huge portion of yourself that would not fit into the physical body. You left that portion behind in the other dimension you call home. You actually connect to home through this part of yourself that you have called your higher self, that part of you that lives outside of your physical body. More of that part of you is now going to be in the physical body.

The children being born every day are bringing these attributes in. Their eyes are getting brighter, and you are starting to see more energy and more capabilities coming from them. You will also see them communicating telepathically in ways that you have never seen before. Yet you are evolving into that exact process. The children being born now do not have to go through that same evolutionary process, for they are being placed well above the curve. The rest of you here are the ones evolving to catch up.

This was always limited on planet Earth. The template that you have chosen to house your spirit during this incarnation is a limited template. The illustration we give you is that it only holds a portion of your soul. In the beginning, there were 500 of these templates, and you chose one. It was probably the same one you chose the last lifetime and the same one you chose before that, for you have a tendency to be creatures of habit, even as souls. You choose the same type of template because you get comfortable with it. You choose male or female. You ask, "How am I going to work this incarnation? How am I going to do my magic this time? Is it going to be easier for me to learn my lessons as a female, or is it going to be easier for me to learn my lessons as a male?" Most of the time, as creatures of habit, you choose the one you have become comfortable with and stay with it for many, many incarnations until there is a reason to change.

### CREATING HOME HERE ON EARTH

The Earth herself is adapting. If you look at your physical body as you rewire and you consider that we are telling you that much of your energetic system is now going to house much more of your spirit, you can see that the exact same thing is true of planet Earth. She is rewiring as we speak and has been for some time in order to hold more of the energetics and the spirit from home on planet Earth. If you are going to create heaven on Earth, you are going to need Earth's cooperation. That is what is happening. She is starting to evolve faster than you ever thought possible.

We have mentioned many times that the Earth is not sick. She is pregnant and moving through a birthing process, and you are starting to see the labor pains begin. We made a prediction several years ago, and we repeat it again today because it is on the verge of unfolding. Watch the Pacific Ocean, for that is where the energetic openings will first happen on planet Earth. It may very well be in the form of seismic or volcanic activity, but watch the Pacific Ocean and the ring of fire, which was actually the birthplace of planet Earth. Watch the evolution as the Earth

starts going through her own birthing cycles. It will become more intense; it will be more difficult. There will be times when huge portions of the population will leave. You have seen this in recent weeks, and you will see it again.

It is not that anyone is doing anything right or wrong. It is not that those people who left were not of high enough vibration to stay here. In fact, many of them were of such high vibration they could not stay much longer, and so they simply took that opportunity for a way out. There will be a balancing on planet Earth of energetics in many different ways. All of those people who are leaving in order to make this happen are coming back as crystal children with some incredible attributes. They are coming back, because for them to take that route is easier than raising their vibration consciously, which is the route you are taking right now. Yet none of this would be possible if you here were not making strides to do that. That is the piece that will help every person on planet Earth when you evolve yourself to where you gain your own spiritual confidence.

### CONNECT WITH YOURSELVES

The keeper has mentioned about you finding your voice and discovering that place that is the voice of your higher self. That is you on purpose, and what really resonates as truth throughout every part of your being. Connect and share that piece whenever possible, for that is the one piece that you brought from home and that you now have more capability of giving than ever before. Each one of you has chosen one of 500 templates available to this planet. This is the reason that you sometimes see someone who looks like or even acts like someone you know. They came from the same template. The good news is that there are only 499 people that you have to learn to get along with.

Here, however, you are no longer limited by the 500 templates, for that is part of your evolutionary change and the physical rewiring that is happening to your bodies right now. You are outgrowing the templates that originally housed your physical bodies and your energetics during this lifetime. Now they have the capabilities of new attributes, new properties and new energetics in the same physical body you were born with. This is the opportunity for you to go through an evolutionary step and be reborn without going home. That is exactly what has been predicted by many on this planet for a very long time. Why would you doubt it? Of course now it is happening to you, and that is the beautiful part, because now what takes place is that you are being birthed to a New Earth.

The Earth is going to continue to go through some changes. The ring of fire surrounding the Pacific Ocean will see more movement in the years 2010, 2011, 2012 and 2013 than ever before on this planet. You will see different anomalies take place. You will see the shifting of energy, and all of it can be lessened and controlled; none of it needs to be negative, none of it needs to be catastrophic. It can all be an evolutionary step forward. The way you do it is simple: You feel *you*.

Yes, you can feel the sadness, and you can feel the trauma. Anytime there is trauma on planet Earth, it sets up a wave of energy that is felt by every single human being. It is easy for you to get wrapped up in a trauma and in the drama around it. It is easy for you to say, "What a shame! How horrible!" You feel your heart sink and then walk around all day in that half-lit mode. That is actually harmful to your physical bodies and serves no purpose whatsoever. The idea of what we wish you to do is to celebrate these changes on planet Earth. Look at this in one simple perspective: You had a tragedy in this place you call Haiti, but look how the world responded as one. Everyone wanted to do something—whatever they could do to try to ease the pain, to connect.

### **A WAKE-UP CALL**

You now have the capability to connect on very deep levels with heart energy right from the beginning. These are pieces that each and every one of you must learn, because you are not born in bodies that were capable of this. You are now adapting to new possibilities and new energies that will also bring a new relationship to everything around you. During that time, know that many times you will be in a higher position from which you can help to bring other people up. That is why you are there. Please do not lower your position, do not feel sadness and do not feel the weight of the world on your shoulders.

Instead, feel the opportunity to help. Feel the opportunity to be on purpose and to spring into action in some way, because that is the piece you came here for. It would be a shame if you spent all these years on planet Earth waiting for this opportunity and then slept right through it. The wake-up call is now. The alarm clock is ringing, and you have a choice. You can reach over, shut it off and pretend it didn't ring, you can hit the snooze button and pretend to wait, or you can jump into action.

Dear ones, this will happen to every human on planet Earth. Every one of you is going to go through this evolutionary change that will be difficult, because humans perceive change as difficult. However, you can change your perception before it happens, and when you see activity in the Pacific Ocean, the lungs of planet Earth—when you see activity around the ring of fire—know that her lungs are stretching and new pieces are being built. This is not about the destruction of planet Earth any longer; instead, it is about building a new environment for empowered humans.

The Earth is doing her job. What are you doing? That is the question that she is asking you now, for you are a part of each other. She needs your help. The connection between humans and Earth is much stronger than anyone ever thought possible, but it is here, now. The effects of these shifts do not need to be negative. You can wipe these things out with your thought patterns, especially if you add one to the other.

### **YOU WILL FIND YOUR PURPOSE**

The way you count on planet Earth is to add 1 to 2, to 3, to 4 and to 5, increasing by one the entire time, but that

is not the universal constant when it comes to connecting energetic fields. When you connect energetic fields, it becomes exponential: 1 to 2 to 4, to 8, 16, 32, and so forth, very quickly to the point that it begins growing at incredible rates. Those are the harmonics of your vibration, because harmonics can be combined on top of other harmonics and can bring things into harmony on this Earth that have never existed before. You are creating it now, and the opportunities are here in front of you.

Dear ones, this shift is not going to be easy. You are already seeing part of the challenges, and yet it can be the most joyous, beautiful shift that has ever happened throughout the universe. We ask you to take your part. Hold your energy, hold your highest hopes and dreams of everything you want in your life, every piece you deserve and are thankful for. Create the new world with your thoughts right now and watch your body evolve into it. It is an amazing process, and never before has this happened on planet Earth. You are setting history with every breath you take. Do it well. Do it on purpose. Do it with the full consciousness that you are a spirit pretending to be a human and that you have something of value. You will find your purpose on planet Earth. You will be the highest you can be, and we are so incredibly proud of you.

It is not easy being a human; it is not easy for us to watch you being a human. There are times when you cannot find yourself. You look in the mirror and you have tears because sometimes you feel so alone, and yet you do not understand that we are right behind you. We hold you sometimes when you sleep. We see that you are having a bad dream, and we softly touch the corners of your cheeks to help you smile so that we can help change your reality a little bit, because you have given us permission to do so. Now you can take that and do it for yourselves and each other. Touch each other the way that the angels touch you. Empower every person you see around you. You no longer have anything to fear from this, for it is not a race to see who gets there first. Nobody gets there until the last person arrives.



Know that we are in this together and that we are here waiting for you. The moment you wipe the sleep from your eyes, we are there to remind you of who you really are. We are so honored to be in your presence, for you are masters of the gameboard, and we are honored to be here. We know the pain you have experienced, and we honor you for that pain; you will see this pain quite differently when you arrive home. We know it is very difficult for you, but no one else can do it. It took the bravest of the angels to take off your wings to come down and play, yet here you are. Welcome home. Know that we are with you every second of every day if you so choose. Also know that you are doing a fantastic job and that we are incredibly proud of you. It is with the greatest of honor that we leave you this day with three little reminders: Nurture one another every chance you get. Treat each other with the greatest respect. Play well together. Espavo. ✻



# ~ Channel Schedule ~

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Shifting Dimensions

May 15, 2010  
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Kahu & Kirael  
Channeling Evening

August 25, 2010  
Bad Homburg, Germany

Signature Cell  
Healing, Levels 1 & 2

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May 28 – 30, 2010  
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Raft Trip

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# Understanding Aspects and Walk-Ins

Master Kirael through Kahu Fred Sterling

**T**he higher self will usually position itself into a trinity of three aspects, although there is no guarantee of having any other aspects on the Earth plane at any given time. Spiritual seekers normally have at least two of their potential aspects on the Earth plane. However, when the higher self sees that a planet is about to undergo a new kind of shifting process, the higher self wants to garner as much knowledge of the experience as it possibly can. Hence it arranges that all three of its aspects be on the plane at the same time. At a certain point, the higher self can decide to bring two aspects home to the Creator's light and leave one on Earth, or it can decide to have all three on entirely different planetary systems. But most often, the higher self will focus three aspects of itself onto a single plane simultaneously, forming a trinity light formation from which to learn.

## ASPECT TRANSFERENCE

There are many cases in which the human soul energy has completed all it came to learn and it is ready to return to the Creator's light while still having a highly functioning body system. In these situations, the higher self will enter a new aspect of itself into the perfectly healthy body. This new aspect will have a whole new set of lessons to learn that will amplify the evolution of its soul family. Thus if people awaken one day feeling as though they are

someone different, they are likely experiencing an aspect transference, or a walk-in.

These processes can sometimes take months or even years to complete. At other times, it can happen overnight. A walk-in transference can also occur during a traumatic incident in which the physical body becomes so overwhelmed that it chooses to shut down. What people might think is a coma could be the higher self that is transferring a new aspect into the body. When this occurs, the person has little memory of its past upon awakening from the coma.

There is another kind of walk-in that takes place when the higher self can no longer motivate its human aspect to evolve. For example, this occurs if a human vibration gets caught in a repetitive lesson and chooses to reenact its journey over and over. Then the higher self will place as many different possibilities as it can to break the spiral. If the spiral cannot be broken, the higher self has another option. The higher self can remove this nonevolving aspect of itself from the human embodiment and allow an aspect of another higher self to use the body. This special transaction will further enhance the journey of the soul family.

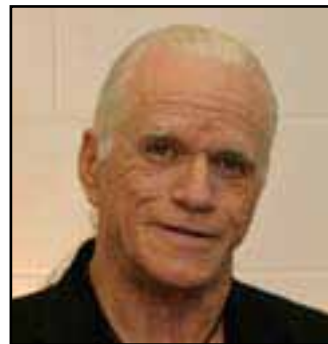
## THE HIERARCHY OF ENERGY

Now that you know the definitions of walk-ins and aspects, I will lay out the so-called hierarchy of energy involved in your journey when a walk-in comes in or when another aspect of your higher self exists, either in this dimension or another. Your physical presence is the vehicle that gets you through this journey. It is connected to your emotional, mental and spiritual bodies, your higher self's other two aspects, your higher self, your monad and, ultimately, the God Creator.<sup>1</sup> Just above your physical body is your spiritual body, and just above your spiritual body is your higher self—a beautiful journey of love and light that is in control of almost everything in your journey. Above the higher self is the monad, a beauti-

### KEY POINTS

- The higher self usually has three aspects of itself in various parts of the universe at any given time. When one of those aspects of the human self has completed all it came to learn but still has a well-functioning body on Earth, the higher self might choose to transfer aspects in what is known as a walk-in in order to expand the spiritual journey.
- The higher self may also decide the human being needs a walk-in when the journey is stalled because that being is stuck in a repetitive, self-destructive pattern.
- When the higher self decides to give a human being a walk-in, it has taken everything, physical and spiritual, into consideration; nothing is injured through this process, and the incoming aspect is always of a higher vibration.

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ful ring of light that contains all of your disincarnate soul family. So the monad is between the God Creator or the Creator Force and your higher self. Aspects and walk-ins come from the monad through your higher self, which brings them into this journey. With that said, I believe you have sufficient groundwork for questions.

*What purpose do aspects serve in our evolution?*

Aspects, which are always part of your journey because they are part of your higher self, have different levels of awareness that help balance out your journey. Those of you who are going through the shift in consciousness are the youngest of your higher self's three aspects. When I say youngest, I am referring to the level of awareness, or soul age. If your higher self has aspects that are space beings—say, one on Andromeda and one on the Pleiades—you would be considered the youngest aspect, because aspects from the other realms are generally more evolved than you. They are way above your awareness level here on the Earth plane, because they operate in a more unlimited capacity, having a much higher brain capacity. They are not restricted by the yin-yang journey, and their DNA is more expansive. If you have an aspect in Japan who sits on a mountaintop, meditating twenty-two out of twenty-four hours or an aspect in Africa who is the queen of a remote tribe, it too will probably be much older and more experienced than you, because it will be more spiritually evolved.

As the youngest of your higher self's aspects, you have chosen the full third-dimensional journey, not only to experience the balance of yin and yang, but to age the soul and participate in this shifting process. When an aspect of your higher self incarnates on the Earth plane, it will reduce its power by acquiring the ego, or what we call the veil, and it will use only 10 to 12 percent of its brain, because it operates with only two strands of DNA. That's all you can handle on this third-dimensional journey of moving from fear to love. You came here specifically to do the third-dimensional journey, and your level of awareness has been lowered to enable you to experience this duality.

When the time comes for this great shift in consciousness and you move from the third to the fourth dimension, the energy will be so overpowering that your higher self's other aspects will automatically cease to exist in their current forms and will download their information and knowledge into you, expanding your awareness.<sup>2</sup> Although you are considered young vis-à-vis your other two aspects, you are not considered young in the larger picture. In the larger picture, you are considered medium-aged souls, and you may fall into one of three categories: young-medium, medium-medium or old-medium. You have to be at least a medium-aged soul to get through the shift.<sup>3</sup>

*Is the higher self in control of all of its aspects?*

Your higher self is the main force of this journey, and when it splits off aspects and sends them to the Earth



plane—or wherever else it wants them to go—it's still in control of them. So it doesn't matter if one is an Earth aspect, another is in the Pleiades and still another in Andromeda; all three work with your higher self. Your higher self is listening to us now and interacting with its other two aspects.

### ASPECT AWARENESS AND VIBRATION LEVELS

*What percentage of the higher self is an aspect?*

That is a linear question that cannot be answered. Your higher self's energy cannot be quantified, because no separation exists between you and your higher self and its other aspects.

*What determines an aspect's level of awareness? Does brain capacity have anything to do with the level of awareness an aspect has?*

An aspect's level of awareness has to do with its soul age, and its soul age is reflected in its choices through many lifetimes, not its number of lifetimes. For instance, an aspect that has spent most of its lifetimes in the aboriginal energy will probably be more spiritually evolved than an aspect that has had few such lifetimes.

With respect to brain capacity, as the human aspect, you have 10 to 50 percent of your brain power available at this time, and yet most of you are using far less than 50 percent—more like 10 to 22 percent. At the time of the shift in consciousness, you will have 50 to 100 percent of your brain power available to you. Whether you will use all 100 percent will depend on your own evolutionary journey. If you practice meditation on a daily basis, you will more likely be using a higher percentage of your brain power, because when you meditate, you can tap into your higher self and be at its level of understanding, which is 100 percent. You don't usually tap into that full potential, however, because it's too taxing on your brain, which will shut down. A number of five-minute meditations throughout the day at different intervals will help you to get your brain accustomed to higher levels of awareness.

Walk-ins help accommodate a greater level of awareness because they are generally a higher vibration than the energy they replace. Most often, the rise in awareness will unfold over time.



*Are new walk-in energies always of a higher vibration than the previous aspect or soul in a body?*

It's pretty obvious that it is always a higher vibration. Why would your higher self go to the monad and say, "Come on down. I want you to get into this body and go backward"? The higher self would never do that. Your higher self is so filled with wisdom that it will send in a walk-in aspect that will expand your journey and enhance your evolution. You will find yourself having amazing conversations with yourself, and it may freak you out, so to speak.

Your higher self would never send you a lower energy, because it would be a terrible waste of time. It is a lot of work for the higher self to send in a new energy, and sending in a lower energy would cause the higher self to have to spend so much more time with you than it wants to. Although it is at your beck and call, your higher self likes to travel while you do your journey. If it sent in a lower energy, it would need to supervise your journey more, and that would cut into its travel time. In the time of this great shift, when everything is being accelerated, sending in a lower vibrating soul would not enable the kind of growth necessary to facilitate your shift.

### **RECOGNIZING A WALK-IN**

*How do we know if we've had a walk-in?*

If you have a walk-in, you will probably gain more brain power. Remember, the walk-in vibrates at a higher level, which means you will have something to work with in order to learn, and as long as you're learning, you will expand your brain power. So you might know things that you didn't before, or you might find it easier to understand things that were once difficult.

To determine whether or not you've had a walk-in, you can also look for changes in yourself, no matter how subtle. If you have something that you'd like to change about you, and you get a walk-in, you will feel this need to change, because the walk-in is a higher vibration than you. You might wake up one morning and find that you like peanut butter and jelly sandwiches when you never have before; or you might look in the mirror and think, "I look good, but I'm fat. How'd I get so fat?" and suddenly you start working on your body when you never have before.

If you have a walk-in and you know it, pay attention to your life for about six months. You will find that you're growing in knowledge and understanding things you never have before. Of course, this also means that you will have a harder time adjusting to life, because you will be giving up old habits and learning new ones. On the other hand, if you get up in the morning and think you'd like to change something about yourself but you don't do anything about it, then you probably haven't had a walk-in. If you haven't had a walk-in, you will not experience those life-changing growth spurts, and you will be happy to maintain the status quo because you will be supporting your ego, not a walk-in.

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

*Is there a standard procedure for walk-ins?*

The procedure is so involved that your third-dimensional brain can't understand it. Your higher self decides when you will get a walk-in. It knows how you will live, how long you will live, what you need and when you need it. When your higher self decides to give you a walk-in, it has taken everything into consideration—your life purpose, your blueprint, how much you've accomplished, how well your body is, if you require more knowledge and so forth and so on.

Let's suppose that one aspect of your higher self wants to go back to the monad to retrieve a completely new aspect or walk-in. Let's also suppose that you have a good body with plenty of light, but you've lived out your blueprint, and you still don't understand a lot of the spiritual laws or concepts. Your higher self may decide that you can do more to raise your awareness level, and because your body is still in good shape, it will go into the monad and pull out a spirit that will expand your spiritual journey. Your higher self may also decide you need a walk-in when your journey is stalled because you are stuck in a repetitive self-destructive pattern.

When your higher self determines that a walk-in is necessary, your body must agree to the process, since it is the receptacle of this new energy. When the walk-in happens, you will be moved out of the way. Hence you cannot be walking around or driving your car when you receive the walk-in. The entry of the monad particles can make you feel the loss of your original energy. Spiritualists generally take walk-ins well, but some do not and will feel the loss, just as those who are going through the shift but don't have adequate spiritual knowledge will feel the loss.

It is not easy for your higher self to get an aspect from your monad to embody as a walk-in. Those who are in comas or who have had strokes take walk-ins easier than those who are aware and in good health. The latter have the opportunity to resist the walk-in. If you resist a walk-in, your journey will be bumpy. There are exceptions to this rule. For instance, my medium had a stroke, and in the process, he took on a new walk-in from his monad, but it was a grueling process getting that walk-in into him, because he was and still is fighting it.

Once the walk-in is in the body, you may still have some of your old light in your body. If so, it was left there purposely by your higher self and we, the guides, work it out for you. That old energy is there to help you finish up and ease out of the prior journey. You don't need a walk-in to get ready for the shift, however. Just keep the splinters coming in.<sup>4</sup> If you do get a walk-in, your higher self will usually make sure you retain all your old memories and so on. Every now and then, the walk-in is so strong that you will experience personality changes and even memory loss, but that is rare.

## THE EFFECTS OF A WALK-IN ON THE BODY

*Can we die from a walk-in?*

You can't die from a walk-in. One hundred percent of your life is controlled by the higher self. The higher self can reduce or expand your soul energy. It can take you out of this journey in an instant, either by death or de-particle-ization. Your higher self has that kind of power. It doesn't de-particle-ize your body, because it loves you so much and wants to give you all the time you need to do the journey. That's why, if appropriate, it uses walk-ins to extend your journey.

*What happens to our acquired knowledge, behavior patterns and so on when a walk-in comes in?*

The new soul, or walk-in, will assimilate the knowledge of the leaving soul. The transfer of knowledge, memory and even behavior patterns usually happens smoothly. I can hear an unspoken question among you. You want to know whether the knowledge transfer is a loss to the leaving soul. It is not. That acquired knowledge is part of the akashic records and is recorded there for the leaving soul. Sometimes the amount of light the walk-in carries as well as its choices, intent and purpose are so different from the original soul's that eventually the old patterns of behavior and personality disappear—sometimes quickly, but usually over time.

*What happens when the physical body is damaged and a walk-in enters? Does the walk-in heal the body, or does the body remain in its damaged state?*

The new soul has the capacity to infuse new life into the body. However, the cells are part of the physical body, and whether or not they rejuvenate or heal is within the domain of the physical body to handle. That is not to say that the new life-force energy won't have some effect on the healing process. It will, but only the body knows how much it can or is willing to heal. If the brain is damaged and a walk-in happens, more than likely some loss of information will occur. How much healing occurs depends on the state of the brain, the body's healing ability and the will and power of the walk-in. Many factors determine how much a physical body heals when a walk-in enters, and in each person, it will differ, depending on the circumstances.

### THE ROLE OF THE HIGHER SELF IN ASPECT TRANSFERENCE

*Is there an average number of walk-ins in a human lifespan?*

No set number for walk-ins exists. You may get none or as many as you need. It's up to your higher self. Twenty-five or more years ago, you didn't hear much about walk-ins, because no reason existed to bring them into this journey. You had plenty of time to work on the shifting process. Now the shift is close, and walk-ins are more prevalent. If you're a true spiritualist, you've probably had a walk-in.

*Does the energy of a walk-in come in quickly and fully? What role does the higher self play in getting the walk-in into the body?*

A walk-in could have been living in the monad energy for a hundred years. So when it's picked to embody, it has to

make a long journey to get here. When the higher self goes to the monad or soul family, it has to pick the right energy to get into you. Once it does, it takes that energy into itself and then negotiates it into this journey. The energy does not go willingly. It leans back toward the monad, because it wants to go back home, but when the higher self calls, the monad energy answers. The higher self is never turned down. When the walk-in gets here, even though it may try to back up a little bit, it won't leave the journey for which it has been picked. The walk-in wants to bring all of its energy in at one time, but the higher self will rarely let that happen. The walk-in will come in slowly to give you time to get used to its energy.

My medium's walk-in is designed to slow him down some, among other things. The medium will complete healing from the stroke he experienced in 2006 in about 2011, assuming he continues to move forward in his journey. He has about a year and a half of healing still to go. He's not happy with that prospect. He wants to be whole now, but he has to learn to slow down, slow down his voice and so on. When he slows down, you will know that the walk-in has fully settled in.

*Does the ego play a role in these walk-ins, and can it reject a new walk-in?*

If you're doing anything on this journey, it's approved and tolerated by your higher self. That means that your ego is part of your journey. No separation exists between your ego, your four-body process and your higher self. Your ego is the only reason you can be here in this dimension. Without it, you would fall apart. Your higher self has a firm grip on your ego throughout the four bodies. Hence when new soul energy walks in, your ego is part of the picture. It still interacts in your journey. You cannot be over here without it, and having a walk-in doesn't change that. Your ego can resist a walk-in, but it cannot eject it or stop it from coming in.

Learn to slow down your ego and be aware of what it's doing. You can work with your ego, but first you have to recognize when it is active. It is active when you are complaining about your journey. When you're aware of the ego, not only can you control it, but you can have fun with it. Having a walk-in makes it easier to control the ego, because the walk-in is a higher vibrational energy with a higher level of awareness.



You are an aspect of your higher self as well as the receptacle for the knowledge of your higher self's other two aspects, and you are here to experience this great shift in consciousness. Before you can move forward into the fourth light, you have to get your third-dimensional journey straight, and the walk-in energy will make it easier to do that. Pay attention to your journey. If you are suddenly able to do things you never could before or if you are capable of being someone or something you couldn't be before, rejoice in the

fact that you may have had a walk-in and go with the flow of that energy. Locutus of the Borg said it best in the *Star Trek* series: "Resistance is futile." \*

1. The monad is usually part of the ninth dimension and above.
2. No two aspects of your higher self will ever come together in the same space; otherwise, the energy of the cellular consciousness would implode.

3. True young souls are those beings who wantonly engage in negative behavior, such as killing, stealing, torture and terror. These souls cannot find or are unwilling to take in the light that is offered to them.
4. Splinters are downloads of energy from your higher self, usually containing specific information required for your journey. The scope of a splinter is usually not as broad as that of a walk-in, but some splinters are big enough to be considered walk-ins.

# Native Numbers And Yearly Energy

OMA through Frankie Z Avery

21 January 2010

**T**oday we will work with the numbers one through nine. Numbers are the foundation of everything in your physical world and beyond. We see many of you have worked with numerology or played with it a little bit. Even if you have never played with it, think about it right now. Think of the number one and what you feel from it. If nothing else, what do you feel just from the shape of 1? Now think of the number six. Doesn't that energy change? The number one is what? It is straight. It is vertical. What is 6? It is round, a bit like a pillow. It turns in on itself, so it might be a little introverted.

*In my eyes, 1 is white and 6 is blue.*

Very good. See if you notice some opalescence in that 1, because you will have sparks of red in it. That's excellent. You get a whole different sensation, don't you? Then let's take the number two. The number two can be all curves, depending on how you make it. Compare 2 with 7. With 2, you get a bit of a sensation of being cuddly and cozy, do you not? You think of things in twos or pairs, ideally. But do you get a feeling of cuddliness or of cohesion with the number

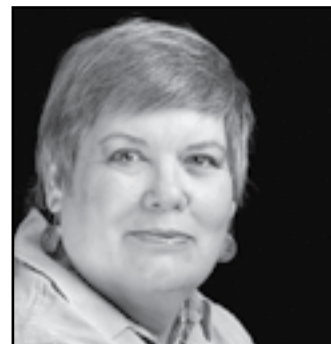
seven? No. If you were speaking of warmth, which would be warmer: the number two or the number seven? Yes, 2. Even the sound of it: *tōō* as opposed to *sěv'm*. So you can see just by looking at numbers that each person gets a different vibratory feeling from them.

Try the number eight. Let's do numbers that would seem not to go together yet might give you similar feelings, such as 8 and 3. Do you not get similar vibrations just from those two numbers? Now let's put in the orphan. Which one do you think that would be? The number five! Think of it. It goes in all directions: horizontally, vertically and around. A good word for 5 is "seeking," such as seeking identity. It is seeking itself in others, the world and in purpose. Nothing is sadder than a 5 without a purpose.

The number four on the other hand—do you not get a sense of strength from it? Think about 4. What could it be? It could be a cup, could it not? Sometimes it is full of itself. Four has to do with solace and care and nutrition. It's a very maternal number. The idea of "family of four" is a cultural cornerstone. Let us ask you a question: In your youth, were you not looking for a perfect mother?

*OMA, I had a perfect mother.*

Yes, did she take good care of you? She fed and hugged you, and she was tender to you, yes? She saw to your health needs and your nutritional needs. She was probably a bit sterner than you were with your child.



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## KEY POINTS

- Compute your life-path number and discover the numerological vibration that affects you in 2010.
- This year is a good time for fives to make their voices known politically, and eights should spend time manifesting their dreams and increasing their finances now.
- "Being a nine this year is like having the ability to build in mid-air. Learn to fly. People will want to know you. . . . People will want to converse with you."



No. *She was a pushover. I wasn't, because I knew better.*

Well then, we see why you like the number four: You liked your mother. But for those of you who have never been comfortable with the 4, what was your comfort level like with your mother?

*Never perfect. The number four was always something that I felt was going to tip over.*

Yet for our friend sitting next to you, it brought solace and comfort and stability.

*Yes, it was always my favorite number, but I didn't know why.*

Remember, if you tip 4 upside down, you have a chair. You have safety and protection. You have four walls. While one person sees the four walls as safety, another—with a mother who was difficult to contend with—sees the four walls as a prison. Oftentimes one sees claustrophobia. If you don't find comfort in the number four, do you feel a bit claustrophobic, especially when you are around women who are loud? Do you feel resentment to female authority? Are you beginning to see how this works?

### COMPUTE YOUR LIFE-PATH NUMBER

We have been asked to address the numbers one through nine, to imagine that each is your birthday added to the year and to discuss the energies affecting you this year. Your personal energy year begins most appropriately on your birthday. If we say the “second half of the year,” we mean six months after your birthday this year and six months before your birthday next year. For instance, if you were born in April, the second half of the year would be October 2010 till April 2011. As we tell you about the number patterns in the energy year, know that these patterns repeat in cycles. Does this make you happy, dear friends? Well then, let's talk.

To determine your number, add all the numbers in your birthdate. Keep adding them until you bring them down to a one-digit number. The year 2010 yields 2 plus 1:  $2 + 0 + 1 + 0 = 3$ . Take, for example, a birthdate of 08/10/1969:  $8 + 1 + 1 + 9 + 6 + 9$ . When you get a total of 34, add the 3 and the 4 together to get 7. This 7 is a lifelong, life-path number, your “native number.” Add this native number to the number of the year:  $7 + 3$ . The person in our example would end up with the number 10, then  $1 + 0 = 1$ . So for people born August 10, 1969, their energy number for the year 2010 would be 1. [Note: If you want to use an addition shortcut, leave out all 9s and the numbers that add up to 9. The sum is the same.]

### ONES: FIX THINGS AS YOU GO

Let's begin with the number one, because many of you are moving into a 1 energy. Remember, if you are moving into a 1 energy this year, you began as a seven. Sevens have to do with perfecting. Now, what will you see with the vibration of 1 this year? A 1 vibration has to do with mov-

ing yourself out of ruts or habitual patterns that are bringing instability or trouble into your life. As you go into it, you can no longer look outside of yourself and say “that” is the cause of my problems. It doesn't matter if it is the world, your finances or your history, because as you move into this year, you are exactly at this time and place in the here and the now. It is a very good time for dissolving old debts—be they karmic, financial or situations for which you have felt guilty or felt victimized. Feeling victimized means you hope someone else feels guilty. If you have your way, they do. If they are wise, they don't.

This year, ones, your success or failure rests solely upon your own shoulders. Neither the past, the future nor anything outside of yourself is going to dictate your rise or your fall. It is going to depend on your attitude and the habits that you have created through discipline. The greatest sin, or crime, of the year, if you will, is procrastination. The vibration of 1 does not allow that. Have you heard the saying, “Opportunity knocks but once”? Well, in the 1 year, this is very true: You must answer the knock and make a decision as it manifests.

For those of you who like to take a great deal of time to stew, think, feud or fuss over a decision, 1 vibrations are drastically painful in many, many ways. They cause dishevelment. Yet if you can stand on your own two feet and make decisions, you will know that in dire consequences, you can fix things as you go. The divine within has provided all of the talent necessary to equip you to meet any opportunity or challenge that you come to. You are in very good stead and ahead of the game, because that's what a 1 vibration is about: fixing things as you go. The more that you are willing to take the initiative, whether it is stepping into good situations or out of bad ones, the more successful you will be.

Healthwise, your physical body is of great importance while going through this 1 cycle. Do whatever you can to keep yourself healthy. You will harvest mighty benefits from what you do or don't do to your body. What you do for your body will make you stronger. What you do or ignore doing to keep yourself healthy and strong will also be magnified. This is a time for physical magnification for good or for ill, and you are the one who determines what that is going to be. Perhaps you have already noticed some soreness with your gums or with your teeth? Take care of it. It is very, very important to not let such pains get ahead of you. It is also very important that you get your teeth cleaned for many other areas of health, like your heart. In a way, it is scary. If you are a bit of—what do you call it?—a couch potato, this can be a bit frightening. But if you are one who dedicates yourself to health, hygiene and improving yourself—even if it is just a little bit of exercise a day—you are very much ahead of the game. Remember, a little goes a long way this year, because it has to do with you personally.

If you find yourself feeling ill content with your home or your work circumstances, it is an excellent time to

search for something else that you would like to do—no, not *like* to do but *love* to do—and do it well. This is a time for seeking out those things that you love to do and finding them—partly because the energy of the year 2010 is a 3. Anything that you can do to write down your goals will help them be to be made manifest. This is a year for all of you to keep a journal of some kind. It can be a very small journal or a tiny little calendar book where you put two words down. A word a day is fine—you don't have to write a tome at the end of your day, although anything you put in writing that you want to have published would also do well. It is a good time for those of you who have any talent in writing to write.

This year is a good time for ones to travel. You will, in all probability, be called on to do so whether you plan it or not. Remember that oftentimes travel success depends on traveling light, so the more you can lighten your burden for traveling, do so. We understand that at this time the airlines are cooperating with OMA, because they are charging you for your extra weight. We were delighted for your world when we found this out, because for many years, we have been saying: "If you want to be a success, travel light." It's no longer of a goodness to take several suitcases, so travel light—this should be the motto for this year in general. Ones will be shedding old resentments, old fears, old angers and old antagonisms. What is left when you shed all this? The perfection of self—without the baggage! Not only do airlines charge you for extra baggage but life does too. It is the year when you ones can be freer with your decision making for your life's direction than you have been for almost a decade. Doesn't that sound like fun?

### **TWOS: LOVE YOURSELVES**

Those with a native life-path number of eight are moving into the vibration of a 2. The number two makes you think of pairs, no? Well, think groups. Those of you who come into a year with a 2 vibration find that one of your greatest challenges is coordination: right time, right place, right people, right things. Coordination involves setting aside your own prejudices and letting other people manifest in wholeness. Prejudices are learned. You have to be taught what to hate, what to love, whom to hate, whom to love, to whom to be nice, of whom to be afraid: Don't go anywhere near someone with green hair, an orange beard and wearing a beanie cap. If you are related to them, then you're stuck.

For twos in a relationship, this is a year of discovering the power and strength of extended families: what "group" can do for you, to you and with you. Families are not necessarily relatives, but they can be. Two is a vibration of reunion. In this cycle, there are people from your past with whom it would be good to somehow make amends. This is an excellent year to mend as successfully as possible. Perhaps success is just saying goodbye to an argument. If you've been with a person who has broken your heart for fifteen years, this is a good time to leave lovingly, loving yourself. This year is about self-love for the twos.

Do you love yourself enough to share with another person or animal?

If you are willing to extend yourself to other living beings, whether people or animals or anything that you care about, this is a very good year. Any avocation that involves you in the betterment of life situations for others will be a road to some of your greatest successes. If you like what you are doing, whether the situation makes you happy or sad, you have chosen well. Many of you have given great thought to working with children or with older people who are infirm.

This is the year you will see yourself through others' eyes or others' reactions to you with greater clarity than your own. As you will find yourself in the eyes of others, this is an especially good time for caregivers. It is a time for listening carefully. Should you find yourself in a situation where several people criticize you for the same thing, really listen. There is probably some truth to it. Listen. If a group of friends gets together and regularly picks something new each day to criticize, cast that company aside. But if you find that the people who are the closest to you are backing away from you, pay attention and ask them or ask yourself why. Again, listen. If cohorts are reacting warmly, you know that that is what you are exuding. If people react with chilliness, that is you too.

People, the world is like your mirror this year. Your greatest reflection occurs with 2 energy. Coincidentally, this year some of your best meditations can be done with a mirror. Some of you are familiar with a skill called "scrying" in which you can look at past, present and future lives through a mirror. The process works because of the energy of reflection that is pervasive in a 2 vibration. It is a very good time for twos to work with scrying. This is also a very good year for delving into any discipline that will lend itself to studying personalities or observing people. These could be psychology, astrology or biology, for some examples. It can be anything that you want. It's also a good time to enhance your comprehension of others.

The greatest weakness of the year will be if and when you find yourself with a person who wants to have dictatorial authority over you or someone you wish to have dictatorial authority over. Even if you have the title of "boss," it is important to remember that you are working *with* people as opposed to having people working *for* you or you working *for* people. It is also a very good time for you twos to find different ways to express your generosity, whether it is through money or time spent in a given situation or doing what you can to show others that you care.

### **THREES: PRACTICE MODERATION**

Now, threes, you are coming into your own this year, finding out what your success happens to be. If you, the natural nines, are coming into the 3 vibration, you should have noticed that the last six years have been a bit jumbled. For you, going into this 3 vibration is a bit like being in a 3D movie and then putting the glasses on—you can convert a lot of confusion into clarity. You finally get to see perti-

nent and prominent directions for yourself as well as paths to freedom in keeping with your heroic nature.

This is your year for being a hero to and for yourself. Then, through your own personal strength, you will be able to do what you want and care to do for others. It is through communication that you begin to inspire others with your teaching, your talking, your writing and your doing.

This is an excellent time for planning a new journey and learning something new. If you are in a teaching situation, you will be more inclined to be successful; if you are in a learning situation, you will enjoy yourself and have fun. Some of the mysteries of the year will be: What is fun? What can I do to have fun? What will take my life out of the realm of the mediocre? It is important that you put yourself in situations where you are given the opportunity to have fun.

You will see much of the sadness of the last two to three years evaporate through your ability to express creatively. If you find yourself at stress levels that are hard to control or states of depression that are hard to contend with, one of the best things you can do is to be creative with your hands. Let the unsung artist in you come forward. You can go to counseling all you want, but all you are going to do is talk about ghosts of your history. Here and now, what can you do creatively? There are things that you can do. If you are arthritic, draw with your teeth. It doesn't matter. You can even plant gardens that you plan. This is a time in which things have to be planned for in order to be developed.

In terms of health, one of the best things that you could do this year is anything involving stretching. Make yourself more light and agile—anything. It is also a very good time to be a bit careful of overindulging, especially in nuts. With anything in the lipid family of foods, use moderation, because overindulgence in fats you really enjoy will throw you into allergic reaction. So do use care. Again, we caution you to be careful with too many nuts in your diet or your life.

We hate to use these terms because many of you find them very repugnant, but this is a year for “discipline” and “moderation.” Have you been letting the fates guide you or the spontaneous needs of others control what you do, where you go or how you get there? The better you can plan, the better you will build. Nothing is going to come together by accident this year. Does the word “accident” imply creation or destruction? If you wait for some mysterious, karmic occurrence to inspire you, you are asking for an accident—for destruction. The more you plan, the more you will see a direction. Pull the blindfolds off your eyes and actually look. Have you seen people so scared they refuse to look? This year keep your eyes open. Remember, those who look know when to duck, and those who keep their heads turned get whacked. So look and duck.

You will also find it an inconvenient necessity that you should tell the truth most of the time to most of the people. Know yourself well enough to own how many lies you tell the world in any given day. Some of you call lying being charming, gracious, kind or diplomatic. It's amazing how many times self-preservation has been cloaked in the gar-

ments of diplomacy. We are not saying that it is good or bad. It just is. If you breathe and speak, you lie. But for you threes, this year it is important that you tell the truth to most of the people most of the time. So what does that necessitate? Your knowing what your truth is—your truth, not the truth that you learned from other people telling you how you should be. This year most of the opinions about you should be yours.

#### **FOURS: KEEP THE BEST AND GET RID OF THE REST**

This year you fours could have a somewhat frustrating time concerning success and choice, because you are required to build stability before you can find success. Oftentimes people mistake instability for freedom or equate limbo with freedom. Isn't there a Janis Joplin lyric of that nature? “Freedom is just another word for nothing left to lose”? Well that is not it. Freedom comes through self-discipline and stability. The vibration of 4 can be an accident-prone year. Freedom comes from doing the things that keep you safe. By “safe,” we don't mean don't go sky diving if you want to. What we mean is double check the harness, make sure that your parachute will open and make sure the plane works before you get in it. This is a year to make repairs to any automobiles with sloppy tires or broken things that could create accidents. Who may cause those accidents? You can. If you are experiencing accidents, you are not taking care to make things safe.

This year is about taking care of things so they can take care of you. Take care of people so they can take care of you. We don't mean that you should find people with pneumonia who are gasping their last breaths and slap them back to life so that they can slap you back to life later in the year. We mean that you should show that you care about someone: pat a cheek, say a nice word. Then when you need one, you may get your cheek patted or get a nice word said to you. Show people that you care. Why? Because usually you are too darn busy to waste your time with such things.

In the past, things were disposable to you. If the brakes on the car wore out, you wrecked and then you dumped the car. Now we wish you to fix it so that you don't have to have the wreck. If you have a stool in your home that has a rickety leg, don't stand on it. This is also a time when you are going to have to separate the garbage from the treasures—get rid of the garbage so it quits burying the treasures. Do you surround yourself with so many people so much of the time that you never have time to be with a true friend? This is a time for being selfish with those treasures in your life and with friends, family and things important to you. This is a time for going through your closet and getting rid of all the old fabric hanging there. Then all of those wonderful robes that make you feel more glorious when you put them on can come alive.

This is the year for cleaning out all the hobbies that you were going to start twenty-seven, even forty, years ago, but you're still waiting to get around to them. It is a good time for truth: “I am not going to do \_\_\_\_.” “I don't use that



bowling ball” or “I don’t play that piano that I bought fifteen years ago.”

This is a year for eliminating the waste so that the treasures may emerge. For example, if you are a stamp collector, go through your collection and give away those things of little to no worth, and keep the best. The 4 vibration of this year is about finding the best and keeping it. Get rid of all the rest so that you have the time, energy and strength to enjoy the best. Now, that isn’t such a struggle, is it?

Many of you have so many good things in your lives that you never take time to enjoy—you’ve even forgotten they are there because they are covered by so many other things. The 4 vibration is about getting rid of everything that isn’t the best and making time to indulge in what is. This year is also about indulging. In what? In things that are wonderful for you. How do you do that? You go to a spa or a sweat lodge, you visit a massage therapist, or you go some place where you can swim or play. If you like music, go to concerts. Indulge yourself and indulge your search for beauty. Success comes in finding beauty—finding beauty in the simple things. The more you can do to unclutter and uncomplicate your lives, the more successful this year will be, and the happier you will be in the coming decade!

### **FIVES: THINK BEFORE YOU ACT**

Let’s look at the fives in this 3 year. Oh goodness, disruptions occur. Have you ever wondered how a piece of popcorn in a popcorn popper feels? This is a good time to meditate upon that. You are going to be “popped” out of your old way of life and into new and strange things. Wear comfortable shoes and keep moving. If any of you have been hanging onto a relationship that was too bad to stay in but too good to leave, you will find out very quickly what the truth is, and you will do one or the other with great determination. This is a time for redefining yourself as an individual and finding out what that means.

Did you as a parent get lost in parenthood as opposed to personhood? Then this is a year for reclaiming your personhood and letting everything else become what it will. It is a year in which you will probably demand privacy in some areas of your life. Privacy is something good that will feel novel to you. You may also find yourself subject to temper tantrums—inexplicably your own.

This will be a year for absolute truth telling—whether you want to or not—if you are not cautious. We recommend that when you find yourself growing impatient or angry, you be very, very careful about letting your mouth work before your brain does. This is because you will have a very strong tendency to—what do you say?—“call it as you see it” and “tell it like it is,” and this could have some interesting ramifications in your work, social life, marriage or any situations that would be nice to stay in. So use caution, especially when you find yourself growing impatient or angry. A lot can be wrecked this year with the turn of a phrase. Someone who has studied metaphysics may say that you meant to do that on some level. OMA will say, “Oh

silly, you ran your mouth at the wrong time.” So use care in dealing with others.

You will have a tendency to want to go to extremes in anything and everything that you do. It is a bit like hunting an irritating mosquito with a cannon. We use that exaggerated example because that may be exactly the effect you have. For example, in any other year, chewing gum getting stuck in your child’s hair at night wouldn’t even bother you. However, this year you will tend to send them to military school to have all of their hair cut off and to learn discipline! That is the type of extreme you might go to. This is a year for imagining other people coming back at you with extremes. So be cautious. This is also a wonderful year to write and talk about any conceptual burrs you may have under your saddle. Make your voice known politically—in your neighborhood, school system or in your groups—as long as you know your truth. And remember that victory comes with diplomacy, not from cutting off heads when dealing with people one-on-one.

You will find that it is very easy to inspire others. Be willing to do what you inspire them to do. Walk your talk. This is no time to be a cheerleader. This is a time to get involved deeply and heavily with anything that interests you, especially if it will create change in the world, in your neighborhood or in your community. It is a good year for rebel rousing and for witnessing changes. If you want to know what to change, pick the thing that makes you most indignant and go fight for it. If it is seeing animals harmed, go to the Humane Society. If it is seeing children harmed, volunteer at a children’s welfare agency and become a child’s advocate or get involved with changing laws or advocate for safe houses for abused children and women.

Listen to your own internal music, find the song of your own spirit and awaken to that song. You are going through a time in which things do not come gradually but rather like explosions in your heart, in your mind and in your soul. You awaken to them as opposed to understanding them. You awaken to them alive and well into your being, like an egg cracking open. So the advances that you’ve been working to do are especially spiritual. There is just an explosion in your being. Pay attention to this. No, you are not going insane. Well, you might be going insane, but it is not because of the explosions in your soul. Pay attention to who and what you are and what you are doing. Why? Because there are so many good things happening. It is lovely.

The five vibration is about listening to the music that a rainbow makes—let yourself slow down enough to listen to the music that a rainbow makes. It is about hearing the prayer of a flower or being aware of the colors of a raindrop. This year is exquisitely and beautifully about awakening and enhancing your senses. We highly recommend that you do things that evolve your senses. Go on days in which you are searching for new smells. Go into the woods where you are just smelling or have a day of tasting or have a day where, whether it is a store or a jungle, you go through touching different textures and feeling how many textures

there are in the world. Go for massages. Go for things that entice your senses. Isn't that a wonderful year?

The more you do, the more you will awaken yourself and the more you will bring healing into your body. For your body, because of the rhythms and the energetic motions of the year, it is a very good time to make sure you are eating a great deal of yellow, orange and blue foods. What blue foods are there? Blueberries, grapes, plums, blue corn, blue potato or borage. Eggplant is very good to eat this year, if you like it. Another thing that you might want to do is get a Bach's healing essence called Rescue Remedy. Keep that with you, because you are going to find yourself subject to extreme highs and lows. We also recommend a great deal of meditation.

Remember, healing comes from the more you can see, find, feel, touch, taste and do. This is also a year that will either find you shriveled up with boredom because you are not willing to do anything or see you making mad, wonderful dashes out into the world, diving out to find what beautiful treasures you can discover. Find the treasures within yourself that you haven't made or taken the time to explore for a very, very long time.

### **SIXES: ACT FROM YOUR HEARTS**

Now it is time for our sixes. The number six is made of two 3s. So with the two 3s of the 6 and the 3 of the year, you have three 3s. What do you have with that? You have a triangle. What does that do? In your physical world, the strongest geometrical shape is the pyramid, is it not? So this is your year for finding that pyramid—finding that safety and balance within your own structure.

If you've had a health problem that no doctor has been able to diagnose for years, this is a time to get the diagnosis that has been hidden from you. If you have health problems that have just been irritating, that you have tried to ignore or tried to set aside and that you've used every excuse not to deal with, now is the time to deal with them. If you have had nagging health problems, this is your year for finding alternative ways of healing them. (We could have said "niggling," but we like "nagging.")

For you sixes, this is also a very good year to pay attention to the organs of your body that have to do with your senses. What are they? Your eyes. Your ears. Your skin. If you see any imbalances, fix them very quickly. This is a wonderful time for healing challenges like candida, or yeast, infections. How do you do it? You do it through diet, nutrition and cleansing. You do it through sweats or through steams. You do it through your physical body and the care that you give to it. This is a very good year for those going through the 6 vibration to begin a cleanse—if not immediately, then sooner—such as a colon cleanse, a parasite cleanse or a yeast cleanse. There are many good ones available. Ask and do your homework.

Please, if you have ever or never heard the OMA anthem, listen to it now. What is it? *No white foods!* Leave processed foods alone. Foods that are white, like table condiments, are poison. We put a whole chapter into our *Handbook for Heal-*

*ers* describing them. Your body will respond in the extreme to anything that is poisonous for you this year. This is also a very good time for being careful of the meat that you eat. If you hear about contaminated food anywhere, make sure that you check the packages of things that you have bought. We don't want food poisoning or other discomforting stomach disorders for you. This is a time when if something will go awry, it will be in your digestive system, so don't eat bad meat and not expect to have diarrhea. Be very cautious about what you put into your mouth. On the other hand, anything that you do against your good health, you will find yourself able to correct this year.

For sixes, the second half of this year is also a very, very good time for making changes in your residence. If you wanted to change anything about your home—the home itself, the location, the state that you live in—during a 6 vibration is a very good time to make a change, because you will be very easily able to create something that is just as homey. This is good. You will find that some of your greatest support will come from people you know, people you can influence, and by people who influence or inspire you. If you ever had any talent for social climbing, do it now. That is wonderful, isn't it? If there are people that you wanted to meet, do it now. If there are people of influence you would like to influence or get help from—for yourself or for someone else or a group or organization—this would be the time to find them.

For those of you sixes who have been interested in your ancestry, this would be a good time for looking into that. This is what this year is about for those of you in the 6 vibration, or three 3s—searching and finding. Just remember that the point of the game is to have fun with the search. Many of you are going to find yourselves just oddly collecting things that you have never collected before. If you are looking for anything rare, this is a wonderful time to find it in some of the strangest places and at the best prices. So if you are a collector, this is a wonderful time to collect.

This is a great time for those of you who haven't had a perfect relationship with your children or parents to make peace. Who's going to have to initiate it? You should. For whom? For the rest of us. Because the more anger and disdain you take out of the world, the better it is for everyone who lives here. If there's one less person for you to be mad at or frustrated with, the better the world—or the air—is for everyone. Don't talk about air pollution and then cuss out your neighbor or your relatives. This is a year for determining what is generous and what is stupid, what is generous and what is just showing off, what is really good for others and what is excess.

Your greatest weakness of the year is pride. Your greatest strength is true humility. Do you permit yourself to show everyone how noble and wonderful you are? If you have to spend \$100,000 for the brass band to follow you around, we recommend this year that you just give that \$100,000 to the people you are helping, and do it anonymously. This is not a year for grandstanding. Why? You have a game where things pop up and you hit them on the head called "Whack-

a-Mole"? You are the mole this year. The Japanese have a saying that roughly translates: "The highest nail gets hit." If you are looking for ways to aggrandize yourself, you are in for great sorrow, or at least embarrassment.

If you find yourself going off on a tangent to help someone—if you say they need help whether they want it or not—watch yourself. This is a year when your weakness is knowing more about everyone and everything than they know themselves. If you hear yourself using the phrase "for your own good," be careful with that lie. When you speak in this way, you are declaring a sense of power over others. It might work for a moment, but it will not work well. That will be what trips you up. It will be like putting marbles on a freshly waxed floor—that is where you will fall. However, your greatest successes will come from what you can do and teach others to do for others—what others really want or need you to do. If you are doing something to truly be helpful, wonderful. If you are doing something with the motivation—even if it is just a slight crinkle—to aspire to greatness or to let others know how great you truly are, that will be your downfall.

Doing things completely from the heart will get you your greatest rewards and probably also the most wonderful pedestals. The universe and the divine see everything. In one way or another, everything is rewarded—rewards and surprises are of a good nature when things are truly done from the heart. This year is your opportunity to move through the heart again. If you have a long-lost love, go retrieve it. Get your lassos out—yahoo!—and bring them in. This is a good time for bringing a long-lost anyone back into your life. You truly have been gifted with the power to bring comfort to others this year. As we say, the more you do it from the depths of your heart, the more it will be expansive, grow, glow and bring wonderful rewards to you that you cannot even imagine.

### **SEVENS: HEAL YOUR RESENTMENTS**

If you are a seven this year, buy a lottery ticket at some point—even though that idea is absolutely curious to you. This is a year of sudden windfall if you listen to your intuition. Now, this doesn't mean that you should go buy a lottery ticket every day. What we are saying is that this is the year when your instincts are riding very high. When you get these messages, however they come, listen to them and act upon them. OMA has always said the answer to a prayer is action. Many doors will be opening up for you this year. If you are willing to step through them, you will change your life forever.

Do you want your life changed forever? Everyone going through a 7 cycle wants their lives changed, or at least parts of them. How do we know that? Because you are still alive. If your life is not changing, you are not growing. Many opportunities are going to come to you. Remember, we have been saying that it is a year for mapping out your life. Well, a 7 vibration is for walking through doors that are spontaneously opening for you. There are energies afoot. This is the year of reaping the rewards of seeds

that had been planted last year, five years ago, decades ago. This is the year when many of you will see dreams coming true that you thought you had to set aside as children. This is the year for dreams being made manifest. The more you can dream and imagine—one of the greatest gifts this year—do so. Let your mind and your heart fly free together. Let your heart imagine.

Seven is also a vibration of judgment. And who judges you? You do—and very harshly. This is a good time for taking a look at your life and deciding what's the one thing that you're most angry with yourself about? For some of you, it may be not finishing school. For some of you, it may be not saying "I love you" when you had a chance. You may be angry that you didn't get your favorite bicycle when you were six years old, and now you're 46, 66 or 86. Go get the bicycle. Put yourself into some college or school courses. Find the one thing that you are sitting in resentment of and pop it—take care of it—get rid of that boil that rests upon your soul. How do I know that you have one? Because you are going through a 7 cycle, and that brings these old boils to the surface.

Remember, OMA has always said there is never anything that you can repress. One way or another, things come to the surface. That is what this year is about for you. So all we say is that in order to heal, just do something about it. Don't dwell on it, understand it or explain why it had to happen this way. Just change it. If you are angry because you didn't have your right bicycle and you're arthritic, get a three-wheel bicycle. It doesn't matter. Find a way to heal that resentment.

How do you make it heal? You make it heal by filling in that empty place. That is what this year is about in many, many ways: finding the empty places—admitting there are empty places—and filling them up with things that are positive. It is a year of finding out. People's lives often rotate around the one thing they are mad at themselves about. No amount of counseling or analysis can bring it up. This year it will come up as something that you did not do or you did not have or you did not get. This is the year to see what it was that left that hole in you, that emptiness in you. It could be anything from any age from 4 on up. So you will see it one day. It will come up rather startlingly, and you will feel sorry for yourself because you didn't do that. As we say, when you see this, go do it. That is what is most important this year. Fill up.

### **EIGHTS: MAKE YOURSELVES SEEN**

For the eights, this year is about coming into your own. You move out of the self-judgment of the seven vibration, see yourself fairly, even throw in a little mercy, and let yourself fly. The number eight has to do with personal power and perception. How successful it is depends on how much you're willing to put into it. These are the basics of the year. So if you are hitting the 8—how can we say this?—get off your lazy bottom! This year is for making your dreams and your finances manifest. It is also



about you regaining control of your life. If you are coming into this 8 cycle now, you have felt a little bit out of control for the last three years, a bit like being on a sled going down a steep hill with no idea about how to guide it. This is your year for getting that control back and taking charge and also for helping other people make their dreams manifest. So this is very, very good.

This year others will be strongly influenced by what you say and what you do. You have a voice that can inspire others to greatness. Use it. Many of you have been living like an ascetic hermit. That was all well and good. Change it. Will it be hard? Yes, but you are going to find that you migrate into your own greatness as the year goes on if you will just let yourself. It is a year in which the more you are willing to let go and let yourself be put out into the world, the easier it will be to share the pearls, jewels and gems that you have gathered. It is time to teach, to speak and to heal—accept, step out. The greatest disservice that you do to yourself is to keep to yourself. Is it difficult to let yourself go? How much is up to you? If you clutch onto the past, what will you do? You will dislocate your shoulder.

In the second half of your year, you will face the necessity of rediscovering what is important to you, letting it be known and heard and acting on it. The more that you do this year to put your name out, to put your thoughts out, to put yourself out, the more successful you will be. As a point in fact for those of you going through an 8 cycle, your computer could be your best friend. If you don't know how to use one, find someone who does. The more that you get out—put out with the computer—the better you will be. This year is for putting all that you've learned to work for you and touching others through being an example of what you know and what you do. If there was ever a time for letting go and letting God do something for you, this is it. This is the time when power comes through your faith and your willingness to explore the world in the darkness. Know that you will get through safely.

Eight is the vibration of manifesting your divine inspiration. This is your year for mass production. You will have a tendency to be very prolific. Be very careful if you are going through an 8 vibration, because it is all about manifesting and seeing things become manifest. Be careful that you don't make babies this year if you don't want them. If you are not planning on having children or don't want to create a larger family, then OMA recommends that you don't get yourself in a family way. It would be very easy to do so. Because the 8 vibration has to do with production and construction, it would be very, very good if you made a plan. To construct, what must you do? You must plan. A person wouldn't build a house without a blueprint or a plan that they could see—or without common sense, right with moderation.

What is also interesting about the 8 vibration is that it has to do with your value system and whether it leads to wealth or to poverty. It has to do with manifesting your worldly finances. This year you will deal with the finances of yourself and others, and they will change. Where finances have

been tight, they will be loosening up, but you can expand yourself into poverty. So let your finances expand this year, but remember to save some of it.

You will find that your greatest Achilles' heel is how you respond to gossip or criticism. So you must take it with a grain of salt. When you hear criticism or gossip, you will be challenged to not go hide again. It would be preferable to punch someone in the arm if you don't like it, tell them to stop it or tell them that they are rude and that what they think about you is none of your business. Or you can let it roll off of you like water off a duck's back. Yet it is important that you get out and stay out. Turn what has become your weakness into strength by sharing it with others.

Now is also a very good time, because of the stress factors and the high tension, to create—to make something or do something, besides cooking. Why not cooking? In an 8 cycle, there is no sense of "enough-ness." It is likely that taking up cooking as a hobby will lead you to eating as a secondary hobby. Better that you take up something that keeps you moving or thinking. Try reading things that are inspirational in nature so you may do things that are inspirational to you. For those in an 8 cycle, you are coming into a time where you will no longer feel like you are letting yourself down.

### **NINES: RELEASE YOUR SECRETS**

Now for our wonderful nines who have been working so hard for so long: Very simply put, this is your year for getting what you deserve—whatever it is, for good or for ill. If you are planting wonderful seeds, then you shall have a harvest of plenty. If you did something illegal last year and you've been keeping it secret, poof! you will be on the front page of the newspaper. With this 9 cycle, no matter how much a nine wants to hide, everything gets to be seen by everyone. A person who is born of the nine vibration wishes to keep secrets, but this year is about letting secrets escape like birds from a cage and watching them fly about.

This year, nines can have the most crisis-healing cycles ever, because they will release secrets—secrets you had as a child or a teenager and secrets you have as an adult. How many of you, as children or as young adults, learned that there was something you did of which you should be very, very ashamed? And you kept it secret, and it's been gnawing at you your entire life. Well, this is the year to let it go. People might say, "Oh, what an interesting secret!" At worst, they might say, "Ah, is that all you can come up with?" But this is a year for healing. So develop a mindset that it is time to heal.

How do you heal? You surrender to wellness. You surrender to the best side of yourself. OMA has always said you cannot fight illness. In order to be well, you must surrender to wellness. So this is your year for hanging up your boxing gloves and tearing down your walls. You may feel a bit nude as you walk along your path, but skip along it mightily and wonderfully while singing a song. This is a year of harvesting the wonderful seeds you quietly planted. This is a year for healing on a physical level and on a spiritual level. This

is a year when broken souls can be mended. Quit picking at it! Let it heal. This is not the year to cure yourself by self-surgery. No scalpels. You do not heal yourself by cutting off something of yourself. There is nothing wrong with you. This is a year for healing by recognizing your perfection, being it and letting it fly. Remember your wellness. Surrender to it. Let those resentments you've had since childhood pop up, confront them and let them go. Use this affirmation: "Yes, I honor these resentments for having been there and making me who I am. I no longer need them for my strength. I no longer need to be living behind these barriers of history. I can now come out into my own, be free, be fresh and be alive."

It is now time to let yourself be photographed again, because when people see the real you, they will love it. One of the nice things about being a nine this year is that when people meet you, they will want to like you. Now, you could cure them of that, but people's first impression of you will be of gentleness and kindness. People will be predisposed to like you or to think favorably about you and those things that you do. So build on that.

Being a nine this year is like having the ability to build in mid-air. Learn to fly. People will want to know you. Oh goodness, let them. People will want to converse with you. Let them. People will ask for your advice. Let them. You will perceive many, many things. You are one of the chil-

dren this year who can be walking in the rain and find the rainbows and see the plants bloom. Your ability to take the worst that life has to offer and to make it a magnificent obsession of living is what this year is about: the magnificent obsession of aliveness. If you let yourself do it, that's what it's about. Let yourself take a risk. Kick up your heels. Let yourself dance and play.



Children, the OMA feel so blessed for this opportunity to be with you. We wish we had many, many times to speak to you about numerology. If you are reading this, we can say easily that you are learning the principles of the laws of attraction and that you are learning the dynamics of thought.

Since you joined this communication, we have been sending you golden seeds of healing. If you wish, we will leave a golden seed of healing on the heart of each of you, a golden seed about the size of a pea. If you find yourself tired or disheveled, think upon it and just tap your heart three times. Think upon that seed and you will release the energy and it will move through you. If you find a friend or an animal disheveled and you want to send some healing energy, then just think upon it and touch them. With that, we tell you that we are so blessed to be in your presence, and we wish you a grand and a glorious farewell. \*

# Work with Spirit

## Kuthumi through Lynette Leckie-Clark

I greet you once again as I enter your energy field and we merge. You know me. You feel me. You sense my presence. I am spirit; you are spirit. Your physical body that also houses your personality is a "cloak" you have chosen for yourself. Your cloak contains great learning, my friend.

How many of you can say you love your body? How many of you can find something you do not like, such as your hair—its texture, the color? Perhaps you do not like your eyes, your height or your weight. You see? This is a part of learning. It is you who chose your body before you incarnated when all was seen and known. The learning is coming to a place of completely loving and accepting yourself, including your physical body. When you have

accepted yourself completely, the learning is complete. You have learned to look within and see your own soul.

You begin to operate, to flow, from your soul. You feel much more. Your soul comes to the forefront, not your mind. Your soul is feeling—feeling from your higher self, connecting to your own soul knowledge. You learn to function from a different center within you. As you release the logical mind, you begin to release your ego self. You walk the path of transformation—of wondrous and powerful soul growth.

As you grow and understand so much more, you expand your consciousness. You connect to your higher consciousness and a flow of universal energy from the Creator enters your being. You feel a tingling around your crown chakra at the top of your head. Many will feel the heat as well. Do not fear, for there is nothing to fear—nothing! The heat is

### KEY POINTS

- Many of you are being awakened now to collectively raise the planet's vibrational levels.
- "There are many here waiting to assist and to work with you. Some will see their guides and angels, others will hear them."

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the higher vibration of energy from our realms and the filtering through of the Creators energy. It must be gentle at first, for your lightbodies and physical bodies must adjust to our higher vibrations.

### SOUL GROWTH

Indeed, as your bodies fully adjust, you will not feel the light energies in the same manner as you did at first. The tingling may cease, and the heat will be felt much less. This is the signal that your bodies have adjusted to our frequencies of energy. Your own guides, assistants and angels will have come to you also, to communicate and guide you. They have patiently waited for you to be ready, to be open and to work with them, with spirit.

Each of you is so very precious. We do not understand why so many of you fail to understand this. Know that this is how we see you—all of us here. Many wait to lovingly work with you, to guide you to greater understanding and expanded consciousness and to lead you forward.

There are many here waiting to assist and to work with you. Some will see their guides and angels, others will hear them. Others will be scribes—channels. Know that however you bring the higher wisdom and healing to your

fellow human being, you are operating from your soul and a higher plane.

I urge you to be watchful when working with us, that your ego self does not cunningly influence the higher guidance and energy you receive. This is your next test, my friend. Be aware. It is in your learning and growth that you will understand this. You might be tested on this learning. If you are truly operating from your soul with your higher self, you will know. You will sense or feel all is not right. Then you might pause and question, but then once more, the learning is completed.

### HIGHER VIBRATION

Many of you are stepping up in vibration, particularly this year. You have chosen to experience this time, this great time on Earth, to collectively raise the planet's vibrational levels and those of humankind. This is why so many of you are being awakened now—why you are questioning things and feeling dissatisfied with your lives. Your soul is calling. Are you listening within? For only within will you find the answers you seek and the true purpose of your time on Earth now. Work with us, my friend. I urge each of you to look within to your soul. Be still and listen—feel. ✨

# Holistic Communication

## The Galactic Frequency Council through Catherine Richardson

**W**e would like to talk to you about holistic and interdimensional communication. There are many ways in which souls communicate with one another. One way is simply to speak with the physical voice through the bubble of biology. Another way is to communicate using body language. Yet another is to communicate through written language and works of art. These are the most common forms of conscious communication, and really they are the least effective.

The reason these forms of communication are less effective is that you are communicating using a sort of shorthand. Words and pictures are ways to summarize complex concepts. However, what that complex concept means changes from individual to individual. For example, the

meaning of a simple word such as “yes” may be subtly different for every single person. Hard to imagine, but true. The more complex the concept being communicated by a word, the more wildly diverse the meaning of the word is for each individual.

### HOLISTIC COMMUNICATION IS INTERDIMENSIONAL

Holistic communication involves multidimensional communication. By “holistic” we simply mean the complete availability of all energies. Holistic communication, then, means that energies interact within the bubble of biology and in all dimensions in such a way as to share all the frequencies of both beings. This allows for a more comprehensive picture of what is being communicated. Interdimensional communication may use words, sounds, images, emotions and a number of other frequencies. The key to holistic communication is that both

#### KEY POINTS

- Holistic communication occurs across dimensions and allows you to communicate with beings anywhere in the universe, in any time/space dimension.
- You engage in interdimensional communication all the time without being aware of it. Consciously communicating across dimensions involves expanding your frequencies and setting your intent.

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beings, or even a group of beings, experience unity while communicating with one another. Thus, the concept of perspectives is irrelevant.

Why does this have to happen in many dimensions? There are a number of reasons for this. First of all, it is through this interdimensional communication that souls may access all parts of themselves and one another. Secondly, not all frequencies used in holistic communication are available in every single dimension. Some frequencies of sound, for instance, cannot be heard in the dimension in which you are incarnated. The higher your vibration, the more easily you can move and expand through dimensions. This allows you to easily communicate with beings in other dimensions as well as with other humans. You need not speak aloud or even be near another person in order to communicate with him or her on this level. Using this method, you can communicate with beings anywhere in the universe, in any time/space dimension. You may even go and chat with yourself in a past life if you wish.

The important thing to remember about interdimensional communication is that you engage in it all the time. You are simply not always conscious of it. We—you and the Galactic Frequency Council—are sharing our frequencies right now. We shared our frequencies with Catherine as she received this message.

Raising your vibration and expanding your frequencies are the keys to interdimensional communication. Expanding your frequencies creates a wider frequency migratory range, which is just another way of saying that you have more access to the frequencies available in the universe.

### CHOOSING HOLISTIC COMMUNICATION

The way most people communicate on Earth today is fraught with disharmony and frequency distortions. What is often communicated is basically a snapshot of emotions taken out of the context of the whole. For example, a typ-

ical argument is an exchange of “tit for tat” energy—little tatters and bits of highly volatile information, jagged and out-of-place, and with edges that cut. And they actually do cut the etheric being. These injuries may cause a being to close up its frequencies in order to protect itself. The frequencies of the being become dense, and its vibration lowers. Even Jesus Christ experienced this at times. In this protective stance, enlightenment cannot be achieved.

Holistic communication is easier than you think. Simply embody the frequencies of divine unity, and holistic communication flows from that. To embody these frequencies, set your intent to do so, and then allow it to happen. If communicating holistically is what you truly want, then that is what will occur. If it does not occur, then it’s important to ascertain why you might not truly be choosing holistic communication. How might it be benefiting you to engage in aggressive energy dynamics and other denser forms of communication? Are there soul contracts that need to be amended or ended?

When you truly choose to communicate holistically, there is no longer a need for persuasiveness or control or even any sort of imploring on your part. The frequency dynamics simply flow within one whole being. Some examples of holistic communication are the following: when two people have the same thought simultaneously; when groups of people are engaged in authentic tantric dance; and at times when groups of people are meditating. All of you who are reading this have engaged in holistic communication at one time or another. Infants are always communicating holistically. This is because unity, rather than duality, is the original state of the human being. This is important to remember.

The more you focus on consciously communicating on interdimensional and holistic levels, the more easily you will be able to do so. As always, we are ready to assist. We thank you for co-creating this process with us. ✨

## 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.



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# Earth Changes Update

## Mother Earth (Gaia) through Pepper Lewis

*It feels to most of us that Earth changes are increasing in both frequency and magnitude, and yet Gaia says that they are not. She tells us that our interest in 2012-related change has made it seem that way, and that our newer technologies allow many more of us to share similar thoughts at similar times. Gaia goes on to say that this will begin to work in our favor as soon as we align with the kinds of things we want to change instead of the change we think is affecting our kind. I know you join me in wishing you could do more for earthquake-displaced families, friends and loved ones as well as in wanting to know more about what may be around the next bend.*

*With Gaia's help, we were able to quickly arrange a small roundtable to explore this subject in depth and to broadcast it in several different languages around the world. At the same time, Gaia was clear with us in that we were not to expect a channeled response or explanation following every movement, large or small. She was quick to remind me that my role as a channel is not that of a news reporter nor is Gaia a public service announcement. That being said, every question posed received adequate and expansive answers. Those who have been significantly affected by recent events submitted the questions included below.*

### ACCLIMATIZING TO CHANGE

**T**he Earth is always changing—day to night and night to day—with each new change ushering in the next. Long ago, on a very fine day, the Earth had changed enough that it could support and welcome human life upon it. Now, as it continues to evolve, the Earth will be able to support humanity's expanding future, which includes much more than a need to simply survive. As you well know, life can be lived or it can be

#### KEY POINTS

- In the aftermath of earthquakes and other natural disasters, it may seem as if changes in the Earth are sudden and unexpected, but they are part of a natural process the Earth goes through: "That is what this time is about, and there is nothing wrong with the Earth or with you."
- "Earthquakes are primarily caused by bursts of energy in the Earth's crust that create seismic waves. These are natural and normal for the Earth and have always been so."
- "Whenever possible, and to accelerate the healing process, it is helpful to be near loved ones. Touch and hold each other often, but respect the need to be alone if it is requested."

L-I-V-E-D. Now that you have tried it one way, why not try it a new way? In order to do that, you will need to change along with the Earth—adding and subtracting here, multiplying and dividing there until you arrive at the right formula. That is what this time is about, and there is nothing wrong with the Earth or with you.

Change has always been rather difficult for humanity. You call for it in other people, places and things, yet you reject it in yourselves until it is no longer a choice, after which you proclaim that you are not free to choose. Perhaps you will see the humor in this. The changes that are taking place now should not be surprising to you, and you have known about them in this life and in others too. The subject of Earth-related changes has been discussed, theorized, evaluated, prophesied, scientifically explained and more. Now, as you begin to adapt and adjust, you will see that you are suited to live in a variety of different ways and under different conditions. It is time to acclimatize (literally) to new and changing thoughts, environments and more.

The next few years will introduce new concepts and techniques into several areas of life. These will include new ways to relate to ordinary and extraordinary situations and events. Natural telepathic abilities that have been latent and dormant in human beings will reemerge in the younger generations and in those who choose to participate. The transition may require a radically different way to think, and a small percentage of the present population will advocate against it. Change does not always look like evolution, and evolution sometimes looks too much like change.

Humanity requires new resources with which to build the cities that are even now being conceived of. Those who presently control and allocate resources do not do so evenly, fairly or with thoughts toward a future that is unfolding differently than the past. If things were to remain the same, the Earth could not feed its hungry or sustain its thirsty; therefore, the Earth must shift its ability to make resources available, which is to say that it will also relocate some of them elsewhere. Although this is in accordance with the laws and principles of planets that sustain a variety of forms of life, it can sometimes also appear as upheaval on the part of the host. While an apology on the part of the Earth that is compassion-

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ately working on your behalf is not entirely in order, please know that I am careful, concerned and deliberate in my movements with my body, the Earth.

*What does Gaia feel during an earthquake?*

This is an area in which we differ quite a bit. To begin with, I—Gaia, the Earth—do not feel fear or pain, not in the grand scheme. What do you feel when you allow stress to roll off your shoulders during a stretch? What do you feel when you shrug, curl your toes or crack your knuckles? Are you consciously aware of what is taking place within your body, or do you simply feel better as the result of a semi-intentional movement? You have a dynamic relationship with your body, and so do I. Our bodies know what we need and how to get it, which brings me to another fundamental difference between us: The Earth responds to all things, including movement in accordance with the laws and principles of nature, which means that it does not forestall or avoid an event.

It is common for human beings to delay a distasteful chore, to avert their eyes from an unpleasant situation, and to be less than forthcoming when communication becomes difficult. While this is not natural, it is part of humanity's natural process of evolution. Although the Earth's movements are natural, my sentience understands that humanity is displaced and distressed by them. Earthquakes are not natural disasters as much as they are human disasters. In time, humanity will improve technology to predict earthquakes, improve the durability of earthquake-resistant structures and adjust to earthquakes overall.

### **EARTHQUAKES AND HUMAN PRACTICES**

*Can fearful thoughts about earthquakes and other natural disasters actually attract them, or is the timing of these events based only on natural phenomena?*

Fearful thoughts about people, places, things or events will not bring them physically closer to you. That being said, fear is not a natural repellant, either. Fear is like an energetic bookmark. Every time a thought or an event in your life is triggered by a fear, your awareness will turn to that page so that you can read what you recorded there the last time you visited that place or life. Once you have re-read or re-experienced it, you can agree or disagree with it, keep it as is, rerecord it or discard it. You do this every time you have strong opinions or judgments about yourself and others too. This is one of the ways you change and evolve—by choosing how you feel.

*Is it possible that the recent increase in Earth changes, namely earthquakes, is due to abusive or ignorant practices on the part of humanity?*

No and yes. To be clear and specific, there is no real or incremental increase in Earth change activity when measured over an appropriate cycle of time. The Earth is a relatively small celestial body with a comparatively short history, but it is still much larger and much older than humanity's existence upon the Earth. Only in the last eighty years or so has humanity been able to register and record earthquake

activity with relative precision. Records prior to this time are limited; they present vivid and detailed depictions but with less accuracy. Like you, the Earth has many moving parts. And like you, they are moving most of the time.

Earthquakes are primarily caused by bursts of energy in the Earth's crust that create seismic waves. These are natural and normal for the Earth and have always been so. Periods of solar intensity, which are also natural in origin, can cause temporary increases in the frequency and magnitude of earthquakes. These periods are known to occur near the beginning and end of great processional cycles, this being one such time. Like a woman's labor, seismic activity can also be induced. For instance, the construction of large dams may contribute to an increase in seismic activity. The same is true of certain large buildings, depending upon the profundity and anchoring of their foundations, and certain Earth injection techniques in use during modern well drilling. Coal mining and oil drilling also have correlating factors that can be attributed to certain movements. The Earth's resources are obtainable by many means, and it is good that humanity consumes them. However, it is also important to restore environments so they can continue to supply humanity's voracious appetite, particularly those that are essential to both Earth and humanity.

It is well-known throughout the world now that many practices do not benefit the health or well-being of the Earth, its kingdoms and elements, or humanity. Awareness of these practices will continue to raise concerns, and eventually humanity will turn its hunger elsewhere. A few recent quakes have been influenced by ignorance and abuse, but these earthquakes would have occurred just the same. Even if the magnitude of these had been less, it would not have been by a significant margin and the destruction would have been almost the same. Although humanity is not yet able to predict earthquakes, they are able to determine some of the more likely places earthquakes may transpire.

*Why do people loot, steal and commit other crimes following large-scale events such as earthquakes?*

That is a good question. Looting, sacking, pillaging, despoiling and every other form of taking goods by force has played a role in humanity's history for a long time. Cities and villages have been plundered by the victorious for as long as humanity has felt threatened by the presence and practices of others. Piracy is another form of looting, be it on the high seas or on the waves of technology. Even among the modern and the civilized, theft and embezzlement is a form of capturing or plundering assets, both public and private. The corrupt and the greedy do not require a natural disaster for inspiration. Interestingly, these more civilized approaches do not seem to affect humanity as much as the sight of a man making off with a sack of rice, a case of water or a television. Why? Because these barbaric customs represent humanity's basic nature—an inherent fear that life is fragile, unfair and unstable. They reveal a belief in lack and an uneasy anxiety born of panic and fright.

During natural disasters, people sometimes lose self-control. They forget their "right mind" and lose themselves within a minefield of thought that only allows them to consider survival, even if their survival is not actually being threatened. A very small percentage of people actually succumb to these actions, but many more than you might imagine do at least think about them. Certain regions of the human brain are still wild, and when these are triggered, even the impossible becomes fathomable. Most looters are ordinary citizens; they are not criminals or street thugs and often think of themselves as heroes and champions of the needy. Sooner or later, order will return to their minds and to the streets.

### **LISTENING TO THE EARTH'S MESSAGES**

*Why do earthquakes strike without warning? Do you know when and where the next earthquakes will occur? If so, could or would you tell us?*

Earthquakes rarely arrive without warning, but humanity's instrumentation is not yet sophisticated enough to see or hear them. To be precise, an earthquake is what happens during and after an actual seismic event. In other words, an earthquake is what happens on the surface of the Earth, specifically to humanity. Seismic events include natural phenomena such as a rupture in geological faults, volcanic activity and landslides. They can also be generated by mine blasts, drilling and even nuclear detonations. The epicenter of an earthquake, whether natural or human-made, is the point at ground level just above where the seismic energy is first released, also called ground zero. Stored energy is released from rock at the hypocenter, the point where the fault begins to rupture. Energy is released in waves, and these fall into different categories. Physics is a science that understands and studies wave phenomena, but not yet with the certainty and subtlety that is required.

The Earth may seem quite solid to you, but it is actually very elastic. Seismic waves have different characteristics, and as their force moves through the Earth, it leaves behind certain signatures. There are many types of seismic waves, but the most notable are primary or P-waves, which can travel through anything, and secondary or S-waves, which can travel through solids, but not through liquids or gases. Other seismic waves worth mentioning are body waves, which travel through the interior, or body, of Earth, following specific paths in accordance with the density of the Earth's interior, and surface waves, which travel more slowly than body waves and move upon the surface of the Earth as the name implies. Due to their low frequency and long duration, surface waves are most destructive where humanity is concerned. Surface waves can be further subdivided into categories of ground roll, ripples, shearing and more. Low-frequency Rayleigh waves are as yet inaudible by humans, but easily detected by birds and both marine and Earth mammals. These slow-moving and long-lasting waves are detectable over long distances and for long periods of time. Domestic animals are attuned to these and other ground vibrations. They are good predictors of earthquakes too.

The importance of this expanded answer is that inherent within the science of seismology is the language of seismology. The Earth is speaking to you and warning you that change is imminent. Currently your instruments record this data after the fact, because they are not sensitive enough to hear the Earth speaking before then. In the near future, your technological devices will be more sensitive and precise, and your intuitive hearing will be more discriminating than it is now. Within a short span of years, you will be more attuned to the language of nature and you will be able to predict the location and timing of earthquakes with relative accuracy. In time, science will have access to better instruments, and these will lengthen the predictive cycle to approximately six weeks before major earthquakes and four weeks before those of lesser magnitude.

Tectonic (natural) earthquakes can occur anywhere within the Earth where enough strain has accumulated, even in areas that seem less likely given past historic models. Sometimes, and without your knowing it, fault plates slide smoothly past one another aseismically (without friction), avoiding an earthquake altogether. On the other hand, even a smooth glass surface can have just the wrong amount of asperity or roughness and cause a jolt or two. These moments are difficult to predict, and our communication is not yet so highly attuned that these could be communicated to you. I communicate with humanity in a variety of ways—only one of these being high and low frequency waves of specific origin and properties. Please understand that there are many ways to talk with one another, the least accurate of these being verbal.

### **UNDERSTANDING NATURAL CHANGES**

*Can you shed more light on rumors that the Earth's axis has shifted?*

The Earth's axis is constantly shifting by minute amounts that are, for the most part, imperceptible to humanity. Large-scale natural disasters can and do affect the wobble of the Earth's axis, and even small-scale disasters can have an impact in this regard. Events of this magnitude can be catastrophic to humanity; they can move countries, continents and more. The Earth has experienced several pole reversals that have wreaked havoc upon the Earth and reset the clock, so to speak. Please note, however, that the largest earthquakes on record are still small-scale events to a celestial body such as the Earth.

In terms of the Earth's axis, you have been taught to imagine a line, or plane, that intersects the Earth from the north to the South Pole, balancing the Earth on an invisible point like a child's spinning top. While useful, this illustration is not completely accurate. Why? Because it is a little like imagining a balloon balancing on the head of a pin—one little pivot this way or that and *kaboom!* The Earth's axis is not so fragile and neither is that of the other planets.

The Earth does pivot and move and shift, but it rests upon something that looks like an energetic pillow that is both strong and spongy and very resilient. This invisible layer of elasticity acts like a shock absorber and allows the

Earth to pivot and wobble without losing or reversing its polarity. The length of an Earth day is also quite relative, with some being shorter or longer than others. The length of each day is actually determined by the relationship that the Earth has with the Sun at any given moment. This relationship is responsible for at least some of the changes the Earth is currently undergoing and for others that are still to come.

*Were the earthquakes in Haiti and Chile related to one another?*

They are both in active areas where several lines of energy meet and cross paths. The earthquake in Haiti did not trigger the one in Chile; they are unrelated in this respect. The earthquake in Haiti began its journey elsewhere but erupted there, as many elements that are also associated with time-lines and probabilities are drawn to this area. The earthquake in Chile was centered there. The panoramic and powerful Andes were formed by some of the most powerful earthquakes ever, which took place long before your written language and instruments could record them. Interestingly, the events, which took place in eight successive thrusts, were observed and recorded by beings much like yourselves who resided on Mars at the time. If this seems strange to you, remember how your own telescopes were able to observe the impacts on Jupiter just a few short years ago. You are a family of Earth dwellers, but you form part of a larger galactic family too, as do others who do not dwell upon Earth.

*Can we do anything to prevent earthquakes from happening near large cities or densely populated areas? Are there safer places to be?*

Population is of no consequence where plate tectonics and fault lines are concerned. Earthquakes are not attracted to large or small cities. They do not discriminate between land and sea. Seismic waves balance, shift, move and redesign the Earth. They release stress and pressure and resource the Earth's surface for generations to come. Seismic events are an important part of the geology and structure of the Earth, and without these, the Earth would die. I have not asked humanity to build its cities here but not there, even when it would be in its own best interest to do so. I do not censure or punish the decisions of builders and dwellers; in fact, I place the very best materials at your disposal and offer them with a blessing and a caution—a time may come when buildings will sway. Build well and prepare even better!

It is safer to be in mountainous areas with solid rock such as granite beneath you rather than soft soil. It is best to be in cities and communities where newer buildings have been well constructed. It is better to be near natural waterways rather than ones that have been dammed, as these oppose the force of nature. It is important to know the lay of the land, which means to understand the currents of energy and in what direction they flow best. Whenever possible, it would be better to be above sea level by whatever factor of land is available or affordable.

## HEALING IN THE AFTERMATH

*Some people have reported changes in eating habits, sleep behaviors and more following earthquakes. Are these related?*

There are very few things that are as unsettling to humanity as natural disasters. From a human standpoint, the ground beneath you should be solid and your environment secure. While this is true most of the time, sometimes it is not. Earthquakes can be life-altering events, and the physical destruction they leave in their wake is the least of it for those who are sensitive in these areas. Buildings can be rebuilt and belongings refurbished, but human nerves are more delicate; the path and process they take on the way to wellness is often individual and unique. Restoring and regaining the trust of your central nervous system requires patience and personal attention.

A physical earthquake may last from a few seconds to a few minutes, but its aftermath can last much longer. It is not uncommon for the physical and emotional effects of an earthquake to last approximately two years. In rare instances, it can last a lifetime, and in even more rare, but not unheard-of cases, it can take more than one lifetime to heal. This is particularly true if there is an overattachment to one's physical belongings, position in life or relationships.

The most common aftereffects associated with natural disasters (in no particular order) are: excessive fear of darkness, separation and/or being alone, worry, anxiety, nervousness, depression, clinging to loved ones and/or belongings, aggressive behavior toward strangers, timidity, immature or childlike behavior, changes in eating and sleeping patterns, persistent nightmares, headaches, stomachaches and other physical complaints, irritability, anger, increased stress, sadness, fatigue, loss of appetite, nausea, hyperactivity and lack of concentration.

Generally, these normal reactions will not persist longer than a few weeks to a few months, but it is not uncommon for them to last longer. Some feelings or responses may not appear for weeks or even months after an event. Many who appear to be coping with disproportionate calm following a high-magnitude event might suddenly regress over a small aftershock several months later. Delayed feelings and expressions are sometimes also accompanied by specific resentments toward both Earth and heaven.

Whenever possible, and to accelerate the healing process, it is helpful to be near loved ones. Touch and hold each other often, but respect the need to be alone if it is requested. Take frequent breaks from the recovery and rebuilding process, pay attention to health, diet and sleep and, if necessary, mourn or grieve. It may take time to feel safe in your world again.

## PREPARING FOR UPCOMING CHANGES

*Can you give us an overview of upcoming Earth changes and events that could affect humanity?*

The first half of the year will record earthquakes and other movements that wash soil away from their normal path and to other directions. Waterways under the Earth



are being diverted and rerouted as well, in order to be of better service to humanity later on. These movements will place greater strain on certain portions of the ocean floor but will relieve pressure in other areas, particularly where land mass (continents) is great and mighty. Underground water of all types will be affected and even simple wells may experience a shift in level or mineral composition. You are accustomed to water levels that rise and fall, but in this case, they may be sliding sideways above and beneath the surface.

Most of the quakes will be offshore and deep enough that they will not disturb the surface populations, but as you have already seen, that is not always the case. Areas to watch in North America include the Alaskan coastline, the waters west of the Pacific Northwest including Oregon and Washington, and the southern section of California as it dips into Mexico. In South America, Chile is still not

stable and may experience one or more large spikes that will be strong but not as long lasting as the initial quake. Peru is another country that must keep watch at this time. Strong indicators of quakes will persist in Indonesia, particularly where island nations are also host to many volcanoes. The second half of the year will include at least one major volcanic eruption in the northern hemisphere and another in the southern hemisphere. Thousands of miles apart from each other, the two eruptions will be related.

*What specific message could you offer those who become displaced due to earthquakes and other natural disasters?*

During the day, dare. At night, dream. Live, love and listen to one another. Give generosity and gentleness to others. Celebrate, cultivate and contemplate each moment. Have humility, honesty and sincerity. Rebuild, renew and restore. Breathe, balance and believe again. ✨

# Alchemy and Requisite Of 13–20–33 Circuitry

Archangel Metatron through James Tyberonn

**G**reetings, masters! We greet you in joy and encircle each of you in a field of unconditional love. And so we speak on the optimal circuitry of the human auric field and with specific focus on the 13–20–33 circuitry. Masters, the human aura is not auto-regulated. It requires methodical maintenance. And this is paramount, because achieving and retaining the 13–20–33 circuitry of the integral auric field is an absolute prerequisite of ascending into your crystalline light vehicle.

## KEY POINTS

- “Interfering electromagnetic fields (EMF) and micro-waves result in bio polar reversal. In your current times, the electromagnetics of the ascending Earth are being amplified in potent surges, pressurized surges that can stretch and microfracture the flow and symmetry of your auric fields.”
- “Simply changing your outlook to positive thinking when you are dealing with a life lesson that leaves you in a state of lethargic depression is not enough—a Pollyanna outlook will not resolve the core issue—but an intact auric field will assist in overcoming it.
- Wearing a basic combination of gemstones can help strengthen your auric field and protect your energy levels.

## AURIC DEVELOPMENT

We address briefly the time-linear aspect of development of the human aura. Dear ones, as each of you has grown in consciousness through your countless sojourns in duality, you have activated more layers of your auric field. With each new activation, more responsibility is required and greater apperception is naturally requisite for optimal auric maintenance. The ultimate and optimal resonance is the circuitry of 13–20–33. This is the key ratio and flow of the graduated, fully blossomed auric field. It is this resonance that allows for flow into the crystalline lightbody. Unless the 13–20–33 is obtained, cultivated and sustained, lightbody acquisition is unobtainable.

Before we delve into this important assay, let us add the caveat that auric expansion is a journey and not a destination. In other words, what is gained must be kept. Many of you have achieved high levels of auric-layer activation only to lose it because of your inconsistent discipline and lack of comprehension of the fundamental stipulations required for their sustenance.

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Most of you who are named old souls in your vernacular originally entered the Earth plane in a crystalline lightbody, in the merkarah of the true ascended master. With the fall of the firmament, you willingly entered into the “University of Duality” and in time lost the connection to the great and greater aspect of your true essences. Your auras then took a downward spiral alongside your awareness as you fell into the diffused density of polarity in physical bodies. This we have shared with you in earlier essays.

We wish to clarify at this juncture that the advent of duality on the Earth plane was not an accident. It was what may be termed a deliberate occurrence to allow for the experience and growth within duality. The Earth became a university in its role as the “planet of choice.” Most of your religious scripts refer to this as the downfall of humankind. But, in actuality, it was an intentional maya, an illusion, with purpose. Duality placed filters on consciousness, and work was, and is, required in order to grow into full crystalline consciousness—but all of you chose this growth, and it carries succinct credentials.

The duality experiment carried with it certain vulnerabilities and allowed for what may be termed purposeful setbacks. This then is the journey of duality, the contractual pathway for reemergence through growth and overcoming obstacles. And so in this process of regrowth, the dense became denser, the physical became more solidified, and the hemispheres of the human brain became locked in the polarity of the dodecahedral grid. Then the duality-cycled human incarnated into lifetimes that were dominated by frontal mind and the experience of lower chakras. This level of unconsciousness then allowed for only the seven-layer chakra field, with the goal of activating from the lower three chakras to the upper four, in unifying the seven in full flow.

Duality was defined by polar electromagnetics, and the grid system that determined that the level of density was the magnetic, or gravity, grid. This adjusted to differing levels throughout the progression of humanity. For a great deal of the linear time since the Golden Age of Atlantis, the gravity grid only allowed for an 8–8–16 circuitry in the human aura, and the gendered merkabah was the lightbody that enabled growth from this level of frequency. Certain avatars came back into duality about 2,000 – 5,000 years ago, as you measure back in linear time, from this succinct reality hologram in order to begin to reestablish the pattern resonance of 13–20–33. Yet only from the harmonic convergence of 1987 did the grid adjustment truly rebirth the 13–20–33 potential for the masses. This became initially enabled with the 144-crystal grid in 2001. It is the Crystalline Age through the crystalline grid that fully empowers the return to the 13–20–33 upshift into the reemerging crystalline, nonpolarity merkavich trisystem.

### **CIRCUITRY: THE 13–20–33**

The 13–20–33 is an energetic emulsion interface combining the connectivity between antimatter, matter and etheric matter in a crysto-electric amalgam that creates

the energy hum of Om. As such, the circuitry of 13–20–33 is not only the optimal frequential flow required for replete omnitarian auric function and upshift but it is the only frequency that can do so. It is the key, and it's a complex one that serves as the plug-in for full power. It is then—and only then—capable of carrying immense energy. It untangles and combines variegated heterogeneous and homogeneous energy forms in a compatible, unified matrix that is capable of flowing into the zero-point crystalline field of merkavah.

This circuitry implements and administers the mandatory linkage between the thirty-three components of the integral field. It is in fact the manifold juncture that regulates the appropriate networking resonance and lattice weave within and without. It is defined as follows: The 13 represents the twelve layers of the auric field within etheric matter harmonized and synchronized into oneness. Thus the 12 become the One and forms the  $12 + 1 = 13$  frequency. This only occurs after sufficient sojourns in duality allow the consciousness of the entity to activate all twelve layers and tie and activate the twelve primary chakras to each layer of the aura and indeed to the twelve-strand DNA.

The 20 represents activation of human auric interface layers into multidimensionality within the realms of antimatter. These layers were not easily accessible until the adjustment of the magnetic grid occurred. The Fibonacci synchronization of the 13 + the 20 enables the 33 circuitry. This enables the circuitry that allows for humanity to expand fully into the crystalline, nonpolar levels of consciousness. This is truly the vehicle that takes you full circle—full circuit and back home.

### **THE MECHANICS OF MAINTENANCE**

The correct flow of the 13–20–33 circuitry is dependent on certain maintenance responsibilities, as we have described. We will now discuss the most common obstacles encountered in obtaining and sustaining optimal circuitry. The following issues affect auric integrity: opposing energy fields; emotional stress; conflict; planetary energy expansion; thought-form attachment; air travel (physical over-stress); medications, alcohol excess, toxins; inappropriate attitudes; control issues and ego imbalance. Some of these are herewith addressed in detail.

Interfering electromagnetic fields (EMF) and microwaves result in biopolar reversal. In your current times, the electromagnetics of the ascending Earth are being amplified in potent surges, pressurized surges that can stretch and microfracture the flow and symmetry of your auric fields. This is a fundamental and defining necessity of the ascension as you morph into expanded 13–20–33 circuitry auras in order to achieve merkavah within the merkavich trisystem.

In your age and usage of cell phones, computers, televisions and electronic devices, your offices and homes are a constant barrage of opposing electromagnetic energy fields. The result can be a temporary “short-circuit” effect that,

if left unresolved, can lead to auric imbalance by means of energy loss through fissure cracks. In essence, this may be termed auric bleeding. Some of the effects are short-term, but others can become chronic.

The detrimental effects of electromagnetic fields and microwaves from your microwave ovens, computers, mobile phones and televisions have been recognized by some of your mainstream medical professionals. These tend to be minimized and ignored by the masses, in part because the very suppliers and manufacturers of these generators of microwaves and magnetic fields sponsor and underwrite studies from staff or consulted scientists and so-called experts with the precontracted aim of disproving or vastly minimizing the contra-effects. In fact, the detrimental effects are very real, and most all of you are constantly within these contra-fields. As a case in point, many of you will read this message in front of a computer screen.

Dear ones, there are effective methods of dealing with these contra-fields, and these will be offered to you. But do not ignore the fact that these fields will absolutely have varying levels of mal-effect on your auric fields. Most of the in situ waves and fields do not penetrate very deeply into the layers of your auric sheaths but others do, yet all can fissure your energy fields. There may be some who consider this to be an issue of belief or who may consider this very message to be one of fear. It is neither. It is true that an ascended master can transmute such effects, but dear ones, we tell you in love that unless you are manifesting at that level and can walk on water, take heed.

The detrimental consequences of microwaves and electromagnetic waves created from alternating currents are a succinct certitude for the masses of humanity in duality, whether you believe it or not. While these effects are not life threatening, they do indeed affect your energy circuitry, and they can create what is termed reverse biopolarity and auric short circuitry, both of which can lead to auric fissuring and result in auric bleeding.

### **AIR TRAVEL**

Air travel is an engrained aspect of most of your lives. At some point, almost all of you will travel by airplane to another destination. Such travel depletes the aura far more than is currently understood. Expansive, regular air travel may shorten one's very longevity, especially for those in their mid- to later years. Pan-American and transcontinental flights, by the very measure of their copious distance and requisite time in flight, are exponentially more degenerative to the human auric field. Virtually everyone on board a nine- to ten-hour international air flight exit the plane at their destination with varying degrees of irregular or ruptured auric function. Long-distance flights traveling longitudinally in eastbound vectors are the most detrimental, yet all such take an undeniable toll on the energy field—you call it jet lag. Such a benign term is a gross understatement, for the condition is far more than simple fatigue from time zone change.

One of the key underlying factors that is the root of the issue is that most commercial planes fly at altitudes of 35,000 feet, in the stratosphere, and effectively outside the regulatory pulse of the Schumann resonance. The Schumann resonance is the planet's heartbeat; it is an anionic charge released by the Earth that combines with the cationic charges released from the stratosphere to form an electromagnetic capacitor around the planet from ground level to about 30,000 feet. This capacitor forms a background resonance that plays a key role in regulating vital organ and glandular rhythms in the human body. Airplanes flying at 35,000 to 37,500 feet, as many do, are outside this regulatory range, and the metallic fuselage of the aircraft further deflects most remaining integration. The result is a distortion of the physical rhythms. Your NASA agencies and space station agencies are aware of this issue, as it has created chronic physical issues with the astronauts. They have experimented with placing magnetic generators in the stations and shuttles.

Your medical professionals who have studied jet fatigue are aware that flights can and do force the heart to work harder, and longer-range flights enlarge the heart temporarily. The pilots and flight attendants who fly daily absolutely stress their bodies and auric fields to the extent that chronic diseases result and aging is acutely accelerated. There have been internal studies of the abbreviated life expectancy of airline flight workers, but these are, for the most part, kept from the public. They are indeed aware that hypobaric hypoxia caused by the pressurization of the aircraft alters rhythms after long flights, independent of the number of time zones crossed, and significantly reduces human hormone levels.

This issue is somewhat exacerbated by the rather cramped conditions of sitting in close-quarter seating for extended periods in which rest is difficult, circulation is impaired and the body ingests less oxygen, resulting in a fatigue of its own. The extremely dry air in the pressurized cabins as well as the pressurization itself is detrimental. Cycles are interrupted, and indeed most of you recognize that it is difficult to rest the body after long flights—insomnia occurs as but one side effect of the auric circuitry interruption.

Now let us be clear, flights of under three to four hours are not as detrimental as the eight- to twelve-hour variety, and recovery is much faster. So other important factors are the time in flight, the frequency of flights taken, and the age and physical health of the individual human. Yet all flights, as we have emphasized, are detrimental to varying levels.

### **EQUATORIAL CROSSING**

Long flights of longitudinal crossings invoke greater fatigue to the body physical due to time zone changes. This is in addition to all of the other factors mentioned. Yet latitudinal flights that cross from the southern hemisphere to the northern hemisphere and vice versa invoke another frequential adjustment to the auric energy. The resonate energy below the equator will, in unforced and unmagnetized scenarios, naturally rotate clockwise below

the equator and anticlockwise above it. Thus when one flies from above the equator to destinations below it, and vice versa, the individual's auric circuitry will be malaffected for a period of time.

*Many people have jobs that require flights. What can be done to minimize the detrimental effects?*

The effects, again, are exacerbated according to the frequency of flights and length of flights. Other factors are the general health and age of the person flying. So in all cases, try to minimize regularity and frequency when possible. Maintain health in all activities. When you know you will fly, you can stabilize the field somewhat by wearing copper or gold on both wrists and by employing certain gemstones as rings and pendants to help hold the field intact. After the flight, take mineral baths and avoid sleep aids. Hydrate the body as much as possible during and after the flights.

### **THE CRUCIBLE OF ASCENSION MAGNETICS**

Another less obvious but vitally important source of auric diffusion is the very mechanism of the ascension. This may seem paradoxical at first glance, but it is indeed occurring, and you must be aware of this. The primary mechanisms we refer to are the solar winds, the increase in the spin of the planetary core and the resulting amplification of planetary frequencies. The planetary pulse is speeding up, and dear ones, it is affecting you in myriad ways. In a very valid sense, what is occurring through the ascension energies is stretching your frequential capacities. As such, you are required to grow a new expanded auric field, much like a snake that annually outgrows its skin and goes through a phase of fitting into a new one that can better encompass the larger body. Do you understand? Before the new one can become resilient, the old one is stretched and cracked, and during that transition, there is a phase of metamorphosis that encompasses within it certain vulnerabilities until the new one is completed.

As your Earth draws closer to the ascension of 2012, many major changes are occurring around you that have a profound effect on your physical, emotional and mental well-being. Many of you find that you become somewhat vulnerable, feeling overwhelmed at times, as if you can't seem to get things done, as if there are not enough hours in the day. Some of you are going through periods of depression—you feel as though you are sinking into a funk, and it seems like you are moving through molasses. Emotions go from ecstatic highs to deep lows shadowed in dark despair. Dear ones, you are not alone; literally millions of you are experiencing this stretching and building of the new auric skin, and we say to you: By understanding the process and maintaining the integrity of your auric field, the process becomes much easier.

### **CASE IN POINT**

The channel has often spoken of an energetic equalization that can occur when seekers initially visit power points or sacred sites. When nonresident seekers go to a

mega-power point, such as Mount Shasta, Lake Titicaca, Sedona, Arkansas or Glastonbury, they may find themselves enveloped in a much stronger resonant electromagnetic field than what they are accustomed to, an energy much stronger than the resonate vibration rate of their auric field. For some, but not all, within three to seven days, depending on the auric strength and resilience of the individual seeker's field, the auric ovoid will stabilize the pressure differential in a form of osmotic equalization. The auric field will do this through the formation of tiny fissure cracks, and a rupture of the auric sheathing will naturally occur.

Unless the individual deals with it, an auric short circuitry eventuates, resulting in energy loss. Such emotional extremes can occur up until the time that the auric field is restabilized and regrounded. For people who move their residence from lower energies into the locale of a mega-power site, this process can take from six months to a year. Those of you who have moved to the Mount Shasta and Sedona areas will understand this. For visitors, it will correct itself within a week or two of going back to their places of residence. The key is to be aware of your auric frequential quotient, and do not overstay your time until your field is capable of holding the higher frequency.

Now, we are not saying that it is not beneficial to visit power nodes, quite the contrary. Such expansion in the overview is inevitable and quite beneficial—and quite necessary—in order to grow the “new skin” required to expand into greater frequency and multidimensionality. Power nodes accelerate this process and, as such, should be visited. These infinity points are virtual accelerators that aid your metamorphosis and prepare you for the heightened energies of the ascension, you see?

We are saying that there are processes occurring within power nodes that are a microcosm of the macrocosm, and they need to be understood. You see, your entire planet is beginning to quicken, to increase in frequency, and you must ready yourselves to contain that frequency. Many of you are dealing with this, somewhat in the dark. You are now or will soon experience this, and an understanding of the process will serve to make it much easier.

### **AURIC METAMORPHOSIS: CHANGING THE ETHERIC SKIN**

The reverse process is also occurring within many of the more enlightened souls. There are many of you who are already tapping into your expansive multidimensionality as the 144-crystalline grid enables greater dimensional access. The result is that your inner electromagnetic field (EMF) is pulling in great surges of energy—energy levels that are somewhat greater than the parameters of your auric capacitors. In these cases, the result is that a stretching or an overload occurs, resulting in temporary fissure cracks and energy loss. You are changing your skin.

Part of this metamorphic stretching requires a cleansing process. The very multidimensionality of power nodes and of the ascension itself are crucibles, and they will force one's



issues to the surface, thus allowing the entity an important opportunity to confront and release any imbedded obstacles. Better sooner than later. This is why these are popping up for so many of you. Attempts to rebury them or ignore them will simply cause the issue to grow and fester. Left unresolved, these issues will generate stress and lead to the reactive fields of polarity reversal, circuitry failure and auric bleeding.

Dear ones, truly there is a metascience around aura integrity. This is not a new science; rather, it is a forgotten, transitioning one, one that must be understood and relearned by all who seek to grow and all who seek balance, wisdom and knowledge.

An intact auric field allows one to rebuild the cosmic lattice and achieve 13–20–33 circuitry and, as such, multi-dimensional expansion through the levels of the crystalline merkavah system. A fractured field loses energy, and the energy loss stresses the physical circuitry. If the loss is not recognized and reconciled, it can lead to chronic polarity reversal, emotional lows, depression, chronic fatigue syndrome, insomnia, migraines, weight gain, anxiety and panic disorders, to list but a few. These can be reconciled.

We encourage all of you to actively study this subject. What you must understand, however, is that there are many diverse sources of detrimental EMF effects that can slow metamorphosis and create varying degrees of temporary circuitry damage to the field, and these must be dealt with. Imagine these as slow leaks to the tires on your vehicle. If ignored, the tire will go flat, and the vehicle cannot move forward. So it is with your auric field.

#### *How does one recognize auric bleeding?*

First by understanding certain conditions that can create energetic imbalances and auric energetic diffusion. Those we have listed in the above discourse. The human EMF has certain built-in defenses. Just as your skin has three levels of sheathing, so to speak, your auric fields have twelve layers on the earth dimensions. The outer three levels are where most of the energetic diffusion takes place from electromagnetic waves; microwaves can affect you on much deeper levels. Microwaved food reverses the molecular polarity of the food substance being heated. This is a recognized fact within some of your mainstream academia. When this is taken into the body, circuitry within the digestive system and bowels are affected, both on the physical and energetic bodies.

The precondition recognition is essential, first by knowing within what situations auric interference from opposing energy fields can occur. Sensory indications can be quite subtle. The first sensory indicators are emotional lows, a sense of being tired and out of sorts. Humans rarely connect this to EMF loss, because it occurs quite commonly due to the fact that most homes contain interfering fields, and the stress of life within families, jobs and daily life have their contributions. Aspects that are due in part to energy loss from a rigid hectic pace are worsened by lack of exercise and an unhealthy diet.

#### *What can be done to strengthen and solidify the human EMF?*

There are many things that can strengthen the field, but first try to eliminate the root source of auric short circuitry and diffusion. Stop using microwaves for food. If it is a case of being forced to spend hours in front of a computer, as many of you do, there are steps that can be taken to neutralize the bombardment. Exercises to strengthen the auric field are numerous. Some of these are conventional methods, others are not:

- Exercise at least thirty minutes per day, such as tai chi, yoga or walking.
- Increase water consumption, and magnetize your water.
- Detoxify through saunas, colonic irrigation and massage therapy.
- Use salt baths, mineral baths and thermal natural springs.
- Utilize the Tesla violet-ray therapy.
- Use magnetics on the soles of the feet and wrists (less than 3,500 GSSE [generalized secondary structure elements]).
- Wear specific combinations of gemstones.
- Wear noble metal around the neck and on both wrists.
- Eat a healthy diet.
- Avoid excess consumption of alcohol.
- Eliminate and minimize toxins, tobacco and certain prescription drugs.
- Take cleansers weekly, such as raw garlic, ginger and cider vinegar.
- Work with phi-cut Vogel crystals in auric sealing.
- Smudge the auric field with sage.
- Use pure sonic frequency through crystal bowls, Tibetan bowls and tuning forks.

In addition to this, be aware of your emotional state. If you are suffering from lethargy, chronic fatigue, insomnia, depression and anxiety, it will certainly serve you to take the steps listed above, but other actions will likely be required. Many of you have chosen certain life lessons that involve the removal of obstacles by overcoming contractual setups. These set-up life lessons are, in essence, opportunities—gifts, if you will—to allow you to move forward. If they were easy, you would not necessarily learn. Simply changing your outlook to positive thinking when you are dealing with a life lesson that leaves you in a state of lethargic depression is not enough—a Pollyanna outlook will not resolve the core issue—but an intact auric field will assist in overcoming it. And in certain cases, the auric field will not be whole until these chronic issues are resolved. One provokes the other and vice versa. [Mickel Therapy is a recommended approach for assisting with such setups that result in energetic disorders.] While some of you may be somewhat karma free, most of you still have learnings to walk through and issues to clear. This current gestalt allows you to achieve these lessons and to confront and remove remaining viral energy obstructions. Auric maintenance underpins all.

*Can you advise if the neutralizing chips that are available to eliminate detrimental effects from monitors and computers are functionally valid?*

Except for the individual's degree of belief, they are currently of very little assistance beyond the placebo effect. At present, the biochip technology is not of a sufficient advancement to be truly effective in its own merit. The most beneficial means to deflect these fields is five-fold, the first point being applicable in all conditions of strengthening the field to negate interference:

First, wearing gemstones is far more helpful than the current neutralizing chips. A single refractive gem of two carats or more worn on one hand and a double-refractive gem on the other helps deflect the fields. Examples of single-refractive gems are diamonds, garnets and spinels. Examples of double-refractive gems are aquamarines, sapphires, rubies, emeralds, tourmalines, topazes or any of the quartz varieties, such as amethysts, peridots and citrines. In reference to the double-refractive gems, a carat size of four or greater is better. Combine this with noble metals on each wrist—gold, palladium or platinum are best. Silver, copper, brass, titanium and carbon steel will assist if the more noble metals are not affordable. Wear a chain around the neck with a stabilizing pendant, such as lapis lazuli, malachite or azurite. Through this process, you have a greater ability to strengthen your field and deflect opposing ones you see. Clear gems are great producers of higher-dimensional light waves, and they amplify one's field and help hold it intact. Do not wear beryls (emeralds, morganites, aquamarines) alexandrites and corundums (rubies and sapphires) at the same time.

Second, try to maintain a distance from the screens. For computer monitors, this is difficult; for televisions, four to five meters is recommended. Third, the placement of ionic generators, such as halite salt blocks and air filters, are beneficial in restoring the anion to cation ratio in rooms that contain computers, microwaves and televisions. Fourth, you should utilize the Tesla violet-ray light-beam applications with noble gases to balance the field, correct reverse polarity conditions and assist in sealing the field from auric bleeding. Fifth, an effective neutralizer of the effects of a computer is the placement of an iron nickel meteorite on one periphery of the screen and a block of malachite on the other. Each of these should be at least one pound in weight.

### **PROTECTING THE AURIC FIELD**

*Some metaphysicians and shamanic teachings speak of psychic attacks occurring when the auric field is open. Can and does this occur?*

It can and does indeed. However, your term of psychic attack is, in truth, an aspect of electromagnetics and harmonic oscillation. From a higher perspective, these are part of the setup and overlay of growth in duality as you learn to be responsible with your innate creative forces. As we have told you, your thoughts and emotions have a vibratory frequency within duality that is quite real and quite alive. When you focus on an event or react in strong emotion to another person or situation, you create energies that are

termed thought forms. These amass harmonically in various manners. If you project great charges of emotionally charged energy such as anger, jealousy, love, passion or joy toward another, you will agree that both parties are affected, yes? If you consciously dwell on these charged vibratory thoughts, then the energy mass, normally short-lived, can gain sufficient energy to become an aware thought form. When spiritual love and compassion are projected and created, a synergy occurs that befits both parties. When fury and hateful negativity are projected, a toxic reaction can occur from both sides. If the auric field of the targeted person is open, the effect is worsened somewhat, and a temporary energy bleed can result.

It is important to differentiate between malicious or controlling energies and honest reactions. If someone disrespects you, the appropriate, honest reaction can be one of pure anger and hurt. When these are openly and honestly expressed, a cleansing gestalt occurs that can lead to better understandings and a renewed, improved communication. It is a learning process and is appropriate. However, a form of energetic opposition takes place.

When one person feels a prolonged desire to control another, the gestalt can dissolve into charged conflict, and as such, a malicious energy battle of will may occur. Very often both parties feel right, and the frequency of hate harmonically attracts more and more like energy until the amassed energy form is so potent that it has the ability to affect a destructive attack role to both. Unless one or both of them sees the wisdom of releasing the hate, it will pull them into a downward spiral, creating dis-ease and deeper negativity.

When one is in a state of malicious anger or self-loathing depression, the vibratory resonance on its own will deplete and open the auric field. It becomes a self-dug pit that gets deeper and deeper. Lifetimes can be wasted. Yet on a higher perspective, much learning occurs. There are times when great souls choose life lessons of overcoming such energies. Some evolved souls, such as Gandhi and Nelson Mandela, chose setups to be wrongly accused and convicted of crimes and spend years in the negative energy of prisons to learn to find peace and strength of will under the harshest conditions of oppression. When you are in conflict, ensure your auric field is maintained, and do not allow yourself to fall into malicious reactions. It is not wrong to react in honesty, but the narrow path of mastery is to not fall into hate and malicious revenge.

You see, getting caught in these traps is much easier than getting out of them. Hate attracts more hate. When groups oppose one another, the collective of like thought forms amass, blend and oppose one another in enormous conflict. Very often, entire warring nations form collective energy fields reincarnate in these groups and continue these conflicts until they are finally resolved. Your current wars are such an example, a rollover of the Crusades. Your World War II was a continuation of the Atlantean conflicts between those of Poseida (Law of One) and Aryan (Sons of Belial).

## THE DOUBLE EDGE OF THOUGHT FORMS

Very often, the most difficult attacks are due to one's own negative thought forms coming home to roost. Perhaps the most difficult of these is around learning self-love. When one falls into depression, self-rejection or self-loathing, the attack is self-generating. The thought forms these dear souls create can become so potent that their auric fields split into personality fragments. A figure-eight pattern of negative energy is emitted, amassed and flows back through the opening of the solar plexus. The thought form of self-hatred achieves a certain level of independent awareness and will become a very real obstacle, a self-imposed dungeon, until the person learns to face the root of the problem through great effort of will and wisdom.

Energy exchanges occur quite often in daily life. Some are mutually beneficial, others are not. It is important to note that energy cannot be taken from those whose auras are intact. Healers constantly give energy within an intact aura and are essentially unaffected by the transference. As such, love energy is passed from higher sources, and the healer's auric field is capable of willingly being the conduit without losing any of his or her auric-field energy. But take note that if the healer is not in 13-20-33 circuitry, healing cannot be truly provided; in fact, the opposite can occur: a scenario in which the healer and the one to be healed both lose energy.

## CONTROL AND ENERGY PROJECTIONS

Anytime you feel anger toward someone, those thoughts are projected. Anytime someone tries to control you, or vice versa, an energy projection is launched. There are situations in which it is appropriate to follow another's direction. You do this in every aspect of your life, and it occurs in offices, militaries, schools and between children and parents. This is based upon agreement, and is properly germane when not abused. However, it is not befitting in these and other circumstances for people to allow others to abusively dominate their spirits or maliciously attempt to break their wills.

Abuse of power often occurs in relationships, marriages, work, family and social scenarios. In these described scenarios, it is wrong to allow others to abusively impose their wills, and it is equally wrong to seek such control outside the appropriate structures of agreement. This can evolve into a form of, in your terms, psychic attack. The controller attaches to the solar plexus center of the controlled party and literally takes his or her energy and imposes a destructive domination. This "vampire effect," in your vernacular, especially occurs among egocentric people, controllers and manipulators; it is often attempted unconsciously by people in imbalance and depression who need a lift from being around others due to their own energy shortages. It also takes place on a larger scale in patriarchal, dogmatic religions, male-dominated societies and in marriages. It is more difficult to counter in such trappings. When one is aware of being the target of malicious energy projections, auric integrity is of vital importance.

The visualization of enveloping white light is the generally accepted protective mechanism. However, if the auric field is open, the light visualization is not enough. The procedures previously listed to strengthen and seal the field should be utilized. Be aware that anytime you have strong emotions of a negative nature or dwell in depression, your fields will temporarily fissure. These attacks can only be energetically depletive if the field is open. The projected negative energy is easily repelled when the auric field is wholly intact. In such wholeness, the energy is reflected back to its source for the sender to deal with. There is a lesson here, dear ones: Do not be the sender of malicious energy, because inevitably it will come back and cause you great remorse. Such is the nature of the law of harmonic oscillation.

Religions are often the source of great inappropriate control—control through fear. Even within the New Age, leaders have sprung up, such as gurus and spiritual teachers, whose fame and power lead to the downward spiral of ego, self-aggrandizement and control. The path of leadership and power inevitably forks, and one may be blindly tempted to take the path of greed and power over love. It is part of a lesson, and many have fallen in such traps of ego. When this occurs, they become energy takers. That is why you should never blindly follow any leader or channel. Rather, use discernment and attune to your own divinity. When you become a part of any group consciousness and then decide to break free, there is a natural pull from the collective to bring you back in, and such a form of energy attack occurs especially in possessive collectives who work at recruiting followers.

## GEMS FOR STRENGTHENING THE AURIC FIELD

*You mentioned combinations of specific gems to strengthen the auric field. Can you elaborate on this?*

This topic is a vast one, and a book on its own. Gemstones that are relative to auric maintenance and strengthening are, in essence, benevolently conscious generators of force fields that reinforce and fortify one's own EMF. Being crystalline in matrix, they also are tuning forks that assist in 13-20-33 auric circuitry and indeed in merkavich formation and expansion.

A basic combination you could wear is one refractive stone, such as a diamond, garnet or spinel, on one hand and a double-refractive stone on the other. The best single-refractive stone is a diamond, but, optimally, it needs to be a solitaire of at least two carats, and we realize these are price restrictive. The best substitutes are garnets, preferably the Ural Mountain green demantoid or a red-orange spessartite. Both project the octahedron in crystalline form. The diamond projects the dodecahedron and octahedron. If one can afford it, a combination of colors among single-refractive stones is best. These can be intuitively alternated according to astrological forces and one's cycles. Garnets come in virtually all colors except blue. The spinel comes in pink, red, blue and violet.

In terms of double-refractive gems for rings, the most potent are emeralds, rubies, sapphires, morganites and aquamarines. In order to project the largest fields, use three to five carats. Alternate colors as cycles shift. Tourmaline, topaz and quartz varieties, such as opals, amethysts and citrines, are all piezoelectric and also quite potent force generators.

Gem use is not folklore; indeed, they are crystalline force field generators of crystalline-coherent light. They can increase one's vitality and even prolong one's life span, particularly when used in tandem. It is well to study this topic. Remember, the body is bisymmetrical, hemispheric. Combine gems with metals on both wrists and the neck. Noble metals such as gold and platinum are most potent. Silver is tertiary, but quite benevolent in its aspect. Alternate these.

A pendant around the neck is also recommended. Study this topic, and live it.



Dear ones, the pace of change is quickening on the path of the ascension. Change, as you are learning, is the nature of all realities. In kind, you must now realize that the transition of the auric field is a requisite for holding greater and greater energy and to evolve into your crystalline light-body merkavah through the intent and will of heart. That this is offered within the Metatronic keys can be found in focal desire and meditation. The circuitry of 13-20-33 is a profound step on your way to greater reality and divinity consciousness. I am Metatron, and I share with you these truths. You are beloved. And so it is. ✱

# Get Connected and Live a Life of Ease

The Divine Lights through Sharry-Lynn Cannon

**I**n your daily living, so many things come at you that send you into chaos. It could be anything from a sick child to an outstanding bill notice or something as simple as someone cutting you off while you are driving. As these and many other things happen, the questions arise: How do you react? What do you experience? Are you able to function from a loving, stable place that comes from ease, or are your experiences polluted with exasperation, stress and anxiety? So many people, so much happening—wouldn't it be wonderful to experience a feeling of ease while the outside world is running in chaos? "Yes," you say, "we agree!"

## CONNECTION TO MOTHER EARTH AND THE UNIVERSAL GOD ENERGY

It is so very simple: You can experience that ease by connecting to the grounding energy that comes from Mother Earth. Mother Earth so loves to help her children become connected and united to her energy. She also loves to help

you remove those toxic emotions that get stored in the body and cause physical ailments. When you learn to connect to Mother Earth, you remain firmly grounded as you walk through this life you have chosen.

A connection to the universal god energy is also very important. Connecting to this energy helps you to be filled daily with unconditional love and healing from a source of energy that is so very real and fulfilling. As physical and emotional bodies, you will be filled with the love that is so necessary to lead a complete life—a life in which you never search for a love that isn't found, a life that is awesome. When you connect to this source of unconditional love, you feel complete—yes, complete! Unconditional love helps with the healing of all things that you have experienced in your many lifetimes.

Bringing these energies within yourself on a daily basis is one of the most beneficial things that you could do for your healing, your awareness and your life of ease. As you experience these energies filling you fully, you will flow within and from a place of ease. When the chaos of the world comes knocking at your door, you will be able to stop and look at it differently—from a place of ease and from a place of love.

### KEY POINTS

- As the stresses of daily life threaten to overwhelm you, remember that you can experience ease and unconditional love by connecting to the grounding energy that comes from Mother Earth and the universal god energy.
- "Bringing these energies within yourself on a daily basis is one of the most beneficial things that you could do for your healing, your awareness and your life of ease."

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## GIVE YOURSELF THE GIFT OF LOVE

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# The Precipice between Illusion and Reality

Master Djwhal Khul through Kathlyn Kingdon

I greet you this month in the powerful aftermath of the devastating earthquakes in Chile. Those of you who are sensitive to the state of the planet may have experienced some sympathetic “tremors” in your relationships, perhaps your casual encounters as well, even before the large quake on February 27 in Concepcion, Chile. As aftershocks continue, notice if you are experiencing a similar internal event. Indeed, with the radical shifts in the physical body of Earth (Haiti and Chile for now), the precedence has been set for shaking loose at many levels.

While the release of planetary tension that has been occurring in Chile is clearly related to the earlier earthquakes in Haiti, we must not simply hold that the Haitian episodes caused the Chilean episodes. While earthquakes provide one viable manner for the release of planetary tensions and pressures, there are other measures by which such releases may occur as well.

## EARTH UNDER PRESSURE

Of course when a planet is ready to release internal pressure, there is seldom only a single site where that release may happen. At the time of the initial Chilean episode,

there were two others that could have been transformed into pressure-release valves. It just so happened that both were located in the northwestern U.S. While the planet always uses the path of least resistance for rapid releases of internal pressure, had either of these two sites—likely Mount St. Helens or Mount Shasta—responded, the results would have been somewhat different.

Mount St. Helens, one of the youngest volcanoes in the Cascade Range, only began growing some 37,600 years ago. Her first eruptive stage ended about 35,000 years ago. She then lay quiet for 17,000 years, only to begin her second eruptive stage, which found her active for roughly 2,000 years. After a brief rest of, say, 5,000 years, she entered her third eruptive phase, which ended about 8,000 years ago. Her current, or modern, eruptive period runs from about 2500 B.C.E. to the present. While her most recent big blast came in 1980, since 2004 she has been building new volcanic cones, which, to date, have not been needed by Earth for pressure release [see Wikipedia.org].

Mount Shasta, however, is much older. Her periods of remarkable activity are estimated to go back to nearly 600,000 years when her western side was quite active. She had another remarkably active spell about 300,000 years ago when her north side was the primary focus of release. In the last 8,000 years, Mount Shasta has erupted approximately nine times, with the last significant eruption occurring about 200 years ago [see Wikipedia.org].

Both mountains have the potential to speak once again should Earth require their ser-

## KEY POINTS

- “Of all Earth’s offspring, it is humans who participate in and carry out the resolution of nonclear fissures in her respective emotional and mental bodies.”
- “In laying the foundations for a safer, cleaner and less combative world, you may find that the old tactics of divide and conquer no longer serve the greater good.”
- “While we can categorically state that the conventional reality is not real—although it is really experienced—the fact that the masses of sentient beings perceive it as real turns out to be very powerful.”

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vice. I'm sure all of you can respect both the power and the suddenness of the releases that have been going on in Haiti and Chile. While seismologists were expecting a reciprocal quake, or sympathetic response, to the Haitian events, none predicted the Chilean episodes. Likewise, the rumblings of Mount St. Helens just days prior to the Chilean release were nothing particularly notable—certainly nothing worthy of alarm or indicative of what was to come. However, when Earth needed that sudden release, she found it.

With volcanic activity, the pressure that must be released comes from the activity deep within the Earth's "belly." I suppose these inner activities could be euphemistically associated with something akin to Earth's "digestive processes." With earthquakes, the generally agreed-on cause is associated with subterranean activity, but often this activity is triggered or complicated by surface conditions pushing down on the planet with tremendous pressure. The building of great infrastructures above the ground has, over time, contributed great pressure upon those plates. Additionally, the continual vibrations from traffic, industry and even war exert pressure and send pulsations through Earth's body enough to stress the balance of Earth's tectonic plates.

While it is often not considered in the overall balance ability of Earth, human activity generates tremendous pressure on its rocky substrata. Eventually, a pressure release is warranted. Think about those huge earth-moving projects of one kind or another. Humans build dams using huge and very heavy equipment. Further, the powerful blasting away at Earth's surface rocks and mountains in order to make way for those dams—highways too—put tremendous stress on Earth. This is also true for blasting away inside caves or deep underground in mining for precious metals and gemstones.

### **HUMAN'S VIBRATIONAL CONNECTION TO EARTH**

Just as these vibrations course through her physical body, they also penetrate her emotional body, her mental body and her spiritual body. To draw a bit on our analogy last month, if we can see individual humans much like brain cells in what we termed a "planetary brain," then we can recognize that the resulting morphology of that vaster, collective organ of consciousness is carried out by all the conscious beings on the planet. Of all her offspring, it is humans who participate in and carry out the resolution of unclear fissures in her respective emotional and mental bodies. Because humans serve Earth in this capacity, it follows that the vibrational connections they create—whether one-on-one relationships, giant corporate endeavors or even institutions in which many businesses participate, such as legal, educational, medical, banking and so on—will also react to the physical stresses she endures.

Just as tremors continued in the area around Concepcion, Chile for weeks, the energetic aftershocks have reverberated through the collective psyche of the planet's citizenry. Pay particular attention to the shifts that occur within your own expanding awareness as well as those occurring in the global

arena. Many stimulating, perhaps provocative, venues for transformation have already arisen this year, and there are more to follow. As we noted in earlier articles this year, 2010 is filled with the energy of much-needed purification. It is one thing when such energy arises within the psyche of an individual and quite another matter when it arises in the collective purview of planetary progress.

As social institutions, systems, circumstances, processes and even traditions arise for purification, a collective sense of uneasiness may also arise. As the energetic forces for all these congeal and manifest, they will be seen and experienced in multiple global expressions also needing purification. While this is intrinsically a positive development, it is also a wake-up call. However, you should also be aware of another matter. Often a strong desire for a good outcome can give way to an obsessive fear of a bad outcome. For this reason, it will be necessary to be particularly watchful of your own mind, since that is the only arena in which planetary transformation can take place.

### **CONSCIOUSNESS IS CATCHING UP TO REALITY**

While many of these global matters are not new, there is something about the way in which they now arise in consciousness that is very compelling. You will probably note that more people are engaged in discussions about the apparent deterioration of planetary governance than you noticed in the past. While the issues of providing clean water and quality food for a planet burgeoning with people is clearly not a new one, the manner in which people now grasp the problem is remarkably different. Indeed the recent earthquakes and their respective aftermaths have brought the point home to most with new clarity.

Certainly throughout recorded history, Earth has had her harbingers of systems failure, planetary fatigue and atrophy. Some of these prior prophetic warnings arose from the regions of collective fear projections. Others clearly offered wisdom, whether or not it was heeded. Irrespective of the relative value of their contributions, society has had a tendency to see its prophets as kooks, and this has been true whether they decried the end of life on Earth because a comet was passing over or that a real estate bubble was being pushed beyond its limit. The fact that the planet did not collapse when comets went over may be one thing, but the fact that societies the world over witnessed first hand the bursting of that real estate bubble is something else.

Americans young and old are more likely to find themselves fretting about the future in ways they simply did not a few years ago. They now have the experience of not only the recent bursting of the real estate bubble but of financial collapse in many sectors of the economy. These bear a striking resemblance to areas leveled by powerful earthquakes, do they not? While it may seem as if whatever conventional wisdom is held today might have simply come from the experiences mentioned above, don't count out the power of planetary purification as being pivotal to shift consciousness. While the issues of today are not just now arising, those issues seem

more relevant now than they may have previously—before the 2008 financial crash occurred, predictions of economic failure may not have seemed quite so close to home. While many of the critical matters that brought about the recession existed some years ago, they simply were not emblazoned on the internal screen as they are now.

### THE POWER OF LACK AND LIMITATION

So what is it that puts matters on the screen of personal awareness, anyway? The attention factor, or screen of awareness, is triggered by two—perhaps more—factors:

- The arising of a perceived threat of large magnitude, such as threats to homeland security
- An economic event that significantly shifts the parameters of a given societal balance.

At the present time, both factors are generating influence in the collective experience, whether from the crash of an economy or from an earthquake demolishing the area it afflicts. Obviously some people will react more strongly to the former, while others will become more reactive to the latter. Of course, there will be many who react to both of these competing influences. From the perspective of the conventional reality, these are frightening times for many, many people.

Such massive fear, and in some cases anger, calls for great doses of compassion on the part of those spiritually mature enough to generate it. Given global conditions, it is probably a good idea to venture into the arena of conventional perceptions. While I understand that you may not want to carry all the projections that go along with absorbing the offerings of commercial news media, it is important to have some idea of what others are experiencing. I know it may be tempting for some of you to simply ignore media reports; however, if you elect to follow that path—a path of denial—you will miss all the opportunities that are arising in which you can offer compassion and support for others. A wiser path might be to understand the conventional reality but not make it your only reality.

In truth most people today feel helpless in the face of what they perceive to be arising as the future world. Likewise, they do not feel they have the power to create their lives as they want. This mindset is the classic mindset of lack and limitation. When millions, perhaps billions, of people hold this mindset, how can they possibly create conditions other than global recession?

What is interesting to note is how quickly the big issues, or social earthquakes, become politicized rather than being solved. While there are leaders who are looking for workable solutions, there is a huge problem inherent in the current political systems of most of the world. Take the U.S. for example. The current political climate demonstrates over and over its readiness to reject solution-oriented movements put forth by the people. These divisions, you see, are but a means for passing the buck and assigning blame. Simply stated, blame solves nothing. It does, however, offer a not-so-subtle and strategically powerful diversion.

Solutions aside, politicization can be a useful tactic employed by some politicians in their ongoing efforts to divide and conquer. The effectiveness of this tactic, however, lies in the user's ability to skirt important issues rather than pushing for their solutions. As planetary citizens and spiritual agents, you must become wise in all your dealings upon Earth. However, in laying the foundations for a safer, cleaner and less combative world, you may find that the old tactics of divide and conquer, or those of politicizing issues that are begging for transformation, no longer serve the greater good.

If you look at the political culture in the U.S. today, you will likely note that the Democrats are floundering, seeming to have difficulty taking real leadership, and the Republicans—already claiming big wins in the coming elections—have no platform except opposing the Democrats. Both parties seem to be lacking in grounded, functional leadership. Sadly, the voting masses may not even notice, because the temptation to engage in those polarizing diversions is very strong, often leaving the real issues turning slowly, slowly in the wind.

### THE ILLUSION OF CONVENTIONAL REALITY

The solution to activating a co-creative process that benefits the planet and all her inhabitants lies neither with a specific political party nor in the political rhetoric the parties spew. While party-liners may argue to the contrary, it turns out that both major parties are in the pockets of the same people. All the oppositional posturing and ego-based ranting are but diversionary tactics aimed at keeping the masses engaged in bickering, and therefore safely asleep so that the process of running the world can continue—business as usual.

Let me give you an example here. In 1996, the U.S. voters kicked the Democrats out of Congress. Then in 2004, the voters kicked the Republicans out of Congress. In both these cases, there was what appeared to be a dramatic shift of power. However, you might also want to note that for all the commotion, nothing much changed in the conventional reality either time.

Every person has his or her inner reality—a reality that draws upon the spiritual and psychological maturity factors the person collects and enhances over lifetimes of experiencing. Just how that internal reality appears to the individual experiencing and creating it is, of course, a very personal matter. Yet there is also another shared, or collective, reality that is continually influencing, to a greater or lesser degree, all those personal realities. This shared reality is not real at all. It is quite simply an artificial reality seated and grounded in illusion. Even so, the power of that shared, although illusory, reality is truly remarkable. When I use the term “conventional reality,” understand that it is this shared reality to which I refer.

Since the conventional reality is by nature a karma-based reality, it thus becomes the playing field where karma meets karma, karma fights karma and where karma often devours karma. While we can categorically state that the conven-

tional reality is not real—although it is really experienced—the fact that the masses of sentient beings perceive it as real turns out to be very powerful. In so believing, the masses unwittingly collude to strengthen that amazing illusion. This is why, with a little careful scrutiny, you can observe the fact that both political parties are contrived and pushed along by essentially the same force. You, the collective voting force, can vote out all the Republicans, or you can vote out all the Democrats, but nothing really changes. Why? Because you are only shadow boxing with an illusion.

Please recognize that as I speak of political parties, I am referring to political machines and not the various people who find themselves in office under the auspices of a given political party. While many politicians do pander for their party's support and lust for their party's alleged, although illusory, power, there have always been those rare few who serve their electorate from another level. Perhaps they are more spiritually evolved, perhaps they are less controlled by their egos, or perhaps they are imbued with a greater sense of a personal mission than simply rising to the top of some transitory heap. Whatever you hold to be their defining difference, these are the people you actually want to hold positions of power, particularly during times when national threat and economic tragedy appear to be waiting for their entrance cues.

### GRAND ILLUSIONS

While it is not appropriate for me to mention names, you can recognize the wise, Earth-friendly leaders if you carefully observe them and refrain from allowing your precious mind to be devoured by party bickering and oppositional mentality. The standard party fare, it turns out, constitutes little more than tactical diversions “full of sound and fury, signifying nothing.” [*Macbeth* Act V, Scene V, William Shakespeare]

One characteristic great leaders share is that they vote their conscience, not their party line. In the conventional reality, it does appear that governments run the countries, doesn't it? It may also appear that political parties run governments. However, if you believe that last statement, you may be unwittingly supporting a powerful illusion rather than cutting through it. With the twists and turns that have followed the 2008 crash, is it not becoming clearer and clearer that the big banks run the governments? This is particularly true of nationally sanctioned banks that are immune from audits or reporting to governing bodies and are deemed—usually by themselves—to be above the law.

With a little time and energy invested in a Google search, you will discover the multiplicity of documentaries that not only substantiate this notion, but also delineate the historical tracings of such banks. Yet this begs another question: Are banks real or are they only really experienced? Clearly there are physical buildings where people, having been arbitrarily dubbed “bankers,” go to conduct the business of banking. Other people also go to these buildings with different designations: president, vice president, CEO, teller, clerk, bookkeeper, perhaps even messenger. Yet just because you

and those who work in banks might attribute some arbitrary meaning to those designations, they actually offer nothing to prove banks really exist as generally perceived.

While the people exist, the bank building exists and even the vaults that contain the currency exist, it is much more difficult to pin down the existence of an ephemeral bank. What we are looking at here is the illusion of the bank. Granted, it is a very powerful illusion, but it remains an illusion all the same. Here's something for you to consider: If the notion of the bank is an illusion, how is it that banks have so much power in the running of governments worldwide? The answer, of course, is that because people believe that banks are real, their belief conveys an energetic power that allows the notion of banks to appear as seen by those who believe in them.

Of course, simply stating that you don't believe banks exist or refusing to put your money—also an illusion—in banks will probably not help you master this interesting mystery. You would certainly speak truthfully if you hold that the appearance of banks and their designated or attributed power has substantial impact upon the mind that perceives it. As you wade into these conceptual waters, you might even notice that little earthquakes are set off in your mind. This is likely a positive attainment, since it allows you to serve Earth in much the same way as the natural phenomena of earthquakes and volcanic activity.



Indeed, you are waking up, and others around you are also waking up. Wouldn't it be gratifying if entire political systems could wake up? As you observe this interesting phenomenon among the masses, do so with compassion, knowing that there will also likely be those who go deeper into their sleepy denial and apathy. However, since you cannot always predict the earthquake that will awaken those confined in sleepy stupors, you can give thanks for the realization that sometimes earthquakes, or “mindquakes,” are necessary for the continued evolution of the planet—and the self.

It is important to be compassionately aware that as universal problems arise in the conventional reality, personal problems can take on new impetus as well. Just as there are strong correlations between the demolishing of cities by earthquakes and the crumbling of societal structures from untoward political pressures, so there is also a powerful connection between the relative balance existing between the inner personal world and that of the shared experience of the conventional reality. All are presenting for purification at the present time. For those of you feeling called to rise to the present occasion, I can tell you that Earth has never needed your time, energy and dedicated service more.

Thus I leave you with much to consider, much to “digest.” While it can sometimes be tricky to negotiate well the precipice between illusion and reality, the journey is always worthwhile. May you find wisdom as you chart your individual course this year, and may you hold within you a heart of gracious peace. These two are realities, not illusions. ✻



# The New Template: Chemical-Elemental Biofusion

## The New Ascended Masters through Maurene Watson

**M**asters, consider your pod vehicles as new giant nuclei, for you are finally fusing your own individual creator love, multipower abilities and unique master authority into your new sovereign freedom templates for your new creations and new species, just as you once did in your old universes billions of years ago. The chemistry of this creator nuclei template has trillions of unmapped instructions for the body in its orb field and is mirrored off the nuclei of your ancient universes. This will allow humanity full access to stay with the old-Earth template or to choose the New-Earth template you have ushered in for them.

You have been waiting to wear, feel and play in these new multisensate bodies since you came, not knowing if you or humanity would achieve this moment. But the continuum is within now, as the fluctuations in space-time reveal how your conscious love is becoming aware of your baby universes. You will live only by the truth of your own new experiences—within such exotic awareness—that every moment will become so precious that speaking of it would crumble the cosmos, so tender and so delicate is your beautiful love now! Simply remember to follow your emotions all the way through, bringing you to pure awareness, till you get the truth of information in your own template relevant to you, thereby neutralizing any feeder energy from the world of appearances from outside your pod.

Here, the major loss of your old creator power was given over to default creations in which what was going on in your outer reality became your inner life and who you were. In this false image of self, you confused experiences with

multiple identities. Whatever you judged, you had become in order to return to a clean energy source, or the integrity of your own new creator, beyond any image that might bind you to another god! So where is your focus now? Are you your future self yet, creator? What do you have the power to change in your new template?

### NEW MODELS OF THE PHYSICS OF LIFE'S LOVE

Today we discuss your new template of creation and how new chemical-mineral fusion processes in your body's nucleus are changing so that you can be more comfortable, imaginative and familiar, trusting them from within. Graduating as a fully birthed new species that is setting the fear and human slave-limitation template free, you're experiencing new capabilities, including new neutral or zero-point awareness—which replaces emotions—new light spectrum colors, new regenerative sounds and unique access to your own information while sharing it with each other, your globe and the whole of your new DNA bubble universes. As you are birthing this new model of spirit human, you're fusing the imagination and knowing of your ancient universes into the new models of the physics of life's love back into cosmic continuum.

In loving all the way through the continuum, all the densities within dimensions and dimensions within bubble universes flow through free choice, unique program choices and by nucleus frequency attraction. Inside your new humanoid species is free-energy brain fusion with learning curves of change in emotionally heart-based triggering systems to match a whole new cycle of choices. You have already noticed how this wondrous, free-energy heart fluctuates in the electromagnetic energy density throughout the day, as your pods cycle through the entire electron-volt or rainbow-light spectrum in what can feel like an unstable pulse going back and forth to neutral still point for reset. The old body was worn out by genetic programs, addictive emotions, pseudo love

### KEY POINTS

- “Graduating as a fully birthed new species that is setting the fear and human slave-limitation template free, you’re experiencing new capabilities, including new neutral or zero-point awareness, new light spectrum colors, new regenerative sounds and unique access to your own information.”
- Your new bodies are capable of using inert gases to replace lower-density biochemistry.
- “Your template has recoded excess negativity to set you free from death and fear and to neutralize all experiences back into the love continuum.”

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and toxic foods laced with additives that have chemical compounds unnatural to the instructions of neural receptor sites. If the creator body template has trillions of unmapped instructions for the body in its orb field and is mirrored off the nuclei of your ancient universes, let's connect their electrochemical evolution.

The bodies you occupy offer the new model of the first star- and sun-fusion physical beings ever. The many chemical reactions in the body involve metalloids, nonmetals, halogens and noble gases that describe the atomic and subatomic relationships. You can imagine these nuclei of elements as sun beings, star beings or humanoids creating with various imaginative thought and intention choices, living inside your body pods and engaging in the challenges of growth in a new life form.

### ONCE TOXIC CHEMICALS CAN NOW SERVE LIFE

Let's review the basic elements inside your body stars and universes: You will notice how your creation nuclei mirror your original marriage template relationships as creation parents, soul families and humanoid children, which was the model of your universe right down to the chemical level. What elements in your life and in your bodies will draw you together in the same future tense timelines, same loving experiences or the same community nuclei or community pods? You have only to remember the miracle marriage of the electron cloud in the water-crystal nuclei as the bonding agent and progenitor of life itself to stabilize the love neutron through the sharing of electrons and protons.

A chemical element consists of "one type of atom distinguished by its atomic number, which is the number of protons in its nucleus. . . . Common examples of elements are iron, copper, silver, gold, hydrogen, carbon, nitrogen and oxygen." With 118 elements observed, 94 occur naturally on Earth and 80 elements have stable isotopes or atomic numbers. Elements with atomic numbers 83 or higher undergo radioactive decay, which is when an unstable atomic nucleus spontaneously loses energy by emitting ionizing particles and radiation. This decay, or loss of energy, results in an atom of one type called the parent nuclide, transforming to an atom of a different type named the daughter nuclide. For example: a carbon-14 atom (the "parent") emits radiation and transforms to a nitrogen-14 atom (the "daughter"). "The elements from atomic number 83 to 94 have no stable nuclei but are nevertheless found in nature, either surviving as remnants of the primordial stellar nucleosynthesis that produced the elements in the solar system or else produced as short-lived daughter isotopes through the natural decay of uranium and thorium." [See Wikipedia.org, Chemical Element, Radioactive Decay and Halogen.]

We consider these marriage and family covalent bonds of nuclear exchange dangerous to the old body, but if you remember how natural these elemental interactions were in the body of your cosmos, you will be set free of the belief in death and fear forever. Chemicals that were once

toxic and were wearing out your bodies can again serve all life, such as the halogen elements comprising fluorine (F), chlorine (Cl), bromine (Br), iodine (I) and astatine (At). You use them increasingly in drugs, medical tracers and toxic compounds, but they are especially toxic to your water supply. The term halogen means "salt-former," and compounds containing halogens are called salts. Is not the crystalline cell that forms your oceans based in a natural salt state?

### USING BLOOD GASES TO ENHANCE BODY FUNCTIONS

How can you transform these commercial additive salts if they are no longer bleaching out your thyroids, causing so many diseases and poisoning your food and water out of greed? Your spirit gland, the hypothalamus, transfigures the old hormone processes, including thirst, weight, sleep cycles, instinct, blood pressure, stable energy, satisfaction and cell bonding through higher-light biochemistry. When you charge and raise the vibration of your food and water with love, you alchemize and multiply it, precipitating it into cell substances for all. When the water molecule in your pod uses its supercovalent bond chemistry of hydrogen and oxygen to turn water into gases, light and plasmas, you will remember how to levitate, bilocate, teleport and other higher-fusion skills.

The creator-heart bodies you are in have mapped all density levels and are now able to use gases that were once considered lethal to enhance high light-frequency functions. Science has found that your body makes small amounts of gasotransmitters—such as nitrous oxide found in pure tobacco, carbon monoxide found in auto emissions, and hydrogen sulfide, with its noxious smell of rotten eggs, found in the emissions of volcanic eruptions—which have allowed ancient anaerobic organisms known as green sulfur bacteria to flourish under low O<sub>2</sub> conditions.

These blood gases have recently been mapped to help transmit new responsiveness to brain neural signals, dilate blood vessels, relax intestines, regulate muscle cells in the lungs, cleanse the immune system and lower insulin and blood pressure. They also protect stressed neurons by producing the antioxidant glutathione. The implications for prevention of heart attacks and strokes are being investigated. Both promote blood gas bacteria through a gamma-lyase enzyme to coordinate amino acid proteins in the liver.

This appears to be a biological holdover from life forms that survived your Permian era 250 million years ago, when Siberia triggered a chain reaction of climate change that left O<sub>2</sub> levels dangerously low. In your diets today, sulfur-bearing foods remain, such as shellfish, eggs, grapes and garlic. Carbon dioxide gas emissions—those that are not soaked up by our oceans or helping plants in photosynthesis to synthesize sugar and carbohydrate compounds while staving off insects—are being studied to promote new ecosystems in your bodies and on the planet to adapt to climate cycles and produce new food sources.

## THE ROLE OF NOBLE GASES IN DNA REGENERATION

Could you be likened to a walking cryogenic chamber as your pod body reaches states above and below absolute zero? The nonmetal elements hydrogen, carbon, nitrogen, oxygen, phosphorus, sulfur and selenium are common to the basic cell gravity and everyday cell chemistry you are familiar with. They are not able to conduct electricity or heat very well, have no metallic luster and do not reflect light. But your new bodies are capable of using inert gases to replace lower-density biochemistry. As the brain is mapped at higher frequencies, the role of noble inert gases, which are odorless, colorless, monatomic gases with a very low chemical reactivity, will reveal orb luminosity in new DNA regeneration.

The six noble gases that occur naturally are helium (He), neon (Ne), argon (Ar), krypton (Kr), xenon (Xe) and radon (Rn). Noble gases have very low boiling and melting points, which makes them useful as cryogenic refrigerants. Liquid helium is used for superconducting magnets, such as those needed in nuclear magnetic resonance imaging and in lazars. Liquid neon finds use in cryogenics, because it has over forty times more refrigerating capacity than liquid helium and over three times more than liquid hydrogen. Neon, argon, krypton and xenon are obtained from air using the methods of liquefaction of gases and fractional distillation. Helium is typically separated from natural gas, and radon is usually isolated from the radioactive decay of dissolved radium compounds.

Noble gases have several important applications in industries such as lighting, welding, space exploration and nuclear medicine and are being used to convert new energy sources to replace electricity. Deep-sea divers use helium-oxygen breathing gas at depths of seawater over 180 feet to keep the divers from experiencing oxygen toxemia, the lethal effect of high-pressure oxygen, and nitrogen narcosis, the distracting narcotic effect of the nitrogen in air beyond this partial-pressure threshold. [See Wikipedia.org, Noble Gas.] Is it true that your bodies can use minerals, gases and the ancient chemistry of nuclear medicine in fusion chemistry?

## EARTH'S MINERALS TELL THE STORY OF CREATION

Since many of you recognize yourselves as multistar diamond omniscient beings now, your bodies prepare the minerals in your brain for biofusion. How else will you use your template to change water into wine, copper into gold or to invent something new? As your mineral genesis continued, so did your body genesis. In the formation of your solar system 4.6 billion years ago, you evolved from a dozen minerals to about 5,000 minerals. Ancient ur-minerals from disks, dust and gas catalyzed olivine and chondrite meteorite crystals.

From molten magma, repeated melting and plate tectonics came the alkaline earth metals, a series of elements in your periodic table: beryllium (Be), magnesium (Mg), calcium (Ca), strontium (Sr), barium (Ba) and radium (Ra). "This specific group in the periodic table owes its name to

the oxides that simply gives basic alkaline solutions." You're all aware that your human body responded best when the cells were a bit more alkaline to prevent cell death. These elements melt at such high temperatures that they remain solids in fires. Most of the alkaline earth metals are malleable, ductile, good conductors of heat and electricity, and softer than most other metals. [See Wikipedia, Alkaline Earth Metal.]

With great oxidation, turquoise came from manganese mines and green microorganisms such as the calcium carbonates. Then seven million years ago, the climate changes of mineral ice age and CO<sub>2</sub> from massive volcanoes created a cycle of a snowball hothouse effect, causing clay minerals such as six-foot-tall kaolinite crystals to emerge. Finally, your green-garden multicellular organisms with fungi and biochemical breakdown produced minerals of aragonites and calcite found in those human and trilobite skeletons that are layered out. Colonization of the land for habitation took another ten million years, resulting in high O<sub>2</sub> levels protecting against ultraviolet radiation.

Earth's diversity of minerals tells us the story of creation; these minerals are replete in the periodic histories of the land as well as in your very bodies. They track the human species from your beginnings and now help to regenerate brain minerals into the multifusion body process that you are now exploring. As your cosmos comes to remember itself and geoscience explores the minerals of Jupiter's moon Io, which is rich in sulfur gases, Saturn's moon Titan, which is both full with hydrocarbons and icy liquid oceans, and the granites of Venus, you will continue to find new elements in minerals beyond your solar system that catalyze new biomolecules? This superconscious humanoid form that you wear contains the memory that planets form in star nebulae that have been seeded with matter from supernovas. You carry this ancient memory forward to create new kinds of supermultimatter.

## DARK MATTER STARS IN THE DARK MATTER BRAIN

This brings better understanding of the memory of dark matter stars in the dark matter brain. These central stars were some of the first stellar ignitions for the first mineral crystal disks in your universe. That memory is now being applied to help to sculpt the information from your ancient brain in order to modulate your old universes into new consciousness memory systems.

In the brain, a billion networks of bits of information are filtered through the optic nerve, in which 60 percent to 80 percent deal only with internal focus activity rather than external circuitry. The externals handle energy information density in the 3D- and 4D-world demands, forcing you to use the lower-brain consciousness when processing soul memories, diseased memories or processing any past DNA memories in which default or dark zones are shown when the brain is lit up by image mapping.

This is akin to the massive black holes created after your big bang, forming the first dark matter stars that were the

first casualties of excess free will or polarity-matter creations. These excess death-fear memories wear out joy and deplete the love of all life, aging the matter behind the passion that once created it! Even now, these empty offline spaces show in your old brains as they are fueled by particles that annihilate one another, generating fission heat and light retraction rather than being fueled by the higher electron volts within neutron fusion stars.

These dark matter stars contracted over millions of years and collapsed into black holes or merged with giants appearing a billion times as bright as the Sun. While these stars set into motion massive experiences in your atomic nuclei cells and birthed matter, time and density, they also may well have tried to balance the past-memory miscreations in your old universe, just as the black holes in your brain. Love nuclei always find a “positronic” way to neutralize and regenerate.



What a wonderful chemical mineral design you made for your brain pod. Your template has recoded excess negativity to set you free from death and fear and to neutralize all experiences back into the love continuum. And remember, between every axon and dendrite are stored trillions of unmapped potentials, possibilities, choices and new DNA universes of unknown. These bodies you wear are walking, free nuclear-fusion reactors that carry the wisdom of every ancient universe as well as the new higher-frequency bubble stellar universes you’re entering.

The quest to become your own star bodies is now giving each of you new information for building your new Earth. Can you imagine your next thousand years shining so brightly? Call on the experience of the awareness of all the ancient and new superconscious chemical elements in your brain. Supergenius love fluctuates in space-time as you create and become your own baby universes, just like an angel who is walking into the new human template for the first time! Do you remember? \*

# The Action of Charity

Onereon through Jeff Michaels

**A**s above, so below. Life is uncertain. There are no guarantees of comfort while in existence upon this planet. We speak of the needs of others and the opportunity for you to act in a way that creates a flow of balancing energy. We have often spoken of the movement of energy—how it will rise and fall, like the action of a wave. In your life, you will experience times of abundance and times of need. We do not necessarily mean this in reference to physical things, but we will specifically address the aspect of generosity regarding physical resources.

## KEY POINTS

- “Charity is an individual choice to serve others. The action of charity is an evident demonstration of your ability to express love, joy and peace.”
- The energy of charity can be interrupted by limitations in personal resources or by the organizational levels charity must pass through. “This fact should not prevent you from acting on a charitable impulse. It should simply increase your discretion at the use of your personal resources.”
- Charity is a spiritual power that can rise above initial intention, altering the giver in powerful ways, and it is an energy that is not only limited to the present and your immediate surroundings: “If possible, view the future with the action of charity in mind.”

## THE REASON FOR CHARITY

In times of extreme weather or natural geological actions, members of the family human may be adversely affected. Calls for aid can and do rise. As natural as it may be for a hurricane, tsunami or an earthquake to occur, it is equally natural for the family human to respond with the power of compassion. From our perspective in the realm of spirit, we see clearly that the opposite and equal reaction to those events that are termed disasters is the immense outpouring of one of humanity’s greatest powers: the love of strangers in need. This action of charity sets the family human apart from nearly all other life on the planet. It is the conscious action that sets you apart from all life. Other life forms may act in an instinctual way, but you *choose* to behave charitably. It is a spiritual thing and evidence of your spirituality.

There is often never even a request for assistance. You witness an event, and you respond with the question, “What can I do to help?” If you are close enough, you can assist directly. Rescue efforts are often made more successful by volunteers. Shelter is often provided by those living nearby. Food and water



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are carried and served first by ones who are in proximity to the event. Even if resources are stretched to the limit, there is a generosity of spirit that rises in these times. Emotions can and do run high. Tears of sorrow can swiftly turn to tears of relief when efforts of others arrive on scenes of tragedy.

When requests do begin, when the word spreads of the condition that some are left in, direct action is not always practical. Professional organizations often take on the majority of the work of moving large quantities of supplies into the affected areas. The individual at a distance then contributes in his or her own way: sometimes through donations of supplies but more often through funding. Many small donations grow into large sums and the work of recovery has the opportunity to move faster. A restoration of balance is sought by both those who are affected and the ones who seek to assist.

### **BEING CHARITABLE IS BENEFICIAL FOR YOU**

We say that charity is a spiritual energy. In the giving, you intend for charity to flow. It is an energy that may be interrupted. The closer you begin the action of charity to the space of need, the more energy will arrive to your chosen destination. The larger the organization—the more levels charity must pass through—the more diminished the final effect. This fact should not prevent you from acting on a charitable impulse. It should simply increase your discretion at the use of your personal resources.

Simply thinking about the opportunity for charity creates the space for a change within you. Once the thought is in place, it is difficult to return to a self-centered position. It makes you aware of the flow of energy around you. Are you moving your energy inward or outward? Like a wave, sometimes you are doing one, sometimes the other. Awareness of your own needs will help you in expressing charity. You must remain centered to be effective in charitable action.

The action of charity begins to weave karmic threads together. It is this that begins to bind the family human tighter together. The action of response to another's misfortune is an energy of the heart. The actual movement of resources toward that situation is an action of the brain. It is therefore a decision that strengthens the mind, which is the heart and brain acting in concert, and allows the brain, the intellect, the opportunity to connect strongly to spirit. Here is where spirit welcomes logic.

Charity is not something given in expectation of a return. Gratitude is an energy, and you will feel this in subtle ways. If you are less directly involved, those affected by the circumstances will likely express their appreciation through prayer or meditation. It will return to you in ways that likely will not be directly relatable to your original action. If you are directly involved, the gratitude will be powerfully felt.

The action of charity is a selfless one. It can, however, be mimicked and used in self-serving ways. The people who do this will karmically receive equally what they put into their actions. Still, any charitable action, however it is intended,

has the potential for greater benefit to those in need. Charity is a spiritual power that can rise above initial intention. Charity can alter the giver in powerful ways.

### **GUARD YOUR RESOURCES**

A caution, then, is in order. You must not give to the extent that you put yourself in urgent need. There will be times of desperate need. Choose your actions wisely. It does not serve a situation to attempt to rescue someone who is beyond your ability to assist. It does not serve to create a situation where two people are in need of help instead of one. If you cannot swim, do not try to rescue another who is drowning by jumping into the water.

A clear mind is important in the action of charity. We emphasize the need for you to remain centered in your charitable efforts. Even as we say these things, we know that heart will often draw some of you into self-sacrificing actions. You may decide to reach out beyond your current means for the greater good of the family human. This is a spiritual decision. Choose wisely, kind human!

You are connected to and an aspect of the Source of all things! Having access to Source, you have some power to control the energy around you. These energies can be tangible objects. You might use some of this energy to depletion. However, energy is never destroyed; it is only transformed. When you are finished with something physical, it can often take on a new purpose. The more natural the physical product, the easier it will be to recycle the energy of the object. You then seek more aspects of Source energy for yourself. You seek to "re-source" your life. Here is where you choose wisely in exercising charity. The stronger your spiritual connection to Source, the more desire you will have to provide Source energy, the basic life-sustaining things, to those in need. By channeling such power, you will be re-sourced yourself. Charity is an opportunity to re-source or regain connection to the primary energy of the universe.

### **CHARITY ACROSS TIME**

Charity is a supplying of needed energy. In many cases, an anticipation of need may influence some of you to stock extra supplies. It is a familiar idea, but it can go well beyond just the thought that you personally may need fresh water in the event of a natural catastrophe. It can spread to the organizing of groups of neighbors or family members into small units of balancing energy. It can go even further into thinking of the future, not only of your family, but also of the coming generations of humans that will be incarnated in the coming years and decades. What does the future look like now? What will those ahead deal with by way of resources?

This goes well beyond the physical realm. If you are creating more debris from your existence, how will this action then translate into karmic energy? You need not become extreme in your efforts; only seek to do what can be done. It is wise, though, to look beyond what is already being

done in your life. Look for ways to minimize intake and the unnecessary creation of waste. Look also for creative opportunities to reuse what already exists. The energy that makes up each and every human is a creative energy. Exercise this in reviewing your daily life. It is not necessary to live an austere existence. It is beneficial to live in awareness and consciousness. If possible, view the future with the action of charity in mind. Think and act as if you might be alive one hundred or two hundred years from now. What do you wish the future to look like? What are you doing to get that reality started today?



We often speak of the spiritual energies of love, joy and peace. It is these powers that allow the energy of charity to exist. They are all aspects of your spiritual life and each feeds and supports the other. Charity is an individual choice to serve others. The action of charity is an evident demonstration of your ability to express love, joy and peace. Together these are powerful forces—not simply for humanity, but for all life in the physical and spiritual realms. Express these qualities and feel the strength of Source grow within you. ✻

# Bringing a Planet Into a New Balance

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

**6 March 2010, GOF Lecture**

**G**reetings, I am Juliano. We are the Arcturians. In this lecture we will continue our discussion of biorelativity and the methods of biorelativity for bringing a planet into a new balance. I want to emphasize that what we are seeking and what you are seeking in respect to working with the Earth is to find the methods, activities and meditations that would bring the Earth into a new balance.

It is correct to say that the Earth is not going to go back the way it was in 1960 or 1970. It is correct to say that a new balance must be sought, a new homeostasis for the planet. This new homeostasis is going to take into consideration all of the energies up until this point. The idea is that we will work with you to seek a balance, a homeostasis, that is in alignment with the highest interest and manifestation of the spirit and the life on this planet.

The highest homeostasis is in alignment with the biosphere so that the Earth can continue on its path toward its

ascension to the fifth dimension. It is a law of the universe that everything is in a state of change and a state of motion. This includes you and it includes the planets. When you look at the energy and the methods of biorelativity, you need to look no further than to your own body. The idea of the ascension is both a personal and a planetary process. Working with the ascension energies will assist you in healing yourself and your body, and it will also bring you into a balance for this ascension.

The principles of your physical healings are similar to and can be applied to the planet. The basic method and the basic principle of biorelativity is that the Earth is a living spirit. You have many names for this spirit, some call her Gaia. The native people call her Mother Earth. We also use the name Blue Jewel. The energies of Earth are a living spirit. Humankind's knowledge of what is spiritual and what is physical is narrow because it does not include the idea of a planet having a life form energy. It does! That's why the Earth is so unique—it has this fantastic abundance of life forms. We have traveled through many different areas of the galaxy, and it is truly an amazing manifestation here on Earth. There has been such a bountiful expression of life here.

## KEY POINTS

- “In your meditations and in your biorelativity work, you will want to focus on unblocking Earth energy.”
- “The Earth has a tremendous healing force, a tremendous healing power, just like your human body has tremendous healing powers.”
- “The planetary cities of light are holding light, but they are also creating vessels that can receive new fifth-dimensional energy and new fifth-dimensional light. It is clear that the Earth cannot go through the changes and balances that are needed without a fifth-dimensional input.”

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## THE VALUE OF 40

I know we have spoken about the numerical values. We have spoken about the values of 40 and of the 40 groups of 40 equaling 1,600. The method of biorelativity that we are teaching focuses on the numerical powers of numbers as the basis for effecting the new balance. Many people have witnessed the powerful earthquake event in Chile and also in Haiti. Many people are still speaking of the Ring of Fire and the possibility of another earthquake happening there as well.

It was demonstrated, perhaps unintentionally, that a tsunami possibility existed after the Chilean quake, and many people were participating unknowingly in a biorelativity event on television. That event was the act of observation through television and the waiting of the tsunami on the islands of Hawaii and also in Japan and other areas. There was a fantastic energetic connection. This was not an intentional biorelativity event. This was not an event where people necessarily tried to stop the tsunami. It was an event where millions of people invoked a collective focus of consciousness and awareness. This event was a demonstration of the powerful effects of television and of uniting people in a group consciousness. Perhaps this was also an attempt to mitigate the effects of the waves.

At this point, I realize that you may not be able to have five million people meditate together and connect with television in this way. I also know that the imagery that was demonstrated in this TV event illustrates an important principle of biorelativity. Images and visualizations are a way to communicate to Earth's subconscious and also a way of communicating with your subconscious.

You may not be able to have ten million people participate with you in a biorelativity exercise, but the power of numbers becomes key and critical. You are working with 40. You can also work with 1,600—this means that you are working with multiples of 40. You are working with an energetic power that is universal: 40 is a galactic force. The power in that number can overcome other forces, even though 40 is numerically a small number. Compared to the population of Earth, and to the ten or twenty million people that may have been watching the television at the time of the possible tsunami, 1,600 people are equivalent to a speck of sand. The 1,600 are miniscule, but that does not matter. They have a force that far exceeds their numerical value.

In order to work with that force and in order to maximize the small numbers and their power, you have to be more exact on who is in the group: who is registered with you, who is participating and so on. In other words, it becomes really important to know that there are 40 people. It becomes really important to know that there are 1,600 people and that they are somehow unified. They need to be connected through some kind of list and through a verbal understanding. I know that it becomes a monumental task to try to get the names of 1,600 people in some central location. I want to assure you that you have to find ways of maximizing your power and of working in the numerical value so

that you can overcome the small numbers. Your powers will far exceed the numbers, and this is demonstrated in the Old Testament where small groups of Israelites were able to win battles against larger armies. It is also demonstrated in the value of 40 as the number of days being in the desert in terms of going out and finding your soul connection; this is demonstrated in 40 years. I can list many aspects of 40.

I want you to understand that the Maya were working with power—the Maya were working with numbers. They were working with this power of the year 2012. You may believe that 2012 is the central year of the gigantic shift, but that is not the most important thing. The most important thing is to see that somehow the number 2012 represents a power and a numerical energy. The number 40 and the connections that you have using the multiples of it can far exceed your limited numbers and create a powerful effect.

## RING OF FIRE VISUALIZATION

I want to discuss methods of biorelativity. Let us focus specifically on the energy of the human body and the concepts of healing through acupressure and acupuncture and use that analogy to look at the Earth. You may already have some understanding of Chinese medicine. The ancient Chinese were connected with ancient galactic teachers. In their methodology, the masters understood that when the energy is blocked in a meridian, then there can be illness. This analogy is so powerful and so true on the Earth. In your meditations and in your biorelativity work, you will want to focus on unblocking Earth energy. Unfortunately, there are many sacred spots on the Earth that are blocked. I do not want to raise alarm and become too focused on the negative aspects of the blockages. I want you to just understand that there are meridians and pathways on the planet Earth. A beautiful and simple presentation of the Ring of Fire would be an example of a meridian. I think you all have seen that image on the television where you could see the energy, the pathway, going up around the coast of South America, Central America, the Pacific coast area of the United States and on over to Japan. That is one meridian.

Already there is much discussion that the next earthquake is going to be further along the Ring of Fire. Some people have already sent this energy and image, but it does not have to be. I am going to lead a meditation in which we can work with that Ring of Fire energy so that the energy will not be blocked. In biorelativity, we believe that the planet is going through a change and an energetic transformation. We are not trying to stop the energy. We want the energy to flow in a particular energetic force. This energetic force can be smoothed and brought into a balance.

The idea is that Earth needs to have meridians and pathways that are open. We understand that many of the original pathways, or meridians, have been used up between 1988 through 1999. This was one of the transformational points on this planet. Up until that time, the meridians were open, but now many of them have closed. We introduced the idea of new acupressure points on the planet and of new meridi-

ans that could be established that would be totally connected to a fifth-dimensional energy source. These new meridians would not be based on the existing pathways, but they could be based on an interaction with a higher energy force. These meridians were based on downloading the twelve etheric crystals into the Earth. The twelve etheric crystals can be looked at as acupressure or acupuncture points within the planet. They are then able to establish a positive energy flow between each of the etheric crystal points.

Each of those etheric crystal points have names where this energy has been downloaded, and those names I will review quickly: Lago Puelo, Argentina; Serra de Bocaina, Brazil; Copper Canyon, Mexico; Lake Taupo, New Zealand; Grose Valley, Australia; Montserrat, Barcelona; Mount Shasta, California; Volcan Poas, Costa Rica; Istanbul, Turkey; Lake Moraine, Canada; Bodensee, Central Europe and Mount Fuji, Japan. These places are acupressure or acupuncture points for the Earth. These points can be activated through your meditations in what I call a dialectic energy flow. Visualize that all of these points are connecting and communicating with each other. This connection then creates an energy flow that is more powerful than each of the individual ones. Then the dialectic energy flow can be brought into the energy of the Ring of Fire. This energy flow is then sent through the Earth meridian and creates a higher balance or energy, which will help to loosen any blocks so that there will not be another "bump."

In your mind, please visualize these twelve etheric points. We have asked that these points be brought into an image of the Kaballistic Tree of Life. The image of this Tree of Life is also a dialectic energy force that increases the power of the energy flow. To the best of your ability, visualize twelve spheres. If you cannot remember the names of each of these etheric points, just visualize twelve spheres shaped in the model of the Tree of Life. I, Juliano, am calling and reactivating all of the spheres.

If you have trouble visualizing twelve spheres, then go to the sphere that you are most comfortable with. If you are in the United States, you might want to go to the etheric sphere representing Mount Shasta. If you are in Mexico, you might want to go to Copper Canyon. If you are in Central America, you might want to go to Volcan Poas. If you are in South America, you might want to go to Lago Puelo. If you are in Turkey or the Middle East, you might want to go to the sphere in Istanbul. If you are in Europe, you might want to go to the etheric sphere at the Bodensee or Montserrat. If you are in Canada, you might want to go to Lake Moraine. If you are in Japan, you might want to go to Mount Fuji. If you are in Australia, you might want to go to Grose Valley. If you are in New Zealand, you might want to go to Lake Taupo. Which one do you feel connected with? Go there now in your mind. I am connecting with all of you and all of them. Generate a connection to all of the twelve crystals.

With our intentions, the crystals are creating a powerful spiral light that is emanating out of the ground and up into the atmosphere. It is now a beautiful holographic spiral of

light. Visualize this holographic spiral of light. It is spiraling up to the North Pole. So powerful is this spiral of light that we are generating. Remember, it is a dialectic force. It is far beyond what each of us can do individually. We are in a group energy field. Some people can see this spiral as being in the shape of a DNA spiral, which is a good image. This beautiful spiraling light is coming up from the twelve etheric crystals and is now shaped in the Tree of Life. We have created a dialectic energy force that can be downloaded into the Earth. I want you now to visualize that this great spiral of light has huge powers of balance—huge biorelativity powers of helping energy to flow through the Earth. It has beautiful powers of bringing calmness and balance that is in alignment with the powers of peace and calmness on the planet.

### THE ETHERIC CRYSTAL MERIDIAN SYSTEM

Now, I, Juliano, with your assistance, visualize that this dialectic energy force field, which we have just beautifully activated from the twelve etheric crystals and have spiraled through the top of the Earth to the North Pole, is now gently injected into the Ring of Fire starting right at the base by Chile. It is gently going in there. I know that there are many aftershocks. I know that there is much instability. This energy that we have injected in there is calming and balancing. This energy is immediately flowing so that we can spread out the major disruptive forces that might have been congregated into that area. It is now spreading gently through the Ring of Fire. Visualize this meridian going up through South America, Central America and also through the Pacific coast of the United States. Bring with you the energy of calmness and balance. This is important at this point because we are visualizing a calmness.

We are not activating any new earthquake at all. There will not be a new earthquake for a period. We are activating a gentle and harmonious light that is going through the Ring of Fire, up around Alaska, over to Japan, continuing around all the Asian areas and connecting with Australia and New Zealand. This is a beautiful meridian. We are sending this energy now of balance and homeostasis. We will be in meditation for several minutes as you are working with me now. This is a dialectic energy force that we are sending. You will hear me periodically sending tones and chants through the channel as we meditate.

Remember, as we are going through this energy field, the Ring of Fire, we are also going through the oceans—the Pacific Ocean in particular. We are working with the feedback-loop system of the ocean currents so that they are coming into a greater harmony with the biosphere. This can create a calming effect on the El Niño energy.

I, Juliano, continue to flow this energy from the twelve etheric crystals that has created a dialectic energy field, and it continues to be injected into the Ring of Fire meridian. Now, let me speak some more about meridians, because, in essence, we have created a new meridian system on the Earth by creating these twelve etheric crystals. For example,



think of the concept of bypass surgery being needed when an artery is blocked. Instead of trying to open the artery—maybe the artery is so damaged that you cannot work with it—you do what is called bypass surgery. In bypass surgery, you may take a vein from one part of the body and put it into another part so that the energy flow can continue and the heart can function normally.

Let me explain that in our biorelativity work, we can acknowledge that some of the Earth meridians are blocked. We also can acknowledge that just like in bypass surgery, we can do Earth bypass meridian work. I know this may sound amusing—it is a funny analogy—but it is actually quite realistic. The Earth has a tremendous healing force, a tremendous healing power, just like your human body has tremendous healing powers. The Earth has untold healing powers if they can be activated. Our idea in biorelativity is that we have created another meridian system that we have called the twelve etheric crystals meridian system. That is like a bypass so that the energy of the fifth dimension, which is interacting with the third dimension, can freely flow between all of these etheric crystal points.

For Earth healing, there is a fantastic advantage in working with biorelativity: to accelerate a new etheric crystal flow. In biorelativity, you want to generate a force. The force you can generate is first based on the numbers you are working with, which is the power of 40 times 40. The second power is the meridian energy field created from the twelve etheric crystals. You should first work with the power and then with the existing bypass meridian—this is the twelve etheric crystals system that we have established. You should then generate energy from there, and through projections and visualizations, you can then direct that energy into existing pathways, creating a greater balance. It comes back to the new balance. Do not generate a balance where everything is static, because you know that the Earth has to change. The Central Sun is influencing the Earth. The Earth has to process all of humankind's energy without breaking down—without breaking the vessels. You don't want the vessels to break; you want the energy to continue to flow.

### **CROP CIRCLE POWER**

The next aspect and power in biorelativity is visualization: The act in which you visualize the Earth and its meridians. This idea focuses partly on the power coming from crop circles. Crop circle power and energy are a representation of new earth meridians that need to be superimposed onto the surface of the planet. Crop circles are actually expressions of biorelativity energy from other dimensions coming to the Earth. That means that those pathways and those energies that are represented in a crop circle may be beyond the comprehension of a normal human. For example, think about meridians in the human body—think of the kidney meridian or the lung meridian. Visualize a meridian line that goes down through the Earth just like meridian lines go through the human body. Of course those lines are actually in the

etheric energy field of the human body and also in the Earth. They are not lines that are in the physical, even though they are expressed in energetic pathways in the physical. Thus the actual meridians of the human body are in the etheric energy field. Some refer to that energy field as the astral, or the energetic, body. It is the same in the Earth.

In other words, the actual Earth-energy pathways are all expressed in the astral energy body of the Earth. We are talking about the etheric energy pathways of a planet. The energy pathways of a planet are not going to be that simple. It is true that we can look at the Ring of Fire as an energy pathway, and most people can visualize this and feel pretty comfortable in working with that image. I am glad that you can do that. There are also other obvious meridian pathways. For example, the equator is another simple pathway. The path between the North and the South Poles represents another pathway.

Crop circles are often complex interactional pathways that need to be worked with on the Earth as meridians. These crop circles are not just to be there for twenty days and then disappear. They are images of meridian, or energy, lines that need to be worked with on the Earth and somehow coordinated. They can provide a healing energy. Some of these crop circles represent complex mathematical interactive forces that may be beyond your comprehension. Remember, these patterns are communicating with the energy fields of the Earth and the energy fields of the Earth understand those patterns. Crop circles often appear in England, and they may exist for a short period of time. These circles are examples of visualization of how one can be working with meridian lines. We can recommend that someone work with the images from crop circles and understand that these images are representing energy pathways that are comparable to meridians that are in the energy field of the Earth. Remember, I said that this is a new balancing process that the Earth is going through. It is a balance that is quite complex. The planetary system of meridians is far more complex than a person's meridians, but these new images can be worked with.

There are other biorelativity visualizations. Let us look at the storms you have seen on radar in which the storm is dissipating or lessening. For this exercise, I would like for you to visualize the energy of El Niño, which is a powerful energy source that is coming from the waters of the Pacific Ocean, and how it is causing great forces of storms across South America, Central America, across the United States and even in Europe. It is powerful. Visualize that the El Niño energy is calm. The way we can visualize this is to imagine the El Niño energy is spiraling up toward the North Pole and away from the Earth and out into the atmosphere. Just visualize a huge spiraling light. Yes, there will be storms continuing, but they will be modified: They will not be as strong. Particularly the storms around the Haiti area will be modified, so they will not bring as much discomfort and flooding. This will allow people an opportunity to recover somewhat.

## THE PLANETARY CITIES OF LIGHT

I want to speak about the planetary cities of light because they are also connected to the twelve etheric crystals, and they are part of the new meridians. We can use the metaphor of bypass surgery again. That is not a total analogy. The planetary cities of light are holding light, but they are also creating vessels that can receive new fifth-dimensional energy and new fifth-dimensional light. It is clear that the Earth cannot go through the changes and balances that are needed without a fifth-dimensional input. This fifth-dimensional input has to be held in some container. It is the same in your personal work. You can download light, but if you don't have a way of holding the light, then personally, you can become disorganized and confused. You have to have a way of either emptying yourself or expanding yourself so that you have a way of processing and holding newer energy. That includes expanding your mental body, your emotional body, your spiritual body and also expanding and shifting the physical body. It is the same way with the Earth.

The Earth needs some new way to hold this energy. That is how the planetary cities of light are. I, Juliano, am calling on you to activate twelve more new planetary cities of light. It is time to activate a second level. These current planetary cities of light are holding existing energy. In some ways, we can use the example of the bypass again, because some people are saying we need to unblock the energies in certain main cities. Yes, I agree. Also, you can work with enclaves within larger cities. You can work with neighborhoods. The small neighborhood within a big city can become a city of light. For example, the question was raised about Chihuahua, Mexico. The idea was to make that whole area a city of light. Los Angeles is a huge city too. There are huge energies around such large cities, and it becomes difficult to spiritually coordinate such energy that has so many different influences.

Part of biorelativity is to activate planetary cities of light that hold the energy. You can now activate newer places—these places will be another round of the twelve cities of light in addition to the first twelve. You can look at enclaves in existing cities. I suggest you establish an enclave in Los Angeles, which could be a neighborhood. You could also establish an enclave in Chihuahua and an enclave in other major cities so that they could be held as cities of light within a city. You will be surprised because the cities of light list is going to be growing!

On Arcturus, we have someone in our temples accessing, coordinating and working full-time with the energy field of our planet. When you look at the Earth, you might say, "Well, this is a monumental task." It requires that you continually work with this energy. It is impossible to have someone do this full-time, because this is not the way in which your energy fields are set up, and it is not the way your work life is set up. I know that some people are working on the concept of the twelve planetary cities of light. On certain designated days, you can meditate every hour

on one city and then transfer to the next. This is fantastic and this is a way of sharing the energy. This is why I am suggesting that we grow to twenty-four cities of light now. After twenty-four, we are going to go to forty planetary cities of light. You will see another exponential increase of spiritual light on the Earth now. I would say that we have at least another sixty days before we can develop the next planetary cities of light. I encourage you to do the meditations on the first twelve, and then I encourage you to identify the next twelve.

## THE POWER OF GROUP WORK

This leads me to the idea of events. You are going to have to work as a group to develop larger scale events. This means that some of you are going to be able to broadcast and transmit the energy and power of this Group of Forty to make international events. It is true that the channel is in an excellent position, because he is able to travel around the world. But others are going to be able to do that also. Work with events. Meet in large groups and hold the energy field. Remember that much of what you are doing is establishing new meridians and new pathways. This becomes the teaching of the methods of biorelativity.

I want to also remind you that in visualizations there is a great tool used in the Native American traditions called sand paintings. For example, sand paintings are used in order to heal. A painting is created that represents a healing force. You can work on sand paintings or images that can be used in healing the Earth. Some of you are already receiving images as you are hearing my words today. I want Metatron also to speak about biorelativity and personal and planetary healing. I love you all. This is going to be an active time, and the Group of Forty is going to become much better known. You are going to be much more assertive in your work now. I am Juliano. Good day.

## Message from Archangel Metatron: Let There Be Peace

**G**reetings. Shalom. I am Archangel Metatron. *Baruch Hashem*, blessed is the Creator of light. Many of you are becoming the children of light. This means that you are able to be the cocreators of energy for the Earth. This is a big responsibility and you are all evolving. Some of you have come to this Earth at this time to actually be cocreators and to practice in the co-creation of planet Earth. I can tell you that this is one of the reasons that some of you came.

There is much chaos on this planet, but there is also much opportunity for influencing this chaos and influencing the change to a positive outcome. In the Old Testament, this world was created with the words, "Let there be light." *Adonai, Elohim, Adonai Echad, Baruch Hashem* spoke the words and then there was the Creation. That was the first example of biorelativity where the Creator's

will was manifested by His words: “Ye’hee Aur,” “Let there be light.” And there was light!

Juliano asked me to talk about biorelativity, so let us look at that example, “Let there be light,” and say that in the biorelativity, you can speak powerful words to the Earth: Let there be peace. Let there be calmness. Let there be balance. Let there be life. Let the meridians of the Earth be open. Let there be. You see, those words, “Let there be,” are very powerful words in biorelativity.

Another beautiful example of the co-creation and the B’nai Elohim light—and the work of the children of the Elohim—is to enunciate with power words and instructions to the Earth on what has to be. So let there be calmness around the Ring of Fire. Speak these words with intention and power and speak them in a group. It is like you are sending a vibrational energy field into the spirit of Gaia. Gaia has become accustomed to the language of humankind. “In the beginning God created the heaven and the earth. . . . God

said, Let there be light, and there was light” [Genesis 1,3; KJV]. Say with intent to the Earth: “Let there be light. Let there be peace.”

My recommendation to you, planetary healers of the Earth, is this: Acknowledge the power of your words. Acknowledge that you are part of the co-creation spirit, and begin to enunciate and send these thoughts, beginning with the words, “Let there be.” I want you to generate the thoughts after the statement, “Let there be.” You will be surprised, especially when you are using the values of 40, of what can happen when you say, “Let there be.” Let there be peace. Let there be light. Let there be balance. Let there be harmony on the Earth. Let the biosphere flow. Let the meridians on the Earth be open. Let the sacred spots on the Earth vibrate with love and light. Let the planetary cities of light vibrate and gain in intensity and power. Let this powerful healing Group of Forty activate the energy to bring the Earth into the fifth dimension. I am Archangel Metatron. Shalom. ✨

# Riding the White Dragon of Compassion

Quan Yin through Therese Dorer

March 2010

*I see a vision of a white mist that swirls in the cobalt blue sky. As I attune to the mist, I notice it becoming a huge white dragon that swirls and appears to glide across the sky, its scales shimmering in the sunlight. I then see Quan Yin riding the back of the dragon, and it appears as if her energy is one with the dragon as it dances through the sky.*

**W**elcome, my dearest ones. It is with great gratitude and love that I come before you this day. I would like to thank you for taking the time to hear my words. I would

like to speak to you of compassion, for it is imperative that you allow the expression of compassion to pour from your hearts toward the world at this time.

## YOUR COMPASSION IS NEEDED UPON MOTHER EARTH

These are changing times upon the Earth, times of earthquakes, flooding and a huge cleansing of your Mother Earth. Many of your fellow companions on the Earth are in fear and unrest, and so I ask you to open your hearts and send them compassion. Stop for a moment and tune into the energy of compassion; feel it deep in your heart.

Notice that this energy is very different from the energy of feeling sorry for someone, for to feel sorry for someone is to see them in a lesser light than you. I ask you to stop and tune into the energy of feeling sorry, noticing that this energy carries a lower vibration. Now I ask you to allow compassion to come forth,

### KEY POINTS

- The energy of the serpent of light is on the move, as is evident by the earthquakes and shifts upon the Earth. As more shifting occurs, continue to keep the energy of compassion open in your hearts and extended to your fellow spirits.
- “In this time of change, only those who allow for fluidity in their lives will create the energy needed to navigate these shifting times.”
- Plant the seeds of intention and unconditional love in your spiritual gardens, strengthening the connections to your souls and feeding the world with that love.

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### THE WHITE DRAGON IS THE MILKY WAY

I come to you today riding on the back of the White Dragon. This is the time of the dragon energy to be made visible on your planet. The White Dragon is a symbol of the Milky Way that swirls in your night sky. As you gaze upon the Milky Way, notice that it is full of stardust and energy matter. From this vast unknown, your body was created. You are formed from the stardust of the Milky Way, and so you embody the energy of the vast unknown of the Milky Way. Your eyes, skin, bones, muscles and blood came from stardust. This swirling mass of consciousness is connected to you, and as the changes are felt upon the Mother Earth, there are also many changes occurring at the universal level.

The vision of riding the White Dragon is intentional; it gives you a visual of what will support you as you are being asked to ride the wave into the unknown. You are encouraged to be fluid with your energy, as if you were riding a huge dragon across the night sky. Do not hang onto an old story of hurt or disappointment. Notice if you have taken a position on something and are being inflexible, for this will keep you stuck. In this time of change, only those who allow for fluidity in their lives will create the energy needed to navigate these shifting times.

This is an opportunity to ride the wave of the Milky Way and to take the chance to dive into the unknown. This will allow you to be in the state of not knowing. The gift of not knowing the answers opens the door to possibilities and allows you access to the wisdom of the vast consciousness, sourcing directly into the creator energy. In your Western world, you are addicted to your intellect and your logical way of engaging in the world. Your logical mind is a tool that can support you in the mundane, but it has very little use for expansive thinking.

In the times you are in, you are better served by your hearts, your compassion and your mercy than by your intellectual minds. I encourage you to let go of old judgments of yourselves and of others and to be curious about what new worlds are unfolding before you. I remind you that you signed up for this ride of a lifetime—which is really a ride of thousands of lifetimes. You have all lived multiple lifetimes, and this life is the pinnacle of your being, the opportunity of the millennium. At the soul level, you have long known that where Mother Earth is situated in her processional cycle at this juncture would be a dramatic and exciting time to be alive.

### THE TIME TO RELEASE OLD STORIES IS NOW

To ride the back of a dragon is to dig deep into your soul and ask for courage. I encourage you to reach into the reserves you hold at a soul level and ask for the courage to ride the waves that are unfolding on the Earth. This is the time to be conscious and to allow all old paradigms and

stories that no longer work for you to be shed. The White Dragon can be likened to the serpent of light who is making her way upon the belly of Mother Earth. The serpent is shedding her skin, shedding the old energy that no longer serves her. You are called to shed your old stories and the energy that no longer serves you.

With this releasing of the old, you will notice a feeling of being rejuvenated and connected to the collective wisdom. Never before has there been such an upheaval of energies in which Mother Earth and all of her children are going through the shifts and changes together simultaneously. This is a time of new birth; Mother Earth is being reborn and so too are all of you, my dearest ones. You are not the same beings that you were even one year ago today, and there are many more changes and metamorphoses for you to experience.

The energy of the serpent of light is a huge gift to Mother Earth that has laid dormant in her belly for thousands of years, but now she is on the move. This is evident by the earthquakes and shifts on the crust of the Mother of which you are aware. There is more shifting to occur, and I ask you to continue to keep the energy of compassion open in your hearts and extended to your fellow spirits who are having a human experience upon this Earth. Some of you will actually be in the eye of the storm and will feel the earth move beneath your feet, and others will only be aware of this through the media. All of you are asked to not panic; instead, allow your being to dance with the energy of the White Dragon.

### CONNECTING TO YOUR SPIRITUAL GARDEN

*Quan Yin shows me an entrance to a beautiful garden. I walk into the garden through a white garden trellis covered in roses of all colors—pink, white, red, lavender and peach. Once in the garden, I am gifted with the glorious sight of smooth, clear, turquoise-colored lagoons, waterfalls and cherry-blossom trees. I feel a sense of peace and loving kindness in this beautiful garden.*

Most beloved ones, there is a spiritual garden waiting for each of you! This garden is grown for you in the invisible realms, and the seeds you plant as you make your journey upon the Earth feed this garden of intention for you. You are creating in so many different dimensions, and it is important for you to know and trust that each thought, word and deed you convey on Earth is felt and collected in this spiritual garden.

I ask you to plant seeds in your spiritual gardens. These seeds can be such things as taking time to love yourselves, taking time to meditate and drinking deeply from the beauty that is visible upon your Mother Earth. Drink in the beauty of sunrise and sunset; set time aside to just be. These are ways you can strengthen the connections to your souls, feeding and nurturing your spiritual gardens. I thank each of you for your open hearts and compassion and ask you to feed the world with your seeds of intention and unconditional love. ✨



# Incarnate Compassion As the One

## Pretty Flower and Expanded Consciousness through Miriandra Rota

**G**reetings! Greetings, wondrous beings! It is most wondrous that we would have this opportunity to speak together once again in this manner. Yes, there have been several occurrences, as you call them, that have left many people suffering. Such occurrences assist all to remember that there is much more going on upon this planet. There are, as you say, meteorological occurrences; there are also wars, there continues to be what is called genocide and there is grave poverty. Bravo for the asking of what can be done, of what any being can do to assist those ones who are suffering! Though we have spoken in what is called the past concerning such topics, we will speak specifically upon this day concerning current events and how you who read or hear these words can assist.

### HOW WOULD YOU LIKE TO HELP?

You are most powerful beings who have within the fabric of your beings, great abilities to do whatever you choose to do. Those abilities and choices are most certainly at the foundation of anything that you wish to do. As you say the words, "How can I help those who are suffering from the recent meteorological occurrences?" We would say to you, "What would you like to do? How would you like to help?" Ask yourself this question right in this moment. How would you like to help? Don't allow your decision to be hampered by beliefs in limited abilities, limited finances or any other limitation.

For example, when you think of those ones who are buried beneath great rubble, what would you choose to do? Would it be, beloved being, that you would place yourself within an expanded consciousness or a meditative state or what you call a peaceful manner of being, and would you speak

to those ones? Would you whisper words like, "You are not alone. I am here now. I have called forth the lightbeings to come to you and be with you." Would you whisper the words, "Always are you resting in the arms of divine love"?

For another example, would you breathe a soft breath upon that suffering brow? Would you, in your peaceful state, close your eyes and breathe forth—literally, gently breathe your breath forth—to fill those ones who are gasping for breath? Would you breathe the peace that resides within your being into the hearts and minds of those who reside in panic? Would you send forth the love that you have received, allowing it to multiply, to fill the hearts of those who weep from great loss of family?

In still another example, would you speak softly to those ones who are passing from the physical? Would your words be, "Oh great lightbeings, come forth and guide these ones home"? As some have spoken in the past, would you say, "Go to the light, go toward your home of homes"? When you weep for the knowing of the suffering of another, you are incarnating great compassion as the One.

Within all of these examples flows forth the knowing that you are most capable of doing that which you choose to do, assisting in ways that call to you. For another example, would you whisper into the heart and mind of that lost child who is wandering and looking for his or her parent, "Oh beloved one, you are not alone"? Then would you speak outward, saying, "Oh lightbeings, hear this child and guide him or her into loving arms"?

In these ways and in many other manners of being, beloved ones, can you assist those who are suffering. Yet there is another way, and it is one that you have heard many times before. It is to remember that you and all beings are as one being. When you find peace within your being, you are incarnating peace as the One. When you laugh and feel joy, you are incarnating laughter and joy as the One. And when you weep for the knowing of the suffering of another, you are incarnating great compassion as the One.

### KEY POINTS

- "You and all beings are as one being. When you find peace within your being, you are incarnating peace as the One."
- "In all of your yearnings, there is one deep inner desire that reaches itself forth to grasp your conscious knowing."
- "The beginning of freedom from survival is gifting yourself those moments wherein you reflect upon your true desires, your true expression of self and, more so, what is real fulfillment to you."

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Remember, dear beloved being, you are so very much more than you have imagined. Yet we know you—and would know you anywhere in any realm. You are filled with light, even when you feel as though you have lost your own way. You are filled with love, as you are the love itself. Within your creativity resides the creative spark of all that has ever taken form and released form.

Then we would seemingly be on our way. Blessed be all beings who flow forth as the One. Blessed be your breathing forth, blessed be your love, blessed be that which you desire and blessed be the fulfillment of all hopes and dreams. Blessed be your lovely dance and blessed be your tears, for they cleanse your spirit of its wanting and allow your being to be known as whole. Blessed be the innocence of your being, for within it resides the encodings and patterns of the all knowing. Blessed are we in the knowing of you.

Beloved ones, know you that when you call the angels to come forth and assist the many, there is not one breath or one tiny second that exists between your calling forth and the presence of such angels where you ask them to reside. There are those angels and lightbeings who wait for your call. Hesitate not, for it is part of their fulfillment of being. Bravo to you! Bravo to all that you choose to create consciously. Then we would say au revoir until we speak again.

## Message from Expanded Consciousness: Your Fulfillment Of Being

16 March 2010

**M**ost glorious and beloved beings, as you venture forth into the next phase of your journey upon Earth, there flow forth to you those opportunities that generate within your being feelings of wonder, feelings of joy and feelings of, perhaps, hope fulfilled. We have been observing you and your reactions to such opportunities, hints and feelings. Much to our surprise, we have observed that you have felt fear rise within your being. And as we did delve close to you, to your beauteous essence of being, we recognized your fear to be not only of the unknown, but also fear of that which is called grand fulfillment. It was within that moment that we began to assist in clearing the way for your gradual, yet continued, fulfillment of being.

### HUMAN NATURE

Beloved ones, it is quite natural and understandable to feel fear rise from within your being as a response to the unknown, as a response to possibilities of success or fulfillment, and as perhaps a response to what changes might occur as a result of your success or fulfillment. Where does this fear originate? O beloved ones, it originates and is generated by your loving human nature. Why?

Your human nature is well-versed in what is called survival. And while you have been teaching your beauteous human nature within which you reside how to let go of the patterns of survival and to actually play, dance, skip and allow spontaneous laughter to flow forth, still, your human nature wishes to fulfill its main job: protecting you. Do you see? That is, when an opportunity for change presents itself—when an opportunity for success, for fulfillment, for financial abundance, for love, for beauty or for relocating to the land of your dreams presents itself—it is then that your human nature has the tendency to, what you call, “go on alert.” What do we mean by these words? Your human nature has an automatic response to such opportunities. The response is to prepare for the opposite of fulfillment and joy. The response is caution. The response is to run the other way. The response is to postpone participation. And the response is to refuse to dare to say yes, lest the results be disappointing—disappointing as to bring you to despair, as in the despair of old. Your human nature will do anything to protect you from such despair and suffering. Oh, what a beauteous human nature are you gifted to reside within!

### YOUR DIVINE CONSCIOUSNESS AWAKENS

Fear of the unknown—even when the unknown is success and fulfillment—is a primary survival technique, a technique residing within the strong emotion of fear. Such a technique can actually cause your journey to appear to be what is called “on hold.” Such a technique can cause you to refuse to believe the possible fulfillment and change such belief to that which is called suspicion. The beauty of trust is changed to refusal to accept lest there be some trickery that will cause you to lose more than thrive. Even as you receive these words, you can readily and easily discover the traits of survival.

Then what can be done? What communication can begin with your beauteous human nature so that there can be not only a daring to enter into this next phase of fulfillment of being but more so that would be a joyous dance as you go forth into the seeming unknown?—which is truly that which you have already created. You see, beloved ones, your human nature, without its expanded divine consciousness, cannot hold the concept of real creation. It can—your human nature—understand the words, hear the words, and even believe in that which is called creation; however, it cannot create without its own divine consciousness. And that is who you are! You *are* the divine consciousness of your human nature. Now perhaps you will begin to change the nature of your relationship with your beauteous human nature in this manner.

Firstly, cease totally and completely with self-criticism. Refuse to use the words “I am only human” or to state any intent that describes your human nature as less than divine. In the stead, begin to love your human nature. Begin to remember that you, your divine essence and expanded consciousness, have the great gift of residing incarnate—that is, within a human nature. Take time to reflect upon the manners of survival that you have experienced, recognizing that you are alive *because* your human nature fulfilled its

purpose. Then, beloved ones, begin to feel gratitude to your human nature, which continued surviving and using its survival techniques until its divine consciousness awakened and fully entered its being—that is, until you fully incarnated consciously. You have a word in your vocabulary. It is: Wow! We believe that word is appropriately assigned after the preceding statement of truth!

Secondly, begin to communicate with your human nature concerning activities that you are choosing to participate in. For example, you might decide to attend a new music program, a new lecture upon a topic you have not previously considered or a new class in yoga or water-swimming. Perhaps you are planning to travel to a new geographical location? Begin to speak with your inner human nature, alerting that system of your intentions and your plan to try something new. Be certain to communicate that you are entering an enjoyable experience; assure your human nature of the safety of such an adventure.

### **NOW IS YOUR TIME TO PLAY**

This type of communication might initially feel strange to you. Even as you receive these words, you believe the suggestion to be strange, and further, perhaps you have decided that you will not communicate in this manner. Of course such refusal is understandable. We are asking you to change the nature of your relationship with your human nature, and we are asking you to be more fully incarnate. We are inviting you to participate within your own journey in a new way, a way that can prove to be most fulfilling. Why and how?

Remember, beloved ones, you are asking your human nature to change its automatic response of fear; you are actively participating in inviting your human nature to respond with joy and delight within the possibilities of great success and fulfillment, of deep love and overflowing abundance, and of an inner peace that allows the song of that which you are to vibrate within the entirety of your being. Perhaps you will give this manner of being a “try,” as you have the word. Perhaps you do love your human nature so very much that you will embrace the fear-ridden being so very adept at survival, and within the embrace, breathe your divine breath of love? Perhaps you will say to your human nature: “I am here now. I am your divine consciousness. I am fully incarnating. You can rest now. I Am the creator. I will take care of everything. Your only job is to play. Now is your time to play.”

Perhaps you will reflect upon these words? They do describe that of you: divine essence flowing forth to fully and consciously incarnate within humanness and the patterns of wholeness of being that vibrate evermore within physicality.

### **YOUR FREEDOM BEGINS**

In all of your yearnings, there is one deep inner desire that reaches itself forth to grasp your conscious knowing. What is that deep inner desire? While it cannot be expressed in words, the feeling is a need—a need to be free. And the usual interpretation of this feeling, this need to be

free, lends itself to “freedom from.” That is, freedom from struggle, freedom from life’s difficulties, freedom from fear. And all interpretations of “freedom from” reside within the need for freedom from survival.

Though you have heard the words before, we ask, have you integrated the words into your full knowing? Have you accepted them into your being? What are the words? They are these: The beginning of freedom from survival is a change in your perception of life’s cause and effect. The beginning of freedom from survival is an acceptance of your own participation within life’s cause and effect. The beginning of freedom from survival is gifting yourself those moments wherein you reflect upon your true desires, your true expression of self and, more so, what is real fulfillment to you.

### **CAUSE AND EFFECT OF THE WHOLE**

Though you may decide later, having accomplished all of these necessary beginnings, to change what you consider real fulfillment, you have begun. Why is this beginning so very vital to your freedom from survival? O beloved ones, it is the key to unlocking the portal that has been closed for so very long. You might be asking what the portal is and how it became closed. Yet we suggest another question: What is behind the portal?

Behind the portal, which opens upon your conscious acceptance and then knowing that you are the creators and you are the magicians, are the manners of residing that call to your inner yearnings. What are the manners of residing? They are the ways of what you might call magic, yet they are truly what we might call your regular living, your abilities to discern, to choose, and then to create and call forth that which begs to manifest for your sheer joy and delight. And, beloved ones, when you have placed the key in the lock, the portal opens with the sounds of the universe, the sounds of celebration and love. For the universe does celebrate always your manners of discovery of truth. The universe does always love, is love and resides within such love as an avenue toward conscious union with you.

Then, as we speak these words, are you deciding? Are you beginning to accept your participation within your journey, within the unfolding of your own personal cause and effect? You might be saying, “What about what is occurring in the world? What about the cause and effect around Earth?” And we would answer, “When you begin with your own journey—when you begin with your own acceptance, discernment and choice, and when you begin to step into the actions that call to you as they rest upon your full, conscious recognition of that which is your real journey—then, beloved ones, do you affect the whole. A most powerful affecting.

Though your mind might want more, as it always does, though it may want us to speak more upon this manifesting, the truth remains that all of which we have spoken is a feast for your inner being. It is a feast for that of you that begs to be recognized and real—to you, a feast for your spirit, nourishment for your soul. We are most pleased in speaking with you in this manner. ✨

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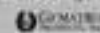
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# Walking into the Light of Your Future

Archangel Michael through Ronna Herman

**B**eloved masters, we ask you to take time to review what we will call your master plan for the future. We have told many of you in the past that it is time to write a new galactic mission statement, for your Earthly contract has been fulfilled. We assure you this does not mean that you will be leaving this Earth any time soon. You have been preparing for this time for many incarnations, and you are sorely needed as world servers of the light. Time and time again, we have asked you to script your future and then live each day, moment by moment, to the best of your ability.

Even if you have not consciously made plans for the future, you still have a plan—a plan that has been created by your subconscious mind, your ego-desire body and its yearnings, and the constant mind chatter that takes place during your busy day. Powerful emotional thoughts create powerful frequency patterns while the senseless meanderings of the mind create weak energy patterns that build up over time, eventually creating powerful, chaotic vibrational patterns that return to you through an infinity sign called the “law of the circle.” If your life seems to be unfolding in a helter-skelter manner, it is because that is what your energetic signature is radiating out into the world of cause and effect. That is why it is so important for you to begin the

process of becoming an objective observer while you monitor your thoughts and diligently practice the art of staying focused within your sacred heart center.

## BECOMING AN ALPHA MASTER

Over these past years, we have given you the basic as well as many of the advanced tools of ascension; however, too many of you run hot and cold in your attempts to claim self-mastery and regain control of your future. We tell you, beloveds, it is time to become seriously involved in your future, which entails stepping to the fore and stating to your higher self and your I Am presence, “I am ready,” thereby gaining the insight of and assistance from the many great beings of light, including your own divine god self.

Becoming an alpha master entails learning to maintain brain frequency levels from ten to fourteen cycles per second, which will help you to function in a state of unified brain consciousness instead of a predominately left or right brain mode. Living each day as a master and using the tools we have given you to gain access to your sacred heart and sacred mind—as well as creating and using the various pyramids of light in the fifth dimension—will revolutionize your personal reality beyond your wildest imagining. Various breathing techniques are critical to your well-being and will greatly accelerate the process of ascension. The transmuting violet flame is a most precious gift that is available to all upon the path of en-lighten-ment. It will assist you to speed up the process of healing and clearing all past negative thought patterns and transgressions.

Stepping off the wheel of karma into a state of grace entails the consistent use of the transmuting violet flame. You must call forth the violet flame regularly so that you are constantly enfolded within the violet fire, thereby returning all discordant energy to neutral light substance. This includes all negative thought forms that you send forth at any given moment, and it will also assure that any lower-frequency karmic patterns you have created in the past are neutralized.

### KEY POINTS

- “It is time to become seriously involved in your future, which entails stepping to the fore and stating to your higher self and your I Am presence, “I am ready,” thereby gaining the insight of and assistance from the many great beings of light, including your own divine god self.”
- Although the peoples and societies of Earth are currently experiencing intense polarization, now is the time for you as advanced aspirants on the path to heed the call of reunification.
- “Open your minds to the possibility that there is help available from the realms of godly existence, that there is a new way of thinking and a more refined way of living available to you.”
- As you evolve and seek to become skillful at sharing your wisdom with others, work to experience what you teach and become a shining example, as this is the most effective way to get the attention of others.

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You are responsible for any and all of your creations, whether positive or negative. The vibrational patterns you create will always return to you through the law of the circle. A caveat: You must be diligent and strive to achieve and maintain a higher and more refined personal frequency pattern and not just rely on the transmuting violet flame to clear up the negativity and distorted frequencies you send forth. It is a tool of transformation and requires effort and steadfastness on your part. When the infinity loop and the timeline of your past are balanced and the major portion of your discordant energies have been transmuted, you will step into the infinity loop of your future. You are in the process of walking into the light of your future, while leaving the shadows of the past behind.

### **SEEKING WORLD SERVERS**

So many of you are having difficulty in discovering your mission or your passion, and so you drift through your days in inertia. You continue to do nothing, making no attempt whatsoever to initiate positive changes in your life. Not everyone is meant to teach the masses or become a world figure. In fact, it is those of you who are quietly going about your daily duties as you make small, steady improvements within yourselves while radiating the love and light of creation down into the Earth and out into the world. You are the ones who are making the most dramatic impact on the Earthly negative environment. We are seeking world servers at a grass-roots level. Each and every one of you is needed to help lift and refine the collective consciousness of the masses.

In this instance, we wish to offer encouragement to those of you who are feeling helpless and who fear that there is no way out of the dilemma in which you find yourselves. Won't you open your minds to the possibility that there is help available from the realms of godly existence, that there is a new way of thinking and a more refined way of living available to you? You pray and often beg in desperation for assistance, but if it does not come in a form you are comfortable with, you deny and reject it. Prayers are always answered. Prayers asking for the greatest good manifest as miracles large and small, opening the path for a life of ease and grace. Prayers of the ego desire-body are answered by allowing you to seek your own solutions, which are manifested from your misconceptions and inappropriate actions.

The lessons of life are learned by experiencing what you have created. The ego attracts disharmony and dissatisfaction, and it causes the seeker to look outside of self for solutions and gratification. You must learn to pray with the purity of your heart and with intentions of the highest order. As you raise your light quotient, you will increase the magnetic attraction of the heart. You must learn to receive the abundance bestowed upon you with thanksgiving and a grateful heart.

Why not start your mission statement by listing the negative things in your life you would like to change? Begin with several small changes in your life, and remember that

you must begin with yourself. We assure you that if you make a concerted effort and use the tools we have given you, you will begin to see dramatic changes in your life. We ask you to put us to the test. With an open mind, study some of the basic concepts we have given and slowly, but faithfully, implement some of them within your daily life. Give us permission to guide and inspire you, and by doing so, you will have the forces of heaven behind you. You can only fail if you give up, beloveds.

### **THE WIDENING DIVIDE**

Time is of the essence, for it is very apparent that the fear and anger of the masses, the power of the forces of nature and the Earth changes and cleansing are accelerating and increasing in intensity every day. We told you in a recent past message that you are in the midst of a spiritual revolution [*Sedona Journal of Emergence!* March 2010]. We have told you that the chasm between the light and the shadowlands is widening, and this is very apparent from both lofty and Earthly viewpoints. We see clearly the areas that are being bathed in the living light, thanks to you, the faithful sentinels of light. We also see the swirling whirlwinds of negativity and chaos building in a multitude of countries, provinces, cities, towns, neighborhoods and even among families around the world.

If you are caught up in the rhetoric of the worldwide news media, you cannot help but be aware that there is a feeding frenzy of negativity being spewed out into the airways and consciousnesses of those who are receptive to the distorted messages of sensationalism and separation. The fear of deprivation, anger at rulers, leaders and the government, and an indignant sense of entitlement to goods and services without personal responsibility are symptomatic of the intense fear of change that is taking place within every area of the world and within the human consciousness.

### **THE CALL OF REUNIFICATION**

It is time for the next step in the ascension process to begin, and many of the advanced aspirants on the path are already becoming proficient and engrossed in the procedures. At this time, there is no question that those who are in any way advanced in spiritual consciousness are having their awakening and evolution processes hastened as never before in the history of the world in order that they may act as transmitters and interpreters of universal law and cosmic truth.

You, the aspirants on the path, are becoming proficient at building and using multiple pyramids of light and power in the fifth dimension as you slowly but surely become acclimated to a lower fifth-dimensional environment. You have opened the pathways to the cities of light so that you can gradually incorporate higher and more refined frequencies of light. You are also preparing yourselves to interact on a regular basis with the many facets of your higher self and the great beings of light.

The call of reunification is beginning for many of you, whereby your refined soul song is reaching various members

of your god self. As you refine your vibrational patterns and your energetic signature reaches a certain level of harmony, your soul song will begin to reverberate out into and through the fourth, into the fifth—and, for some of you, possibly even into the sixth dimensions—and very gradually into the auric fields of some of the soul fragments of your higher self.

Slowly, as these blessed facets of your self become aware of you, they will begin the process of moving into alignment with you. Those whose resonance is lower than yours will fall into line below you, and those who are on the path ahead of you will slowly move into the column of light above you. You will also be moving laterally as well as higher into the refined realms, as all of the fragments of your I Am presence gradually begin the process of moving closer and closer to your central column of divine light.

For some of you, this information will be confusing, yet many of you are experiencing this process in varying degrees during your nightly sojourns or in meditation. Therefore we wish to give you a basic understanding of what is taking place at the various levels of the ascension process. We will discuss this further and in more depth in the near future.

#### BECOME A SHINING EXAMPLE

As you study and delve into the mysteries of cosmic truth, you will build a reservoir of knowledge upon which you can draw when needed. In addition, as you gain access to your sacred mind, it will seem as if you have tapped into

a cosmic source of information. In the beginning, however, it will be your own ancient, extensive past that has been made available to you. You will become increasingly sensitive to ideas, concepts and complex information, and you will gain the ability to tap into this rich storehouse of information at will.

As you evolve and become skillful at sharing your wisdom with others, you will become increasingly sensitive to the subtle messages, concepts and ideas from your guides, teachers, angelic helpers and the en-lighten-ed beings from the higher realms. When you have turned the information you have garnered into wisdom and have become a living example of each new, advanced level of consciousness, you will then be qualified to teach the concepts to others. You must experience that which you teach and become a shining example, which is the most effective way to get the attention of others.

Remember, my brave ones, in every era and major cycle, cosmic wisdom and divine truth are made available to those with open minds and loving hearts. Submission to the will of our Father/Mother God means adherence to the universal laws as they are revealed to you. A self-master always strives to make the highest choices, has a burning desire to serve others and is always responsible for his or her own actions. Call on us and allow us to light the way as you journey into the future. You are loved most profoundly. I am Archangel Michael. ✨

# Of Building Dreams

## Mary through Myke Wolf

**O**f what are dreams built? Desire. Dreams do not spring from will or intent; rather, they organize will and intent in order to bring those dreams into physical being. Know your desires in honesty and in full acceptance. Allow your imagination to cre-

ate your dreams from pure, unadulterated desire. See them clearly; feel them completely. The rest—the doing—is easy.

When you want those dreams for others as well as for yourself, then you have magnetized them and created a support system to assist in the creating, the doing, the bringing into form and tangibility. How, then, to “do”? Invite your dreams into daily life. Accept them as a current work in progress. Begin to live with your dreams as part of your reality. How? By feeling the vibration in your life today that most closely matches the vibration you seek through the realization of your dreams.

Each day that you live with full acknowledgment of the similar vibration in your life, that vibration grows within your focus until it has expanded into a version of your dream. We

#### KEY POINTS

- “Invite your dreams into daily life. Accept them as a current work in progress. Begin to live with your dreams as part of your reality.”
- Because there are other energies and consciousnesses involved, what is created and presented into your awareness will always be a more accurate version of your heart and soul’s desire than your mind is able to visualize.
- “It takes so little love, so few creators and so little joy to completely change humanity and to return it now to its former glory—and beyond. The greatest joys you will ever experience here will be the combined joys of humankind’s growth.”

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use the word “version” here because the universe is creation; it is founded upon creativity and seeks to delight you always with a unique version of your dreams. When you are most clear and honest with the self about your desires, then what you are visualizing is your joy upon experiencing your dreams. Creation is an interactive process—there are other energies and consciousnesses involved—and so what is created and presented into your awareness will always be a more accurate version of your heart and soul’s desire than your mind is able to visualize.

It’s rather like Christmas morning; you are hoping for a new bicycle, but your senses will be excited to discover whether it is blue or orange, what the seat feels like and how fast it can go. This is exploration, and in the exploration of your creations, you begin to learn now about the creative paths of the universe and how the design of the universe interacts with you directly in the creative process. This is when one learns the joy of eternity—for it never, never becomes predictable—that eternity is an adventure to be savored without end.

Explore your creativity; sing joyfully about your present life and all that you find pleasant in your everyday experiences. Sing from your heart and from your soul. You will continue this path of elation until it is all you can see about you. And all those who are in resonance and able to remain with you, within your bubble, will experience the same—or rather, their version of it, for no two experiences ever have been, or ever will be, identical within the framework of this existing universe. You will learn to unite your mind and your heart as one, to share your dreams and desires together. It is in the learning and the mastery of this that creations become faster and more complete. This is a high-level skill indeed, achieved only through creative experimentation.

### CREATE YOUR JOY

You are already immersed in the knowingness of spirit. Now we challenge you to focus upon the knowingness of self, for we can teach and guide, and yet it is you, as you walk upon the Earth—it is you who chooses and creates from desire and from dreams. So bear this in mind, and begin to explore the divinity within you. The birthright of Earth humans is the ability to create and to be fully and

completely supported in this endeavor. Remember at all times that it is you who brings creation forth into new forms to be experienced by you and by others.

Clarity of intent and purity of heart are required for honest creation, meaning creation of that which you would actually enjoy the most. For the mind is not always clear or aware, and yet the heart is heard by the universe to express most purely the deepest desires of the soul. There is an internal process, an automatic one, of the soul’s desires passing through the human body itself to be created into this reality. And the Earth herself is, through ascension, creating an ever-greater environment for the support of the creativity of humanity.

Feel your desires; they are many within you, bubbling up to the surface. Be focused; choose one or two upon which to focus for this experimentation. Be very clear within yourself about why you want them; this grounds you within the body as the desires are translated through the dimensions into physicality. The human body is designed as an instrument of creation—to create within this realm and upon your Earth, specifically. Bring creation forth from your desires into dreams, through the joyful realization of the same already and presently within your life and into the conscious realization and enjoyment of the result of creation itself. If you watch this entire process from start to finish, you will then begin to realize the creator that you truly are.



We watch in fascination—so many beautiful shapes and colors and textures hover around you—which will you choose? Where will you begin? What will you love into being? Ultimately, what you will conclude is that it indeed is love that is the creative force in your galaxy and beyond into the greater universe. And in doing so, you remind others here of their own creative natures as well. It takes so little love, so few creators and so little joy to completely change humanity and to return it now to its former glory—and beyond. The greatest joys you will ever experience here will be the combined joys of humankind’s growth. Now go! Choose, bring forth, create and share what you have learned about the powerful and empowering creative nature of humanity! We love you dearly. \*



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# A New Energy Surge

## The Pleiadian Light through Hannah Beaconsfield

**W**e wish today to give you our vision for a new energy surge—a part of the ascension changes, but a part that involves the clearing and detoxification of the planet. The clearing will take the form of activity in the body of the Earth such as seismic and volcanic releases. We remind you that all is multidimensional; this is just one dimension of the process of clearing for Mother Earth.

There is a concomitant clearing mirroring Mother Earth's process. It is a release from the unified consciousness of Earth women. Within the female collective data bank there has been rage energy accumulating for millennia, reaching back to before your recorded history. Except for a small minority of cultures, the female and many of her qualities have been denigrated and denied a power position from which to contribute to the belief structures and world culture of Earth.

As Mother Earth shakes off toxins, there will be areas of destruction. This is a natural breaking down in order to clear the way to rebuild. It is a means for Earth to prepare for growth. The energy of the unified female consciousness will act to break down barriers that prevent her from contributing to the way change develops. This could make changes possible through forms of healing of the vibrational disruptions rather than the more masculine impulse to battle chaos.

The change-through-energy-release events, though destructive, will also be a vibrational force that ripples out to change the world's collective mindset. One way this will occur is by creating situations that call on humanity to assist others in dire circumstances. You have seen this pattern repeatedly, and every time the world community rushes to

aid people caught in a catastrophic event, your world moves toward greater unification.

### SMALL STEPS TOWARD A POWERFUL FUTURE

The power of the female aspect of ascended energy, however, may not be as readily apparent as Mother Earth's expressions. There is a lack of media coverage of the small steps women are taking in many disparate places around your world. The characteristics you designate as female are to be the saving grace for your world. It will start with individual females and grow into a powerful force of nurturing, cooperative, peace-loving and life-supporting energy. These are characteristics you have assigned to the feminine side of your consciousness.

As the recognition of individual women who take the first steps toward equal power positions is absorbed by the mass consciousness, the feminine values will begin to spread around your world by the means of entrainment. Understand that all people, male and female, carry these traits within themselves at different levels of value. They are all human traits. The integration of the characteristics that have been divided between the male and female will create a unified humanity that has a much greater strength for dealing with the world than was ever possible with polarized characteristics.

This is a pattern for unifying the Earth into a single spiritual entity and, as promised by the ascension prophecies, creating the unification of the polar aspects of each individual person making up the world consciousness. In addition, the resulting vibrational signature will place you in greater harmony with Mother Earth—which will, in turn, support more benign attitudes toward the conservation of her abundance. This is a blueprint for your development. However, it is a long-term project. You will slowly become aware that the changes initiated by the female characteristics are moving in to modify everything you hold to be reality.

### NEW STORIES FOR OLD FAMILY CONNECTIONS

Christian tradition celebrates a day that tells the story of a woman who gives birth to a man who is sent to save the world. As you take on unified perspectives of life on Earth, you will have new stories to guide you and revisions of old ones to reflect these changes.



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### KEY POINTS

- Concomitant with the current clearing of Mother Earth's process, there are the beginnings of a release from the unified consciousness of Earth women into places of power and contribution.
- The energy of the unified female consciousness will break down the barriers that prevent her from contributing to the way change develops, making changes possible by healing vibrational disruptions rather than relying on the more masculine impulse to battle chaos.
- "The resulting vibrational signature will place you in greater harmony with Mother Earth—which will, in turn, support more benign attitudes toward the conservation of her abundance."

Don't fear any losses; the force known as the Christ consciousness is always and will always be on your world to act as a source of saving grace.

We Pleiadians have had many Christed women in our history. This is a concept that is alien to your world values. These values will change as women assume all their rightful positions of equality. The point from which we are contacting you is our full integration as a light source. Though completely integrated, our energy veers toward a

feminine identity. We use examples from our world culture when we contact you because our world has progressed on a path very much like yours. We seek to assist your present transition, because we have family connections with you. We also have experience in crossing the many bridges in the ascension process. And deep in the many levels of your unconscious, we know you recognize that we are family. We wish you peace and joy on the miraculous journey ahead of you. ✨

# Altering Outcomes with Mental Time Travel

## Simion through Jill Mara

**W**e are Simion, the evolutionary collective. The experience of chronological time is an illusion based on the limits of perception you experience within your dimension designed to allow you the appreciation of the causes and effects of your creations. Time affords you the opportunity to learn how you influence yourself and your environment by what your consciousness dwells and acts on. As you become more aware of your soul connection with the source of creation, you will gain a new appreciation of the gift and meaning of your experience of time.

### TIME IS ILLUSORY AND MALLEABLE

When you realize the illusory nature of time expression, you will be able to manipulate cause and effect by traveling

through seemingly chronological time within your present moment. You can alter yesterday and tomorrow by your consciousness today. Your entire personal reality can be changed by traveling in time with your conscious awareness. Your past, future and present is not set in stone; something occurring in your consciousness in a future probable reality is influencing your present consciousness, just as your present energy is affecting the expression of your past, and vice versa.

When you hold on to events from your past as if they were real, you are holding yourself in a limited image for today. By re-envisioning your past memories, you can quite literally alter the past event's effect on who you are today and tomorrow. Generally your consciousness is always slightly revising your past unconsciously as you change in the present. However, you can make such revisions with focus and intention.

Think of when you have held an emotional grudge against someone from a past pain they caused you. The more you contemplate that event, the more you relive and worsen its impact on your present personality. Think of a time when, or imagine that, you forgave a past hurtful act and were able to send goodwill to the culprit. By forgiving, you infuse positive energy into the past and rewrite its influence on you in the present. Imagine taking responsibility for creating the event. By recognizing the lessons in the event, you can take the past situation to an even higher level of effect. The past occurrence

### KEY POINTS

- "The experience of chronological time is an illusion based on the limits of perception you experience within your dimension designed to allow you the appreciation of the causes and effects of your creations."
- By forgiving past hurts and sending spiritual amends to those you have affected, you can alter your consciousness in the past as well as the past of those you have affected. In this way, you can infuse positive energy into the past and rewrite its influence on you in the present while transforming the actual reality of the past.
- "You can quite literally change your course as a species by changing your past and infusing your future with light vibration. The more of you there are focusing now on altering your outcome, the more likely that your transition will be smooth and rich."

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becomes completely reformulated, from a damaging low vibration to one that offers life-affirming growth.

You may say this is merely changing your perception of the past, but we are here to inform you that, in fact, you are transforming the actual reality of the past. Firstly, as we have discussed, you must understand that there really was no definitive past in the first place. It didn't really exist as you perceive that it did. It is always an alterable illusion created by your present state of consciousness. Since you have a memory of a past and can ponder a potential future, it appears that you are what you are based on what you were. You have chosen this type of perception so that you can learn heightened awareness of how one thing influences another. What better way to acknowledge this than to see it unfold in a sequential fashion? However, you should be learning by now that every experience you have is defined by how you perceive it as you attune to the vibration of your senses. Your consciousness creates your experience, now and in the so-called past.

Why do you suppose that siblings and parents in the same family can have a completely different memory of an event that they all presumably shared? Some family members may not recall the event at all, while others have vivid memories, or vague ones, that do not match each other. They shared a collective event and then have all continually edited the occurrence as their awarenesses developed. The event has actually been changed according to each individual present. Detectives and psychologists will tell you how easily the human mind can edit a memory, and how varied the individual witness's accounts can be. This is why pinpointing details of past events can be so difficult and will be fuzzier as your consciousness moves on to other things.

Then, of course, those who are peering into the past occurrence will also influence the energy of the so-called history. The very act of trying to determine the details of the past affects the present perception and rewrites the events. Historians are in fact playing a huge role in creating the events they are studying. The act of observing is an act of creation. One's consciousness will inevitably affect the illusion of whatever reality it pays attention to in the past, present or future.

One can see how powerful an understanding of this knowledge of the illusory expression of time can be. With such awareness, your current existence and future can be completely reformed with your consciousness right now. Of course, since you are not the only conscious being on the planet, there is the influence of the collective on the history of events that involved multiple lives to contend with. The more souls that were involved in events, the more energy the illusion has in influencing the present consciousness.

As the memories fade and souls move on from your world, the events have less influence, unless the consciousness behind the event is reinvigorated by delving into the past through present observations of history. In this way, you

can surmise how the recording of, or probing into, the historical past or a news event by historians or reporters, and so on, can have a considerable effect on re-creating events and how they impact your collective consciousness today. In other words, your history is constantly being rewritten, and the present and future is affected by the editing.

### **MANIPULATING PAST CAUSES AND EFFECTS**

The present moment is also constantly editing the probable future, and the probable future is continually editing the past. All this creation is occurring on the level of consciousness, individually and en masse. The most important and the only real moment for you is now. The rest is affected by your consciousness in every passing moment. You can alter the future by changing your thinking about what you did a few minutes ago. In the future, you may have already changed it and created a different consciousness in your now. This probably appears rather complex and incomprehensible, but as you become more open to perceiving the malleability of the chronology of cause and effect, you will be more accepting of these notions—and able to navigate accordingly.

If you are already delving into creating a new self based on your soul mind's eye motives, then you will want to take full advantage of the manipulation of effects in time. You can start re-creating a past that is more conducive to your soul's growth now. Firstly, letting go of blame, grudges and painful memories by forgiving others and yourself is a powerful start. Just as you may replay and rewrite a negative action you did today, you can rewrite events of your childhood by reliving them, accepting the pain they caused, forgiving and taking responsibility for the creation of them, and then envisioning what a better reaction or occurrence would have looked and felt like.

You must feel and let go of the pain that has you attached to the past before you can accept an alternative. When you release the pain and see the lessons in the event, then you can change the past and become a new you in the present moment. The easiest situations to change are those that were largely a result of your perceptions or emotions. Basically, you can be who you are, not because of a physical action, but as a result of the emotions tied to the behavior. The guilt about something you did can affect you more than the action itself.

When your actions have had an impact on other souls, then changing your past is more complicated. You can alter your perception of the actions, which will affect you today, but the negative or positive energy that you transmitted to another may still be alive in other individuals. Therefore you must include a spiritual amends to those affected. Just as you alter your consciousness in the past, you can influence the past of those you affected by sending them positive energy. You can spend time in your thoughts rewriting their past with a positive frequency of love and forgiveness, then and now. Your consciousness regarding the event and their place in it will influence their energy through time. The

frequency you transmit from your intention about any given event transcends time and place. So what is done is not, in fact, totally done.

### **ALTERING HISTORY THROUGH RE-CREATION AND FORGIVENESS**

When you put your soul in charge, you can alter your history and re-create yourself in time. Collectively, you can re-create events that involved several individuals—or even whole nations and cultures. No matter how drastic and permanent you feel that your actions were, they have the potential to be recast in the energy fields of time so that what you experience in your present moment is forever changed. With your consciousness right now, you can change the reason why you are where you are, allowing an entirely new direction to be initiated, even if your present position depends on others. It is possible for you to infuse a higher-vibrational energy into everything that has happened and will happen in your life span—and in the lives of those who touch you in some way.

You will probably argue that there are some actions that cannot be changed—for example, if you are responsible for the physical death of another person. You think it is done and cannot be changed. And on one level, you are correct. The action of physical death has impacted that soul and those who knew the person profoundly. And even though in one probability they did not die by your hand, in your path of probable existence, they are gone. However, every aspect that surrounds the death of the person can be altered. What you do with your consciousness about this event can have a major effect on the soul of the deceased, all the loved ones left behind and your own soul's progress. In fact, by confronting your behavior and emotions, you have the opportunity to reveal an even more profound result than the physical death.

The vibration surrounding the death can become enriching for all the souls involved, instead of dark and draining. Mind you, the challenge is greater after the fact. And it would have been more beneficial to have resisted and repaired the root cause of your motive to kill the person in the first place. However, there still exists a potential to reach into the past and influence the vibration and how it affects the souls at play. An individual can change the energy of an event's inception in time to the point that he or she is found not guilty in the future and is completely absolved of a crime or negative action that he or she committed and was convicted of in a previous frame of consciousness. Basically, the vibration of history can be heightened. And parties linked to its frequency can shift the situation and actually change the events through altered consciousness.

While it may sound preposterous to you now, as your soul gains clarity, you will feel the shifts in vibrations in the fabric of time—in the past and future as well as the present. You will sense the illusiveness of the reality that time implies, and you will learn to use the ebb of light waves that transcend time. Your soul knows the events that it must

repair to gain freedom to be its best version and to widen its impact. Observing the past images that lurk in your mind is a way to begin exploring and repairing your soul wounds and assisting those you have affected.

Reviving your soul means revitalizing yourself through time and rewriting the cause-and-effect dynamics that keep you in the dark. As you see results from your soul's attempts to reguide your history, you will understand the power your thoughts and actions have through time. You will see that you can be in the flow in your present moment so that you do not have to go backward and forward trying to repair your damages. Instead you will be traveling in time to continually invigorate your life and the lives of others.

### **ALTERING FUTURE PROBABILITIES AND ENCOURAGING OUTCOMES**

We have spoken mostly of travel into the past, but you can just as easily explore the future. All the probabilities for the future of humanity and each individual can be visited with the soul's vision. And the odds for future-event fruition can be affected by the type of consciousness you inject into the possibilities. With your soul mind's eye, you can envision and sense the emotional elements of all events related to your existence, influencing their occurrences.

The events are actually happening now, from a multi-dimensional perspective. You can tap into the vibration of the event and make an impression on it. You can also decide what events you will create, from where you are now, on a personal level. Globally, you can give energy to encourage certain planet-wide outcomes. Using your soul consciousness in a directed way to affect the future is a powerful tool that you use entirely haphazardly when you allow your self-interested viewpoint to cloud your vision. So we are not speaking of merely pondering the future, but rather connecting with the frequency signatures of probable realities and using your consciousness to change particular outcomes.

This skill of manipulating events through time will be vital as you shift into the next level of density. Your practice of this skill now will influence if and how your kind will make that transition. You can quite literally change your course as a species by changing your past and infusing your future with light vibration. The more of you there are focusing now on altering your outcome, the more likely that your transition will be smooth and rich.

When you travel in your mind's eye to the probable futures of your planet, you will see various outcomes—some disastrous, some hopeful and some invigorating. You can infuse added energy to the latter and diminish the power of the former by offering forgiveness, comfort and a higher perspective for the path of most resistance. We suggest you spend less time on the path of hardship and give greater attention to that of your highest potential. You may not create the highest outcome overnight, but you will help to lead the way for the potential in that direction. This can be said both for your global probable futures and your personal potential. ✨



# Remembrance in Consciousness: You Are Spirit First

Jerhoam through John Oliver

**B**eloved souls, welcome to our consultation. This consultation is about remembering, and remembering happens in different ways. The type of remembering to which we are referring is called a “remembrance in consciousness,” which means a remembrance in feeling. In order to feel anything, you must be silent enough to register that subtle feeling. Remembrance in this context means to have a glimpse for a moment of time in which your consciousness embodies your urge to be one with existence, when your body embodies the consciousness to be one with the All That Is. Since ancient times, this has been called a “union with God.”

You have within yourself the urge to remember that you are separate from existence (or God), but you also have within you the urge to remember that you are one with God. So during these moments that we are together, be watchful of the moments just before you inhale. Be watchful just before the breath moves. Be aware of that moment, for there is no tension in that moment and there is no release. There is a pause. In that pause, surrender yourself into the feeling that you are the spirit of God, that you are light of existence. Give it a few moments of time, just before your breath is received by the nose, and let the thought live in consciousness that says, “I remember.” And behind the words, let there be the intention to honor the feeling that you are spirit first.

## COMPLETING YOUR INCARNATION

The moment that you attempt to resolve your life as “body” instead of “spirit,” you begin to operate, beloveds, within the laws of the third dimension. But when you know that you are spirit first—when you seek these glimpses, obtain them and hold them in consciousness—you come to resolve your life as spirit, and you are no longer governed by the third dimension. You open doors to yourself—doors of

### KEY POINTS

- When you consciously make the intention to know that you are spirit first, you come to resolve your life as spirit and you are no longer governed by the third dimension.
- “The fastest track to the knowledge that you are spirit is to engage yourself profoundly in loving gestures.”
- “Contemplate what your life would become, in every aspect, if you made it the mission of your life to be remembered for love.”

possibility—that are so profound that the mind cannot contain them. And you begin to surprise your mind.

When you are reacting to the density of your fear, you are forgetting your “spirit”—not forgetting that you have one, but that you *are* one. This thought must come to live in your consciousness. You must own it. And the way to own this thought in your consciousness while you are here is to hold it in the brain, in the third eye. And what are you holding there? You are holding the thought and the knowledge that “I am Spirit.” When you breathe profoundly and hold that thought in consciousness in practice, you begin to alter the chemistry of the brain. You alter it in such a way that it begins to secrete the chemical correspondence to that thought into your bloodstream. And the knowledge that “I am Spirit” literally releases a chemical that invites the body to be a greater receiver for you as spirit.

In other words, it’s completing your incarnation. Most humans are not yet completely incarnated, which is another way of saying that most humans are not yet present in the body. Rather, their body is an extension of their mind, and it moves with the mind’s whim to move, or it distracts itself as the mind distracts itself with thought. Do you permit your thoughts to enter consciously? Or instead, beloveds, do your thoughts seem to rise randomly? Do some of your thoughts seem to be against you? Are some of your thoughts self-negating? In such a moment of time, your brain chemistry is also changed. So once again, breathe profoundly. And in the brain, visualize and image the knowledge, “I am Spirit,” because if we cannot begin with that wisdom, then anything else in this wisdom will not make sense.

You, the spirit, are a grand thing. If you are clear and ask in a moment of time for your spirit to manifest greater and to manifest its greatness, and you do so with great evenness and speak it with great profundity, then it becomes greater. Even the body—the instrument of the consciousness of spirit—will follow its directive. So when you hold the thought in consciousness, not only do sweet juices flow into the blood, but the arrangement of brain cells creates a network that yields a conscious remembrance of self as spirit. And it is done so through feel-

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ing. That feeling will become so clear in moments of time that it will seem to speak to you. It will seem to give you wisdom in verbal understanding, because it is unlimited. This is very important to understand.

### **REMINDING YOURSELF OF YOUR TRUE NATURE**

You are rather used to limitations here in this dimension. We come to you to remind you that there is a way of living and existing without the limitations that are imposed on you by the laws of this dimension. This dimension is an illusion to the extent that it changes as your perception of it changes. So our first work together must be to address your perceptions. For if you perceive that you are flesh and primarily flesh, that you are a "character" and primarily a "character," then you are reinforcing another network of brain cells that will constantly remind you in your nervous system that you are not who you really are.

The moment you breathe profoundly, you must understand that in the breath, in the air itself, there is an energy that is beyond the physical element. There is a spiritual energy in all things. And when you inhale the prana, there is a most flexible prana. Call it "chi" or "energy"—call it whatever you desire to call it. It is the basic component of energy in its grand neutrality. When that energy in its blankness comes to contact the field of your thought, then the seeds that are thought become the code for directing the energy to become a particular form, and that form becomes a pattern in the brain that causes you to experience particular truths. If your truth is that you are a limited human, with limited resources and limited possibilities, then that is the reality that you are going to see. That is the reality that you are going to encounter.

When you impregnate the prana, however—when you hold the thought in your consciousness and then relax—then what is left is the "feeling." It may be only for a second or half a second, but in that moment, there is a doorway. Your mind must then just let go. In as much as it can, your mind must let go of all tension so that the thought has a chance to swim in your brain, where the sharks of your previous negativity have lived. If you hold it there, then you gradually come to remember what it is to walk as a God would walk, to breathe as a God would breathe, and to manifest as a God would manifest. There is no lack in the kingdom of consciousness. There is no lack in the kingdom of God. Your work—the "great work," as it has been termed—is to develop this instrument, the third eye, by imaging thought and supporting it with breath. And in developing that instrument, you ready yourself for more advanced work.

### **BECOMING THE MASTER OF YOUR MIND**

You cannot arrive at the advanced work without the tools. How are you going to swim a race in water if you have not learned to float? This practice of holding the thought "I am Spirit" in the third eye and bringing that thought into consciousness will seem repetitious, and if it becomes repetitious, it is because you have become unconscious and it's become

automatic. But in supporting that thought in your consciousness, you are going to find that you will float spiritually. And once you are doing that, you are able to do greater work. You are able to address the limitations and let go of the profound feeling of lack. And when you do that and have the glimpses and the moments of "I am Spirit," then in those moments, you will experience whatever seems to be beyond the mind's capacity to experience. Such things have been called "phenomena" or "miracles." You begin to truly experience the miracle of yourself as a realized, immortal consciousness, expressing through a body that has conquered death. Until then, your conquering of death is just a concept. It's just the next story of the next near-death experience.

Breathe very profoundly for a moment of time. Breathe so profoundly that it protrudes your belly you feel it in your seat. Do it through your nose. As you breathe profoundly, you gather more of the raw energy to yourself, and when you gather that raw energy to yourself, you feed on it because it is life force. It comes from an unlimited realm, so it will not become depleted, but its replenishment does not come from unconscious breath or unconscious living. Its replenishment comes in from whatever you do that is conscious. How deliberate are you? Are you a deliberate entity, or does your mind have you well under control? This is a very profound question for you.

Do you desire to be the master of your mind, or do you prefer that your mind masters you? It's a very important decision to make, because when you make the decision to master your own mind, you commit to an internal discipline, and that internal discipline changes everything in the external world. You can wait one thousand more years, and one thousand more years of hope will not transform anything. But one year of internal discipline with spirit will change everything.

### **FREELY MAKING THE CHOICE TO LOVE**

This wisdom is not easy wisdom, and the reason it is not easy is because easy wisdom says that somehow you've come to be the victim of circumstances. That is a truth that the ego desired to hold on to, because the moment that you are not the victim of circumstances, you are placed at the starting line. And the starting line is a place the ego does not

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desire to be because it means that the ego has a long way to go. That starting line is called “decision.”

Very few humans ever decide anything based on freedom. How many times have you made a decision, even on this day, based on the assumption that you are not free? If you seriously contemplate that for the next few days, it's going to rather disturb your reality. But afterward, it's going to create a most profound excitement within you. It will create a profound excitement because then you will realize that it's actually possible to come to the starting line of decision and, in that moment, create something new. It's very simple, though the wisdom is not easy. Why not? External circumstances that many seem to be the victim of can be presented as the cause of many things. And it's an easy argument to make, because how are you going to get whoever you are arguing with to turn inwardly and stay there long enough to realize that there's another reality that creates the outer reality that influences it? It's not easy wisdom. But that is why you are here. And the way you embody it is by capitalizing on those moments and glimpses of remembrance in which you are in the full sensation of the urge to be one with existence. Another way of saying it is that for moments of time, beloveds, you are willing to love.

Are you willing to freely show gestures of love? Do you desire to remember that you are spirit and that you can use thought to change your reality? The fastest track to that wisdom—listen very carefully, for it is a very secret wisdom, so secret that it's out in the open and humans fail to understand it—the fastest track to the knowledge that you are spirit is to engage yourself profoundly in loving gestures. Are you able to freely say, “I love you” without feeling that there is something wrong in that? Are you able to write that? Are you able to allow your heart to be vulnerable in the presence of another human? Are you able to be kind when it is not easy wisdom to be kind?

Gestures of the heart indicate that the heart in that being is an intelligent one. Everyone has a heart that is very profound, but some hearts are just a little dumber than others. What does that mean? “Dumb” means “numb.” And if you say in this moment of time, “All right, I've held the thought in consciousness. I've breathed profoundly, and I've singed my charkas, my spine and my organs with the fires of kundalini. I've shook, I've bloated and I have had heart attacks in the middle of the night until I couldn't stand it, and I still can't get that absolute knowledge that ‘I am Spirit,’” then the fastest track to get there is to engage in a heart practice. So be generous with your love. Be profound with your love. Be kind with your words. This practice is very important.

This has been stated to you since ancient, ancient times that the greatest of all wisdoms is love. It's true! And every gesture in love is creative. It creates all around you: It creates in your world; it creates thought forms. It creates chemistry in your body, and it creates networks of brain cells that inspire more moments of remembrance. And when you have that one crucial moment of remembrance, then you

will own the knowledge that you are spirit, and you'll begin to truly float in the spiritual ocean, so to speak. And when you begin to float in the spiritual ocean, then you have a rather more direct view of the light.

### BE REMEMBERED FOR LOVE

Acquiring the knowledge that you are spirit by remembering the urge to merge with God is the first stage of remembrance. For some, it will be straight away. For others, they will need to apply the technologies of love. And how? There is no mystery in how. Make it your mission that you will be remembered for love, that you will be remembered for kindness. It brings you the good karma, because if you are kind with existence, existence penetrates into you. It reaches back into you. And that is very awakening.

When ancient masters have said to you to love and to love most profoundly, we beseech you—and have been beseeching you since ancient times—to know that it is for the good of your own evolution. Without it, your evolution becomes rather stale. What is it that causes the spirit to ascend from this dimension and not return? Love! Love in its pure form. Not romance, but love. We know how to love most profoundly. We know what love is.

So your first homework is to begin to contemplate what your life would become, in every aspect, if you made it the mission of your life to be remembered for love. This means that you are going to have to gather enough consciousness about yourself to do something memorable—and the kindest gestures, the simplest ones, are the most memorable. You don't have to build a building, change the government or even feed a million people. You only have to open your heart. That's first. That, practiced over and over, will enhance the urge to join with God rather than to join with the destiny of the flesh world. And yes, you will still live here—you will, but you will be free. That is our dream for you. Our dream for you is your freedom. And we are here to tell you that it is your freedom that we pray for in this moment of time. It is to your mind that we beseech that you know that it is easy to become free. And once you know how, it's just a matter of doing it.

All of those who would read these words have the potential, the realistic potential, for spiritual greatness. And spiritual greatness means being all loving and free. If it is not realistic for you in this lifetime, then you could not be here, and we would not be here with you, because we do not promote wasting your time. It is for your freedom and for your remembrance that we pray in this moment of time.

So ask yourself: “How would everything in my life change if I made it my mission to be remembered for love?” When you contemplate this question, do so in the third eye just before you inhale so that the brain can grow the cells and can be in an ongoing attempt to figure that question out. As it figures it out, it will draw to you the experience of the wisdom and glimpses of how it is possible for you to become freer through remembrance. That is the key to your freedom. Most appropriate. ✱

# When Boy Meets Girl—and Turtle

Pretty Flower through Miriandra Rota

**T**hen we speak for you in this manner for the love of all that you are. There once was a child who was walking upon the pathway. And as that child was walking upon the pathway, there came to be—coming from the other direction, so to speak—another child. Both children saw each other, and as they came closer and closer, the one girl child did say across the remaining expanse, “Hello! I am walking with my turtle friend. Have you met the turtle?”

The boy child did see that, indeed and in truth, the little girl was walking right beside a turtle. The boy said, “No, I have not met the turtle.”

“Oh,” said the little girl. Then she turned to her friend, the turtle, and said, “Turtle, I thought that you had met everyone on this pathway.”

“I have,” said the turtle.

“But this boy says . . .”

“I know,” interrupted the turtle. “He says that he hasn’t met me, but I have met him.”

“Oh,” said the little girl, and she kept walking toward the boy. While she was walking, she was thinking and wondering. After a while she asked, “Turtle, how can that be? How can it be that you have met the boy, but he has not met you?”

The turtle smiled to himself. He knew the little girl would ask more questions—she always did. It was what he enjoyed the most about walking with her. “He was asleep,” answered the turtle. “I met him while he was sleeping.” He thought that answered her question, yet he did know that it was most likely she would ask another question and then another. He kept walking.

After a time, the little girl asked, “Turtle, who introduced you to the boy who was sleeping?”

“No one,” he answered.

“But then how did you meet?”

The turtle didn’t answer right away. And the turtle and the little girl reached the boy before he could answer her question.

“Hello!” said the boy as he looked to the little girl and then to the turtle. He stepped closer to the turtle and said, “I believe we have not met. I am Boy, and you must be Turtle.”

The turtle smiled within the joy the boy was spreading about him. “I am pleased to meet you,” said the turtle. “Thank you for introducing yourself to me.”

The boy turned to the little girl and said, “I don’t believe we have met either. I am Boy, and you must be . . .”

“I am the turtle’s friend, and I am a little girl,” the little girl said.

All three continued to walk together, as the boy turned and walked with the two. After a time, the little girl said to the boy, “Turtle says that he met you once before, but you were sleeping.”

“Yes,” said the boy, “I was sleeping, and I dreamed that I saw turtle.”

The little girl stopped walking and turned her wide-open eyes toward the boy. “You dreamed that you saw the turtle!”

“Yes,” said the boy. “Don’t you dream?”

“Of course I do,” assured the little girl. “But . . . I don’t remember dreaming of turtle.”

“You don’t . . .” said the turtle.

“But . . .” she began.

“You don’t need to,” finished the turtle.

The boy began to whistle, and the girl loved the sound of his tune. Still, she could not help but ask once more: “Why don’t I need to dream about you, Turtle?”

“This is the dream,” he said, “and in this dream, we are always together.”

“Oh . . .” The little girl knew she would have to think about the turtle’s answer. But for the moment, the boy’s whistling called to her, and she began to skip and dance in time with his melody. After a while, she asked, “Boy, have you dreamed of me before?”

“Yes,” he said and smiled a big smile.

“You have?” she asked, surprised at his answer.

“Yes,” the boy repeated. “I am dreaming of you right now.”

Before the little girl could ask another question, the turtle said, “It is a good dream.”

“Yes,” said the boy, “I have had it many times, and each time I introduce myself to you, Turtle. I hope one day we both remember who we are.” He skipped a little step and added, “Turtle, can you have more than one friend?”

“I do have more than one friend,” answered the turtle.

“Good,” said the boy. He wasn’t one to ask many questions, and the turtle did enjoy this boy. Of course there was the little girl, and her questions were enough to fill the dream. It was her way and how they journeyed together.

“Turtle . . .” she began.

The boy whistled, the little girl asked her questions, and the turtle allowed his heart to be filled. It was a good dream. It always was.



That is your story, beloved ones. Blessed be you and blessed be your wantings to assist the many. Remember that you are loved and that such assistance comes forth for your benefit also. Never are you alone. Never are you without assistance. Always are we with you. Remember to receive, beloved ones, remember to receive. \*





# 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.

## State Your Passion And Hold Strong

Stephanie Clement

**S**ome people say that all emotional and spiritual growth comes through contact with others. The idea behind this statement is that interaction provokes you to think more deeply and consider your feelings and behaviors more carefully. Other people insist that your deepest emotional and spiritual growth comes from looking within yourself. There you find your personal demons as well as your personal connection to the collective unconscious, the universe or God/Goddess.

I am a firm believer in both paths to soul growth. How we treat others is a reflection of how we see ourselves. I find that, like the ancients, I need a “refresher” from time to time. Ever so often, I find myself thinking or expressing what I consider to be surprisingly negative thoughts. I don't mean the everyday sort of negative thoughts. I mean thoughts that essentially reflect a less-than-desirable view of myself or the world. Bigotry is an example of this kind of entrenched belief or thought.

### CELEBRATIONS OF RENEWAL AND REBIRTH

How do we love our neighbors as ourselves, as Christianity and Judaism teaches, or pursue the path of right thought, espoused in Buddhism? How do we get back on the right path once we have strayed? Historically, the calendars of all cultures are salted with dates for just such endeavors. May provides a look at several such religious celebrations.

Christians celebrate Pentecost, the time when the Holy Spirit is said to have come to the disciples in fire and wind. This is traditionally the date for the rite of confirmation in the Catholic faith. Pentecost occurs forty-nine days after Easter, so it's always on a Sunday—this year on May 23. I am reminded by this number of the forty-nine days of prayer recommended for Buddhists after a loved one has passed on and may be reborn.

In Japan, the celebration of the Aoi festival takes place on May 15. This festival originated as a Shinto religious ceremony. After disastrous wind and rain, the emperor went to the shrines of Shimo-

gamo and Kamigamo to offer supplications. Today the two main figures in the celebration are a male on horseback who carries the emperor's offerings and the Saio-Dai, an unmarried, ritually purified female who represents purity.

The May 1 celebration of Beltane originated in Europe and marks one of two dates when we are said to be able to establish a connection to the otherworld more easily. Beltane celebrates the marriage of the goddess to the god—the basis for all creation. May Day celebrations are held in many countries on this date. They often mark the time when seeds have been planted and prayers for fertility are made.

Other religious holidays include the ascension of Christ, the Ascension of Baha'u'llah, Trinity Sunday, and Shavou'ot. All these festivals and many more share a common thread of birth, death and rebirth. They all help us to focus our hearts and minds on the potential for birth, fertility and purity. May 2010 provides a number of astrological cues for thoughtful interactions with other people and for personal meditation and prayer. As we feel spring turning toward summer in the northern hemisphere, we can all benefit from connecting with friends and family, observing nature bursting forth in all expressions of new birth, and giving thought to how we can each grow our own soul this year.

### PAIRING OF THE PHYSICAL AND SPIRITUAL IN THE FIRST WEEK OF MAY

May 1 is marked by the Saturn quincunx to Neptune. Especially for those of us who have planets at 28 or 29 degrees of any sign, but for everyone else as well, this aspect sets a tone of adaptation to conditions. Saturn, the lord of karma, represents skillful action in the material world. In Virgo, Saturn is perhaps even more grounded in the practical details of daily life. Neptune in Aquarius, in contrast, represents subtle energies that often float just beneath the level of consciousness. Strange powers of attraction draw seed-

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ASTROLOGY FOR SOUL EVOLUTION

lings toward the Sun and excite all of nature to produce or reproduce.

Neptune is the planet associated with the development of psychic powers. Soul life is reflected in Neptune's position as well. Devotion to one's teacher or to transcendent values complements profound compassion for self and for all living things. Neptune connected with Saturn suggests rich potential when we pair intelligent activity with active devotion. May 1 and the days following mark a time when we all may desire to express compassion in work, social and family situations.

This period is marked by intense physical and emotional desires on the one hand and intense spiritual aspirations on the other. The religious celebrations I have mentioned share the power of both equally. The balance between what humans can do to ensure the supply of what they need and the soul's search for those things we are powerless to manage alone is richly portrayed in May religious festivals.

On May 7 Venus forms a sextile to Mars. Here is an astrological pairing we can all appreciate! Female and male ener-

gies have the opportunity to work together more smoothly. Venus in Gemini looks forward to Mars in Leo, linking compatible air and fire signs. Therefore, although this aspect can be one of magnetic physical attraction and passion, the signs suggest thoughtful knowledge and fiery psychic inspiration of just the sort we find in the festivals for May.

### PERSONAL REVELATIONS IN THE SECOND WEEK OF MAY

If we are not already juiced up for the month, this week Mercury ends its retrograde period and moves forward on May 11 in Taurus. Mercury retrograde periods are fraught with incidents that reveal our past errors of commission and omission. Sometimes we can laugh off these moments, but other times we are hard pressed to get through them. If you have planets at 2 or 3 degrees of any sign, then this Mercury station will very likely hit you a bit harder than others have. Expect communications concerning practical matters to be "up front and personal" for you the first few days of this week.

## DAILY ASPECTS — May 2010

**May 1** Moon trine Mars, Moon semisextile north node, Moon square Jupiter

**May 2** Moon sextile Neptune, Moon square Saturn, Moon square Uranus, Moon void of course, Moon enters Capricorn, Moon sextile Chiron, Moon conjunct Pluto, Moon trine Mercury, Saturn quincunx Neptune

**May 3** Moon quincunx Venus, Moon trine Sun, Mercury trine Pluto, Moon quincunx Mars, Moon conjunct north node

**May 4** Moon sextile Jupiter, Sun square Mars, Moon trine Saturn, Moon semisextile Neptune, Moon sextile Uranus, Moon void of course, Moon enters Aquarius, Moon semisextile Chiron

**May 5** Moon square Mercury, Moon semisextile Pluto, Sun trine north node, Moon trine Venus

**May 6** Moon opposition Mars, Moon semisextile north node, Moon square Sun, Mars quincunx north node, Moon semisextile Jupiter

**May 7** Moon quincunx Saturn, Moon conjunct Neptune, Moon void of course, Moon semisextile Uranus, Moon enters Pisces, Moon conjunct Chiron, Venus quincunx north node, Moon sextile Mercury, Moon sextile Pluto, Venus sextile Mars

**May 8** Moon sextile north node, Moon quincunx Mars, Moon square Venus, Moon sextile Sun

**May 9** Moon conjunct Jupiter, Moon opposition Saturn, Moon semisextile Neptune, Moon void of course, Moon conjunct Uranus, Moon enters Aries, Moon semisextile Chiron

**May 10** Moon semisextile Mercury, Moon square Pluto

**May 11** Moon square north node, Moon trine Mars, Moon sextile Venus, Moon semisextile Sun, Mercury stationary direct, Moon semisextile Jupiter

**May 12** Moon quincunx Saturn, Moon sextile Neptune, Moon void of course, Moon semisextile Uranus, Moon enters Taurus, Moon sextile Chiron, Moon conjunct Mercury, Moon trine Pluto

**May 13** Moon trine north node, Moon square Mars

**May 14** Moon semisextile Venus, Moon conjunct Sun, Moon sextile Jupiter, Moon trine Saturn, Moon square Neptune, Moon void of course, Moon sextile Uranus, Moon enters Gemini, Moon square Chiron, Moon semisextile Mercury, Moon quincunx Pluto

**May 15** Venus semisextile Sun, Moon quincunx north node, Moon sextile Mars

**May 16** Moon semisextile Sun, Moon conjunct Venus, Moon square Jupiter, Moon square Saturn, Moon trine Neptune, Moon void of course, Moon square Uranus, Moon enters Cancer, Moon trine Chiron

**May 17** Moon sextile Mercury, Moon opposition Pluto, Venus square Jupiter, Moon opposition north node

**May 18** Sun sextile Jupiter, Moon semisextile Mars, Venus square Saturn, Moon trine Jupiter, Moon sextile Sun, Moon sextile Saturn, Moon semisextile Venus, Moon quincunx Neptune, Moon void of course, Moon trine Uranus, Moon enters Leo, Venus trine Neptune, Moon quincunx Chiron

**May 19** Sun trine Saturn, Moon square Mercury, Moon quincunx Pluto, Sun square Neptune, Mercury trine Pluto, Venus square Uranus, Moon quincunx north node

**May 20** Venus enters Cancer, Moon conjunct Mars, Venus trine Chiron, Moon quincunx Jupiter, Moon semisextile Saturn, Moon opposition Neptune, Sun sextile Uranus, Moon quincunx Uranus, Moon void of course, Moon square Sun, Moon enters Virgo

**May 21** Moon opposition Chiron, Moon sextile Venus, Sun enters Gemini, Moon trine Pluto, Moon trine Mercury, Moon trine north node

**May 22** Sun square Chiron, Moon semisextile Mars, Moon opposition Jupiter, Moon conjunct Saturn

**May 23** Moon quincunx Neptune, Moon void of course, Moon opposition Uranus, Moon enters Libra, Moon quincunx Chiron, Jupiter opposition Saturn, Moon trine Sun, Moon square Venus, Moon square Pluto, Moon quincunx Mercury

**May 24** Moon square north node, Venus opposition Pluto, Moon sextile Mars

**May 25** Moon semisextile Saturn, Moon quincunx Jupiter, Moon trine Neptune, Moon void of course, Moon quincunx Uranus, Moon enters Scorpio, Moon trine Chiron, Moon quincunx Sun, Moon sextile Pluto, Moon trine Venus, Moon opposition Mercury

**May 26** Sun quincunx Pluto, Moon sextile north node

**May 27** Moon square Mars, Moon sextile Saturn, Moon trine Jupiter, Moon square Neptune, Moon void of course, Moon trine Uranus, Moon enters Sagittarius, Moon square Chiron, Moon semisextile Pluto, Moon opposition Sun

**May 28** Uranus enters Aries, Moon quincunx Venus, Jupiter semisextile Neptune, Moon quincunx Mercury, Moon semisextile north node

**May 29** Moon trine Mars, Moon square Saturn, Moon sextile Neptune, Moon void of course, Moon square Jupiter, Moon enters Capricorn, Moon square Uranus, Mercury trine north node, Moon sextile Chiron

**May 30** Moon conjunct Pluto, Moon quincunx Sun, Saturn stationary direct, Moon opposition Venus, Moon conjunct north node, Moon trine Mercury

**May 31** Venus opposition north node, Neptune stationary retrograde

Next, the Moon conjuncts Mercury to highlight logical thinking and patience. Mercury is still barely moving, and the Moon brings emotions to the surface in a big way! Only in the mix of thinking and feeling do we discover meaning. The soul has its own way of finding logic in feeling and injecting feelings into reason and logic.

### DEEP HEALING IN THE THIRD WEEK OF MAY

As the Sun enters Gemini and Venus enters Cancer this week, Venus and Mars shake up the status quo by drawing Mercury, Jupiter, Uranus and Pluto into a maypole dance of energies. Like a train steaming down the track, will and power lead us into action, whether we seek this consciously or not. The more consciously we all use our wills, the more effective we are. Therefore it pays now to listen to the voice within us that expresses the soul's deepest desires—and to follow that voice.

Deep healing is possible now when we voice our desires without applying pressure to get our way. The greatest power comes from stating our positions and then simply holding strong in a relaxed way. Once you take your seat of power, I

was once told, no one can move you from it without moving the entire planet! Just make sure the seat you take is the one your soul chooses.

### REALITY CHECK IN THE LAST DAYS OF MAY

This week we all may feel that we narrowly miss connections that could clarify our challenges and show us where and how to adapt to them. Early in Sunday, we get a powerful dose of reality and the accompanying emotions. As the week goes on, that crystal clarity may fade a bit. If you want to remember, take notes and even draw pictures to express your feelings.

Jupiter opposite Saturn suggests that business and finance may be hot topics. Venus opposite Pluto on Sunday suggests that persuasive arguments make us aware of what needs to happen. Uranus entering Aries suggests major changes in the air and that some of the changes are a bit fanatical for a while. With Saturn turning direct and Neptune turning retrograde on the last two days of the month, we can expect additional focus on practical matters (which move ahead) and mystical matters (which we review now in order to digest them more fully).

## Weekly Forecasts for May



**May 1-7:** Not only do we start this week with Saturn quincunx Neptune, but there are three other quincunxes! Plan this week to make adjustments in social relationships, creative activities, financial matters, and in the private exploration of your own being. The soul responds to the demand for adaptation in its own way. Sometimes others will ask you to make changes, but you decide that is neither appropriate nor wise. Instead, you reflect on the situation and find a way to accede without seriously compromising your beliefs. Self-esteem increases this week as you participate in social activities associated with the Sun trine north node in your Tenth House. This aspect is backed up by the Uranus semisextile Neptune, still a major factor in your capacity to meditate. Listen to your own intuition and act according to your psychic sense of the proper path.

**May 8-14:** An older individual offers solutions to problems encountered in group activities and also in your own meditation. You become aware of the karmic implications of the work you have been doing recently. Perhaps you discover past-life connections to your current situation. With Saturn retrograde in your Sixth House, you personally gain a great deal from any service you provide to others. At the moment, it may feel like a lot of work. In the long run, however, you will receive far more than you give right now. Take time to write about anything that comes up about the past. You may make strong connections later.

**May 15-21:** This week your power centers on two areas: First, you desire to attract others to your way of thinking with words. Venus in your Third House focuses this desire as you challenge lessons you learned long ago and may want to rethink now. Second, your extrasensory abilities respond in all situations in which authority figures define the rules. You may identify ways that psychic healing can affect your work envi-

ronment. Venus and Mercury are in each other's signs, allowing you to use oral expression of knowledge and also practical action to achieve results without coercive tactics.

**May 22-31:** A good question to ask yourself is, "How may I use my voice to benefit myself, other people and the planet?" A firm answer, at least for now with Pluto in your Tenth House, is to focus your efforts on finding opportunities to link with other people to amplify your intuitive and psychic senses. This energy returns to the Sun in your Third House in the form of greater opportunities to communicate clearly. The cycle continues all week, and you will carry the ability forward to the extent that you practice it now. Blend factual information with psychic messages to convince others.



**May 1-7:** Your self-esteem grows this week because you find ways to adapt to social situations with grace and enthusiasm. Venus and Mars both form quincunxes to the north node in your Ninth House, suggesting that transcendent values are the keynote in your decision-making process. Mars quincunxes a star in Pisces that marks the spot for a meteor show around May 5. At this time, you are drawn to people who share your values and who encourage you to build a home that embodies those ideals in its furnishings and activities. Practical decisions made now provide a foundation for your future.

**May 8-14:** To get the most out of this week, point yourself in the direction of creative activities—possibly with an older person to teach you—and you can't go wrong. The details are important now, so pay attention to each step of whatever processes you engage in. Simply gaining concrete knowledge about how to do things increases your self-esteem, even if you don't reach the final stages of completion. You know that you will be able to do this again and that it will be faster, easier and more

## MAY ASTROLOGICAL REPORT

elegant the next time. Interestingly, you also benefit from telling coworkers about your creative process.

**May 15–21:** As you roll down the track of life, apply your power in the direction you want to go. Pluto in your Ninth House trines Mercury, suggesting that staying on track is easier when you talk about your basic requirements and let transformation occur in its own time. With Neptune, Chiron and Jupiter all in your Eleventh House, your psychic connection to a group provides leverage as you express your values and try to convince others to do things your way. Use intuitive insights to guide creative invention or intervention. You hear plenty of feedback as soon as you take action. Don't give in too quickly to what amounts to whining. Respond to needs, not to whims.

**May 22–31:** Early on Sunday, Mars in Leo journeys by himself through your Fourth House without forming any aspects. You can centralize your energy to project great joy to everyone around you. Please do so. Your core values find expression as you choose new areas of study—you actually teach as much as you learn! Any new topic can be easily absorbed. Later on Sunday the Moon forms a semisquare to Mars, reflecting the internalization of knowledge for later use. Although these aspects occur on Sunday, they carry through to set the tone for your week's activities.



**May 1–7:** Choose to express compassion each day. With Neptune and Chiron close together at your Tenth House, you have a powerhouse of healing energy and compassion to share with others who really need it. Venus in your First House reflects the way you draw people to you who ask for help. You can then use Mars in Leo in your Third House to infuse energy and healing words into every interaction. This week you also find that your intuition and psychic sensitivity allow you to sense social currents and flow with them smoothly and naturally.

**May 8–14:** You may feel that the world is looking right at you and pointing out any flaws in your personal life, your household and even your approach to your career. In reality, not everyone is focused on you. They have their own issues. However, this is a good time for you to examine your feelings about being in the spotlight. You may spend extra time with any written effort—even the briefest email can carry profound meaning now. As Mercury in your Twelfth House moves forward more quickly, your intellect gets back on track, retaining a strong intuitive component.

**May 15–21:** There is no way to ease into work this week. Household issues demand attention and your public calls as well. Prioritize on the practical level, but also use psychic means to discern what is needed. Use all of your social skills, even if you only need to write some emails. Your attitude is readily evident with Venus in your First House squaring Jupiter and Uranus on one hand and Saturn on the other. Stick to facts for the best results. Play out extra line so you can catch the fish you want. With Jupiter in your Tenth House and conjunct Uranus, whatever happens turns out a lot better than you initially expect.

**May 22–31:** With the Sun in your sign and aspecting Jupiter, Uranus, Chiron, Neptune and Pluto closely, you discover a talent for building bridges between yourself and the world, or you hone this talent so that it becomes a finely calibrated tool

in your spiritual arsenal. Imagine this as a suspension bridge that hangs from two pillars: one involves wisdom concerning society's ritual behaviors, and the other involves your transcendent capacity for compassion that fuels healing talent. With Pluto in your Eighth House, healing becomes transformation for anyone you touch.



**May 1–7:** When other people pointedly provoke you with practical arguments, take in the content of what they say. With Venus in your Twelfth House, you will be affected, so consciously listen to what is said and then let your inner voice do the talking for you. What comes out is an adapted version of what you might have said if you had not given it some thought, yet your words reflect your soul's best cooperative attitude truly. Candid replies need no cutting edge to be effective. Mars in your Second House powers enthusiasm that comes from your stable base of inspiration and compassion.

**May 8–14:** People you have not seen or heard from recently get in contact and ask pointed questions. They may seek your help with serious matters of their own. You have the facts they need and the common sense delivery to convey the message in a way they can understand. In addition, images and messages emerge from your subconscious in the form of dreams or visions. With Venus in your Twelfth House, your psyche tunes in to receive knowledge through direct transmission from a higher source. You may be drawn magnetically to certain metals or stones—particularly copper. Holding a copper object in your hand could aid in understanding.

**May 15–21:** Venus in your Twelfth House squares Jupiter, Uranus and Saturn now, suggesting a dynamic balance of demands coming from a public source. You feel responsible for relearning when you find that the rules have changed. You also feel fortunate to be in a position to accomplish this primarily in solitude, where you can work out the details logically and reveal your findings later. Healing flows into you as you grasp the material you study and put it into a rational framework that suits your personal values. You can then output compassion along with any other message you choose.

**May 22–31:** This week you perceive renewed balance within your being. Uranus enters your Tenth House by the end of the week, signaling a shift toward profound insight. With Jupiter close behind, this wisdom promises to provide very fortunate avenues for expression in romantic and other relationships. Saturn turns direct in your Third House on May 30, re-emphasizing the karmic resolution that has occurred recently in your life. You appear poised to release old burdens and stride forward in the direction you set for yourself as recently as three weeks ago. The basis for your success this week includes the power to express yourself and the personal magnetism to convince others.



**May 1–7:** The May meteor shower in Pisces shows the direction of inspiration for rebirth within your heart and mind. You have all the enthusiasm you need with Mars in your First House. Use that energy to adapt your intensity level to suit the needs of coworkers and other people who can use a dose of your compassion



and healing energy now. The Saturn quincunx to Neptune suggests that the direction your psychic energy takes depends on how well you understand the changing career desires of others and how they affect your own financial position. Your guidance comes from that distant Pisces source and stimulates more creative verbal responses.

**May 8–14:** This week you may find yourself thinking more about other people's needs than your own. Group social activities put you right where you need to be to hear what is happening and to the practical information you need to make strong decisions. With Mercury in your Tenth House stationary and squaring Uranus's companion Miranda, you get clear communication not only from other people but also from higher sources that inspire both heart and mind. Measure increasing spiritual awareness by the ease you experience in handling mundane matters each day.

**May 15–21:** With the Moon conjunct Venus in your Eleventh House, your challenge this week may be to deliver factual information without the slightest hint of emotional investment, even though you are seriously committed to outcomes. Questions about other people's resources deserve answers. You can use Saturn retrograde in Virgo to your advantage by fielding queries and gathering all the facts—particularly those details that others are bypassing in favor of the big picture. Right now, the details reveal how conditions may tip in your favor if you are patient.

**May 22–31:** Choose your communication style carefully this week. With Venus in your Twelfth House opposing Pluto, there is a lot of tension between power issues at work and harmony issues in private. Maintain your contemplative routine, regardless of pressures from others. That way, you achieve balance within yourself before you go out to challenge the rest of the world. As you go through the week, you very likely will get past any real power struggles. When Saturn begins direct motion again on May 30, you will perceive some lucky changes of mind that boost feelings of self-worth.



**May 1–7:** As you revisit practical considerations, as indicated by Saturn retrograde in Virgo in your First House, you find that the needs of significant others respond to just this kind of grounded energy. In addition, Mars in your Twelfth House suggests that enthusiastic help comes from your soul in the form of fiery inspiration to answer the needs of children or creative partners, as indicated by the north node in your Fifth House. Your energy flows freely now if you can respond to others without excessive emotional reaction. You will feel emotions, yet you will also feel the ground beneath your feet as you rely on what you have previously learned.

**May 8–14:** Significant others come to you this week for two specific reasons: They need help from you, and they want to discuss responsibilities—yours and their own. For your part, you are more focused on career or social activities that require your presence. You may need to give a speech or take part in a ritual. You may travel some distance to perform these roles. Taking care of these seemingly incompatible demands on your time will be no simple task. Now is the time to prioritize carefully and take care of old business before you begin new projects. Retrograde Saturn in your First House actually helps with this.

**May 15–21:** With Saturn retrograde in your First House, you need to review your assignments ahead of time and determine which responsibilities have highest priority. Intelligent activity right now includes the use of your psychic resources to gain an understanding of your partner's needs. With Chiron just entering your Seventh House and sextile with Mercury and Pluto, you can provide a direct channel for healing energy through your words and creative actions. Boost your potential by first securing your foundation of pertinent facts, and you can then affect the healing process very positively.

**May 22–31:** With the Sun in your Tenth House quincunx Pluto, you face questions right out in the open and rely on your creative power to respond. Practical adaptations are needed. It is possible that physical strength or a lack of it will have to be accommodated in order to make everything work as you would like. With Chiron in your Seventh House now, you have chances to work with a partner to get the most out of your creative inspirations. The Sun sextiles Jupiter and Uranus, indicating that there is a strong element of luck in activities that actually began last week. Choose allies carefully this week.



**May 1–7:** Saturn rests just behind the scenes in your Twelfth House, providing a useful review of skillful means you have developed recently to cope with demands at work. You find that subtle effort gains you as much or more ground than blatant demands. Show your enthusiasm in group activities, as indicated by Mars in your Eleventh House, but resist the temptation to counter demands of others with a stubborn leadership style. Use Saturn as a stepping stone from the depths of your own psyche into the world of skillful interaction with others. This week you gain less social recognition but greater personal satisfaction.

**May 8–14:** Messages from teachers or masters come to you in the form of dreams this week. Even if you don't remember the dream content, you will very likely feel the presence of angels or other beings close around you. They are working to deliver awareness. How you respond depends on transcendent themes in your own life. They ask you to adjust your course—as little as five degrees—to gain the capacity to heal yourself and others. This is a time to identify practical means to achieve major changes. You will continue to use what you learn now for a long time to come.

**May 15–21:** Your sensitivity to messages from distant locales or even stars is amplified this week with the Moon and Venus in Gemini on Sunday. In addition, Saturn opposite Jupiter and Uranus speak volumes when you enter the calm, quiet space of meditation and rest there. You may get details of a picture that is not so clear as a whole. Allow the information to enter your consciousness, and the picture will resolve. A dream may provide ultravivid images to round out the message. Pay close attention to the language of your dreams.

**May 22–31:** Begin with your own bottom line this week. With Pluto in your Fourth House sextiling Neptune and Chiron, you have the power to integrate psychic abilities into every activity. In effect, you have an internal monitor that guides your steps without much pressure so you can perceive and grasp opportunities that might ordinarily elude you. If you are in charge of a social event, think carefully about refreshments.

## MAY ASTROLOGICAL REPORT

Provide more than you ordinarily would, and be sure to include healthy options. The natives may not be restless, but they will definitely be hungry!



**May 1-7:** Because you get lots of time in the public spotlight this week, you need to draw upon all the creative inspiration you can get from Chiron, Jupiter and Uranus in Pisces in your Fifth House. Associates ask practical questions, and you enthusiastically respond. Whatever you do, it causes creative ideas to flow out of your heart, enriching your life to the extent that you can adapt to what others require. Intimate relationships thrive on the flow of love. With Saturn in your Eleventh House, practical responses to circumstances benefit creativity and help any children in your life.

**May 8-14:** Your creative potential can focus this week on responsibilities within a group. You have the task of managing details that no one else wants to address—and frankly, few people have the skills for. The key to success now is your ability to accept challenges from partners to step up your intuition. Deeper insight takes you past the obvious into a whole new realm of supposition and vision. The Moon conjuncts Jupiter in your Fifth House early this week, illuminating your potential to create expanded applications for your own talents and for the skill set your group brings to the table.

**May 15-21:** With the Moon conjunct Venus in your Eighth House at the beginning of this week, your emotional focus is on transformation. Something definitely needs to change. Your challenge is to consider intuitive insight on the one hand and factual details on the other. Don't take irrevocable action until you see how these seeming opposites fit into your spiritual plan. With Mercury in your Seventh trining Pluto, a partner may provide just the right words to make your message acceptable to others. Choose compassion over a hard sell. Your message can then be accepted for its truth and power more easily.

**May 22-31:** This week, you are sailing along in a craft that tilts and shifts with every wave of power that comes from other people. Pluto in your Third House is part of a pattern that includes Neptune, Chiron, Jupiter, Uranus, the Sun and Venus. You make remarkable gains when you evaluate factual input and emotional tone carefully before making a move. The Jupiter-Uranus conjunction in Pisces suggests that intuition provides valuable insights, so remaining open to the vibes around you will be most helpful. Health issues become clear when you share your impressions.



**May 1-7:** With the Sun in your Sixth House, you may find that you need all your intuitive powers to handle the demands of work and service to others. In addition, you might benefit from time at home in solitude, if for no other reason than replenishing your own physical strength. With Chiron newly come into your Fourth House, you can use extrasensory healing abilities effectively, especially when you focus your skillful means to manage the details of situations while others handle the bigger picture. When you need encouragement, look to the heavens—especially late at night.

**May 8-14:** Mercury returns to direct motion in your Sixth House, signaling forward movement at work and in health

matters. Stress coming from a partner may challenge your personal insight about what can bring healing to a difficult situation. Although multiple planets in your Fourth House induce you to remain at home, Saturn in your Tenth House indicates responsibilities on the social level. You need to strike a balance among these pressures by following psychic messages that come through Miranda, the companion to Uranus. As you listen, you learn just how much force to apply in any direction.

**May 15-21:** Uranus at 29 degrees in your Fourth House causes obsessive attention to insights that you know are very important, but you don't quite understand them fully. If you can't gain clarity on your own, you may want to write down your impressions and then consult a psychic associate who may see past the details to provide an overall assessment. Ask a significant person in your life to listen in or provide his or her insights. With Venus in your Seventh, that other person may have factual information that fills in gaps in your psychic perceptions.

**May 22-31:** This week you hold the enviable position of moving forward according to your own plan without too much upset. Oh, there will be issues to deal with, particularly from a partner who may question your choice of words, even when agreeing with you on fundamental considerations. You feel that maintaining control over cash flow is essential. You find ways to repair things or solve problems that require very little cash. In the meantime, an associate or partner resolves a problem that arose last week. By May 30, when Saturn turns direct, both of you feel a sense of accomplishment.



**May 1-7:** The Sun in your Fifth House illuminates all creative activities this week. Communication provides all sorts of chances for you to draw your audience into your drama so you can reveal your message comfortably and confidently. With the north node in your Fifth House aspecting both Mars and Venus, you have the capacity to recall relationships from previous lives. Use the feelings you recall to fuel your personal efforts now. Uranus and Neptune in mutual reception provide a solid base for any artistic efforts you choose. An older individual places your work where others may see it.

**May 8-14:** Saturn retrograding in your Ninth House signals a period of regrouping where education is concerned. You may feel you need more information concerning psychic healing. Increase your awareness in this area through reading and possibly studying with an elder who has a firm grasp on the minutiae of the subject. This way you can identify the very subtle forces that surround you. Awareness increases to the point that you can sense psychic energy flowing through your body more easily. You also sense the ambient vibrations in work situations as if through sound.

**May 15-21:** The creative potential in your verbal expression is strong now with Mercury in your Fifth House trining Pluto. Jupiter and Uranus line up to act as strong allies as you formulate your thoughts concerning intuition. They act as a fortunate challenge to balance your core beliefs against your desire to get your own way through the use of language. Uranus isn't into your Fourth House just yet, so you may feel a bit compulsive about moving your ideas forward. Take a deep breath—or two! Although you feel a strong sense of urgency, you actually benefit from awaiting a natural intuitive impulse.

<p><b>May 22–31:</b> Jupiter and Uranus in your Third House are opposite the Moon and Saturn on Sunday, providing greater awareness concerning your personal ideals and how to communicate their importance to others. As the Moon moves away quickly, the emotional charge around core beliefs lessens early in the week. You are then left with the need to teach others—or at least to explain why you feel such a strong sense of personal responsibility. Overall, you feel fortunate that you can depend on sources of wisdom that speak to you through dreams or during meditation.</p>	<p>the week, you might connect with a female who has just the connections you need to get a project under way. Take advantage of this connection, and remember to offer thanks for any help you receive. Later in the week when Saturn turns direct, you will become the giver and help someone else, so the energy exchange is part of a beneficial flow.</p>
<div data-bbox="115 485 253 604" data-label="Image"> </div> <p><b>May 1–7:</b> Passions take over your conscious awareness this week. Love is at the center of your creative efforts, so allow those feelings to arise from within your soul. Associates seek private counsel, and you provide enthusiasm and optimism in support of their plans. Devote extra time to contemplation now. You benefit from the peace and tranquility, and you benefit others when compassion rests in your consciousness. Now is the time to heal any injuries or emotional exhaustion so you can be at your best in the coming weeks. As you rest, you also release psychic impressions into conscious awareness.</p> <p><b>May 8–14:</b> If you have been wondering about your psychic attunement to circumstances outside yourself, you now gain a more grounded sense of what is happening. In particular, you identify karmic ties to one or more persons who are close enough for you to easily sense their moods. This is the time to allow compassion to arise for associates and for everyone you meet. As you do this, you resolve old karmic patterns and move into a new emotional-spiritual space where you discover joy in every conversation and where you can express your talents much more freely.</p> <p><b>May 15–21:</b> With the Moon and Venus in your Fifth House on Sunday, children or acquaintances who share artistic talents similar to your own ask you to aid them in projects that ultimately challenge your mental capabilities. Throughout the week, you feel a flood of intuition that you can use to support everyone's efforts. However, you will have to stop, sit, meditate or find some way to pay attention to those insights that may come very quietly into your awareness. Take personal time every day this week—if only for a few minutes each morning—to clear your mind.</p> <p><b>May 22–31:</b> Last week you meditated. This week, with strong aspects among Saturn, Jupiter, Uranus and Neptune, you take action. The Sun travels through your Fifth House, providing a foundation of creative ideas to work with. Early in</p>	<div data-bbox="792 365 930 485" data-label="Image"> </div> <p><b>May 1–7:</b> Partners and work associates look to you for magic solutions. Guess what? You have magic in the form of a more direct access to your intuition and psychic powers this week, so you can and will solve problems with unique suggestions and less personal effort than you would have thought necessary. At the same time, issues arising on the home front achieve resolution through the help of friends or a group you consult. There could be a document involved. Read the fine print so you understand it fully, and then let your heart make the final decision.</p> <p><b>May 8–14:</b> If you have doubts about your healing capacity—either for yourself or for healing others—take time this week to measure your progress. With Saturn retrograde in your Seventh House, you can enlist the aid of a partner or older individual who will list the seemingly insignificant accomplishments that add up to major forward movement. You gain awareness of your intuitive capacity, and you realize how fortunate you are to have this wisdom at your disposal. A female causes tension in your household, challenging you to make even better use of your intuition.</p> <p><b>May 15–21:</b> This week you may feel yourself pulled in two very different directions. With Jupiter and Uranus in your First House, there is an underlying element of luck in everything you do, but you may not see that side of things. Saturn in your Seventh House draws your attention to the responsibilities placed on a partner or special friend. You feel that you must participate by providing information that is lacking at the outset. Do your research, check facts, and then weigh in on the issues. A group of individuals can get a lot more done now by acting together.</p> <p><b>May 22–31:</b> As the Sun enters your Fourth House, you benefit from considering your core beliefs and how they impact your participation in a group of powerful individuals. Does this group support your values? The answer may seem obvious, yet you gain information by listening carefully to what individual members have to say. Opportunities for group action include potential healing. Just be sure you see through the fabric of glamour to the deeper motives or possibilities. Your psychic senses are alive and well this week, so this should not be difficult to accomplish. ✨</p>

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# Creating the Right Vibration

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 as such:

**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.

**M**ay (26/8) provides you with easy, free-flowing environmental energies that will bestow abundance in your life. These energies will be full of cooperation and compatibility so that you can investigate and examine any details that arise, often spontaneously, in your material affairs to make sure they fit with your vision. Your challenge is to take responsibility for the good things in your life without guilt or embarrassment. Remember that you created them too. Although much occurs spontaneously, you need to be on your toes so that you can act on the things that bring you your rewards and your vision under this influence. The goal is to create—in thought, desire and action—the "right" vibration to manifest on the material plane in order to reap your rewards.

**MAY 1, 2010 (27/9)**

You now move into the middle month of the harvesting cycle in which you examine what you've learned about your-

self as an individual and yourself in relationships and decide what parts of that you want to manifest into your life. This vibration is very just and wise and has the ability to maintain peace and harmony—necessary conditions for the new paradigm to manifest. Your insights, deep love and spiritual understanding of humanity give you opportunities to develop your ideas and bring them into manifestation. Your goal is to set yourself on a firm foundation of universal love, unfolding brotherhood, balance, humanitarianism and beauty.

**MAY 2 TO MAY 8, 2010 (19/10/1)**

The energies this week are those of a karmic destiny force, which you have chosen and cannot be avoided, evaded or ignored. To successfully proceed through this week, face every opportunity presented to you, whether you like it or not. Rely on that firm foundation of yesterday, and you will be able to face anything. Every situation will require you to surrender your life and link it to universal life—to your highest ideals of the physical.

You start the week with your intuition and inner wisdom bringing you ideas and visions for the new way so that you can imagine everything into physical form. You then move to the first of three days this week with master vibrations to connect to your spirit's knowing and higher guidance, giving you directions about staying in balance at all levels. Relying on your intuition moves you to a day of celebration as you express yourself in your own way, which brings you joy, harmony and peace.

Now you have the energies of the master spiritual builder to bring you ideas that will benefit all of humanity. You'll want to work hard, so don't overdo it; realize it's all about working smart as you build for the future. From your point of inner security, you find yourself with a strong sense of adventure and change, so let your mind wander and explore new things to add to your creation. Sensitivity and intensity greet you as opportunities are presented for you to check your foundation for further growth with the help of the master builder.

You end the week with a day to be reflective and reassess how far you have come so you can reconstruct your mental energy, if necessary, into a positive force for your vision of the future. So be flexible and adaptable to make adjustments to your mental construct as needed. Your goal for this week is to allow yourself to be God's plan in action—but in your own original, independent way.

**MAY 9 TO MAY 15, 2010 (23/5)**

This week is all about adventure and change. You've built a firm inner foundation, so this can be a lot of fun. This energy gives you the courage to bring your ideas and concepts freely into the material



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plane. It also helps you to allow freedom to others to do the same. This freedom increases your sense of responsibility, and you need to handle this constructively so that you don't break away from situations when it is not warranted.

You start the week with an easy-flowing external environment for you to focus on life details that arise spontaneously, so step back and examine what is occurring and choose with what response you want to reap the harvest. You continue to reap your rewards the next day as you interact and share your accomplishments in harmony and peace to gain deeper understandings. New master ideas for justice and balance for the greater good come to you, along with the energy that increases your ability to crystallize your desires and manifest them into reality through your imagination.

A second master-energy day comes to you at this point, giving you opportunities to take responsibility to emphasize your higher guidance and spirit in your life as you remain aware and listen to the messages for direction that are everywhere. It's time to celebrate the expression of you, so rely on your intuition to avoid getting carried away with this restless energy. This way, you'll achieve inner joy and peace, knowing you are unique and did it your way. As you bring forth the powers of mind to realize the value of system and organization, news of the new way is shown to you intuitively, so listen in order to move into the new world.

You end the week with the vibrations reminding you that growth and evolution are the result of organized adventure and change. The goal is to embrace freedom and change, open to your natural psychic abilities and not fight what happens spontaneously. Instead, go with it, knowing that it is you guiding yourself to new adventures.

### **MAY 16 TO MAY 22, 2010 (27/9)**

Now you have a week with the energies of justice and wisdom, which gives you the ability to maintain peace through detachment. The lesson is that being detached is not being disconnected; it is being objective and loving. When you take this perspective, others may seek you out because you have an original approach to assist them with your insights, love and instinctive understanding of humanity.

The week begins with the energies that increase your awareness of your inner wisdom so that you become centered within and connected to your guidance and higher knowing—which, in turn, brings that centeredness to your outer world. A day to enjoy that centeredness comes as you have the energies of reflection in order to examine your mental status and, if necessary, reconstruct those energies into a positive force to empower your vision, so remain flexible and adaptable in your thinking to allow the truth to come forward. Now you have another day of easy-flowing external energies with an underlying master healer vibration, so be open to details and responsibilities that arise in your life and use the master energies to clear and heal them with courage and faith in your higher forces.

Having healed limitations within, you want to share your accomplishments to bring deeper understandings about

maintaining harmony and peace. You are then presented with opportunities to clarify and crystallize your desires as your inner wisdom comes forward and demonstrates the need for justice in all you do. Another day of master energies comes to you with an emphasis on your higher guidance and spirit, so stay receptive and remember that messages to bring balance into your life at all levels will be everywhere.

You end the week with the energies of celebration combined with the master vibration of the spiritual builder on the physical plane, so the day may feel intense. Staying in balance is your challenge so that you can move into the next week of master builder energies. The goal is to be full of universal love and brotherhood, balanced and a humanitarian who understands that beauty and perfection are achieved in the natural state of spirit in a body suit.

### **MAY 23 TO MAY 29, 2010 ([22])**

This week has the vibration of the master builder on the material plane. This is the combination of the vision of the master teacher and the practicality of the master builder. You will have experiences that will help you to see the larger picture and the vision of the completed project so you can put God energy into structure and tangible form, thus creating a plan for humanity. This gives you an aptitude for pure spiritual attainment, but what you receive depends on your use of power and your willingness to assist others.

You start the week with your mental body as you receive news of the new order of things and are asked to realize the value of system and organization working with your intuition to change the old to the new. You then have a day of restless energy that must be used constructively and put into action with patience, persistence and determination, so address situations in your own unusual or unconventional way to accomplish the task.

You then have a day of increased sensitivity to give you opportunities to get into the flow so you can respond easily to unexpected events. It is time to be reflective now and reassess your progress, blending your intuition and your mental energies into a positive force. Now you have a day of free-flowing external energies to provide an opportunity to examine and investigate any life details that arise for clearing to reach compatibility in all your bodies. A day to maintain harmony while you are sharing what you've learned with others comes to you to reap the rewards of peace at all levels.

You end the week with a really intense day and two master vibrations pushing you to think in terms of justice for all, including yourself, as your wisdom is there to guide you as the master architect and the master messenger that bring you master opportunities. The goal is to accept your insights and visions, work with others in cooperation and harmony, and take responsibility to build a life that is a firm foundation for further growth into universal wholeness for the entire planet.

### **MAY 30 TO MAY 31, 2010 (59/14/5)**

You end the month with a powerful magnetic influence that requires an awareness of your intuitive sensitivity. This

energy can draw from the highest spiritual energies to direct healing and vitality into the affairs of humankind. There are many levels to this great energy and magnetism that can be transmuted for the betterment of all humanity. This brings a great responsibility to choose from your highest ideals, so go to your higher guidance and ask for direction.

You wind down this month of creating your own right

## DAILY ASPECTS:

# Stand in Your Power

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 everyone, 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 turns direct on May 11 at 2°41' Taurus. This degree is symbolized in the Sabian symbols by "natural steps lead to a lawn of clover in bloom." During the past three weeks, we have had to reevaluate our material values. As we reorganized and simplified our daily lives, we also became more efficient and are likely to have found unexpected resources and exciting new forms of abundance. Saturn is retrograde till May 29 between 28°34' and 27°50' Virgo. These two degrees are represented by "a seeker after occult knowledge is reading an ancient scroll that illumines his mind" and "a baldheaded man who has seized power." This retrogradation is about finding true power. Note that the appearance of it is based on manipulation, fear and lies, but that real wisdom comes from the depths of our souls and the knowledge of the past transmitted through sacred manuscripts.

Neptune turns retrograde on May 31 at 28°42' Aquarius and will remain so until November 9, 2011, when it will have reached 28°08' Aquarius. This degree is symbolized by

vibration with another master messenger day full of inspiration and insights to give you direction for the next stage of development, along with a day of celebration and joy as you rely on your intuition and share your accomplishments. Your goal is to get your inspiration from your highest source, to be willing to destroy in order to build and to develop a philosophical attitude about life. ✨

"a butterfly emerging from its chrysalis." We are truly manifesting our real spiritual essence as "divine beings having a human experience." As we become human dolphins, as we understand truly from the inside the oneness of all and the sacredness of our lives, the freer and happier we become. By November 2011, most of us will have reached the enlightenment that will fulfill the Maya, Hopi and Inca prophecies of the emergence of a new world.

Pluto continues to be retrograde this whole month between 5°16' and 4°44' Capricorn. The images associated with these two degrees are respectively "ten logs lie under an archway leading to darker woods" and "Indians on the warpath—while some men row a well-filled canoe, others in it perform a war dance." The road to freedom and enlightenment forces us to wage inner and outer wars with forces that would keep us ignorant or distort the truth. It is very important to remain cautious and to stand in our power. It is our purity of heart that enables us to see with clarity and discern what is from what is not. There is a very distinct separation occurring between those choosing—of their own free will—war, decease, anger, lies and manipulation and those wanting love, peace, oneness and harmony.

## MOON MESSAGES

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

- Sunday, May 2 between 1:08 AM and 3:00 AM when the Moon enters Capricorn
- Tuesday, May 4 between 12:07 PM and 1:51 PM when the Moon enters Aquarius
- Thursday, May 6 at 11:37 PM till Friday, May 7 at 2:34 AM when the Moon enters Pisces
- Sunday, May 9 between 1:12 PM and 2:29 PM when the Moon enters Aries
- Tuesday, May 11 between 9:12 PM and 11:48 PM when the Moon enters Taurus
- Friday, May 14 between 5:28 AM and 6:18 AM when the Moon enters Gemini
- Sunday, May 16 between 10:06 AM and 10:45 AM when the Moon enters Cancer



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- Tuesday, May 18 between 1:35 PM and 2:06 PM when the Moon enters Leo
- Thursday, May 20 between 4:43 PM and 4:58 PM when the Moon enters Virgo
- Saturday, May 22 between 7:33 PM and 7:50 PM when the Moon enters Libra
- Monday, May 24 between 9:01 PM and 11:17 PM when the Moon enters Scorpio
- Thursday, May 27 between 4:13 AM and 4:15 AM when the Moon enters Sagittarius
- Saturday, May 29 between 9:40 AM and 11:44 AM when the Moon enters Capricorn
- Monday, May 31 between 8:41 PM and 10:08 PM when the Moon enters Aquarius.

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 Sagittarius until Sunday, May 2 at 2:59 AM and between Thursday, May 27 at 4:15 AM and Saturday, May 29 at 11:43 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, May 2 at 3:00 AM and Tuesday, May 4 at 1:50 PM and between Saturday, May 29 at 11:44 AM and Monday, May 31 at 10:07 PM

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

- ☾ Moon in Aquarius between Tuesday, May 4 at 1:51 PM and Friday, May 7 at 2:33 AM and between Monday, May 31 at 10:08 PM and Thursday, June 3 at 10:32 AM

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

- ☾ Moon in Pisces between Friday, May 7 at 2:34 AM and Sunday, May 9 at 2:28 PM

This is a great time for meditating, sitting by a body of water and for anything related to the sacred—including dancing, painting, swimming, dreaming, music, photography, film, sleeping, channeling and for connecting with the mystical, the magic and the oneness of All That Is.

- ☾ Moon in Aries between Sunday, May 9 at 2:29 PM and Tuesday, May 11 at 11:47 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 Tuesday, May 11 at 11:48 PM and Friday, May 14 at 6:17 AM

Now is the perfect time for any financial matter—paying our bills and debts, asking for the money that is owed to us, investing in real estate and buying and selling. It is also perfect for a stroll in the park, going to the countryside and connecting with our Mother the Earth as well as for gardening, pottery, sculpting and bodywork.

- ☾ Moon in Gemini between Friday, May 14 at 6:18 AM and Sunday, May 16 at 10:44 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 Sunday, May 16 at 10:45 AM and Tuesday, May 18 at 2:05 PM

This time span is perfect for family activities, especially those involving children. It is also good for spending more time at home, cooking, nurturing ourselves and those we love, and inviting the people we cherish over for dinner. In addition, this is an excellent time for drawing, creative writing, crazy humor and anything requiring imagination.

- ☾ Moon in Leo between Tuesday, May 18 at 2:06 PM and Thursday, May 20 at 4:57 PM

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

- ☾ Moon in Virgo between Thursday, May 20 at 4:58 PM and Saturday, May 22 at 7:49 PM

This time period is excellent 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 Saturday, May 22 at 7:50 PM and Monday, May 24 at 11:16 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.

- ☾ Moon in Scorpio between Monday, May 24 at 11:17 PM and Thursday, May 27 at 4:14 AM

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.

## INTENTIONAL MEDITATION

Our intentional meditation began on Monday April 28 with the full moon in Scorpio. On Thursday, May 13, take out your full-moon-charged papers and write one positive, concise intention per sheet. Place your papers out to be activated by the new moon in Taurus, making sure they are on a balcony, in a garden or near a window by exactly 6:04 PM. Once that moment has passed, staple your sheets together, write the date on them and put them away, expecting a miracle!

Our next intentional meditation begins on Thursday, May 27. Take out 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 Sagittarius at exactly 4:07 PM. Once that moment has passed, gather your sheets and place them in a folder until the next new moon on June 12.

## WEEKS OF FOCUS AND CONNECTION

**Monday, May 3:** Mercury trine Pluto (5:07 AM). This is a day of great mental focus. We are likely to explore the depths of life, death and regeneration. This time is excellent for x-raying situations and people. It is also great for occult or scientific research. Contacts made today are profound and have far-reaching consequences. This period is good for signing documents and getting into lasting associations with people we trust.

**Tuesday, May 4:** Sun square Mars (6:09 AM). If we are careful not to get involved in conflicts or give in to anger, much constructive work can be accomplished today. We are able to work through obstacles and make quick decisions.

**Friday, May 7:** Venus sextile Mars (2:55 PM). This is a great day for a date. The masculine and the feminine within and without come into balance today. We feel energized. Our social contacts are flowing and pleasant. People respond with care and warmth.

**Tuesday, May 11:** Mercury turns direct (3:27 PM). Kindly refer to the opening paragraph.

## A WEEK OF EXPANSION AND FREEDOM

**Monday, May 17:** Sun sextile Jupiter (5:41 PM). This is a day of great optimism and faith. Our positive energy opens many doors, leading to expansion. It is also a good time for money—as even expensive items become affordable—and a perfect day to focus on abundance. This period is also great for long-distance traveling.

**Tuesday, May 18:** Venus square Saturn (1:18 AM), Venus trine Neptune (3:14 PM) and Sun trine Saturn (5:28 PM). Today is a great day to get organized, clear our desks of back-

logged work and focus on furthering our ambitions. We could feel that our relationships are blurry in some way. It is important to stay present to the moment and not rush to conclusions without having all the facts. It is also important not to engage in wishful thinking. We could oscillate between feeling lonely or in love with love.

**Wednesday, May 19:** Sun square Neptune (11:16 AM), Mercury trine Pluto (11:44 AM), Venus square Uranus (12:42 PM) and Venus enters Cancer (6:05 PM until June 14). During the next month, we could feel more sensitive than usual. We feel the need to be cherished and to cherish those we love. Emotional security as well as our relationships to children are enhanced. Today, more specifically, we should listen to our gut feelings and make sure we are not too impulsive or unrealistic when dealing with others, especially loved ones. Separations could occur very abruptly and suddenly. Our perceptions could be foggy. We could make unsound judgments. This is a day of mixed blessings.

**Thursday, May 20:** Sun sextile Uranus (2:46 PM) and Sun enters Gemini (8:34 PM till June 21). The next month is about curiosity, mental stimulation, lightness of spirit and travel, both physically and intellectually. Our social horizons are likely to expand. Today more specifically brings much freedom. We are able to express our inner truth with more ease.

**Saturday, May 22:** Jupiter opposition Saturn (10:38 PM). This is not the best day to further professional ambitions. We need to be cautious and realistic regarding legal and financial matters. Today is a day of transition between the old and the new.

## A WEEK OF INTENSE TRANSITIONS

**Sunday, May 23:** Venus opposition Pluto (8:14 PM). This is day of intense emotions. We are able to see and transform what holds us back from experiencing deeper intimacy. More than ever, it is important to stay away from manipulation, control and power games—both in ourselves and others.

**Thursday, May 27:** Uranus enters Aries (6:48 PM until August 15). We are entering a time of intense rebelliousness, wanting to be free to live our truth. We could suddenly shift our living situation 180°, walk away from a job or a relationship that no longer fulfills our hearts and do something totally unexpected that places us on whole new tracks much more in alignment with our highest destiny.

**Sunday, May 30:** Saturn turns direct (11:11 AM). Kindly refer to the opening paragraph.

**Monday, May 31:** Neptune turns retrograde (11:50 AM till Nov 9, 2011). Kindly refer to the opening paragraph. ✨



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# Changing Our Diets As We Move into Higher Dimensions

Vera Le Doux

**W**e are living in an acid world, and most of the diseases known since the beginning of time are caused by our lifestyles and especially our eating habits. While raw food is not for everyone, it is the ideal diet when it comes to healing. In addition to this, as our consciousness and frequencies are raised, our carbon-based 3D bodies transmute into 5D crystalline-based bodies.

In this article, I would like to explore two topics: The question of why raw food is so healing, and how raw food can act as a transition to living in higher dimensions and eventually into living on pranic food—the life force we are receiving through our crown chakra.

## THE BENEFITS OF RAW FOOD

As you may already know, our bodies are detoxing while we are sleeping; we are practically fasting. It is advisable to prolong this detoxification by

### KEY POINTS

- Raw food can be very helpful as a healing diet that also aids in the transition from carbon-based 3D bodies to 5D crystalline bodies.
- Foods high in amino acids, enzymes and microgreens and low in acidity can help with both detoxification and weight loss.
- Raw food can also be the beginning of the transition to pranic food. “To support this process, you may wish to do a liver cleanse, kidney cleanse or one or two colonics per year, as the body will go into detoxification mode.”

starting the day with fruit. Fruits are good detoxifiers and bowel cleansers. They are a source of structured water and charged not only by Sun but also by wind, earth and water elements. If you make a smoothie in your blender and add to the fruit—preferably local fruit that is in season—some green leafy vegetables like spinach, parsley, kale, chard and so on, you are adding amino acids, the building blocks of protein.

Amino acids are our main source of protein for now. As you begin to live on pranic food, you don't have to worry anymore about protein and calories. If you would like to take it one step higher, you could add microgreens such as those found in Vita-mineral™ Greens, which not only help again with the detoxification, but give your body all the nutrients you need, allowing you to eliminate multiple vitamins and other supplements you may be taking.

Now, don't forget that our bodies are unique. What works for me may not work for you, and who is the one to tell you what the best for your body is? Your intuition. We are moving into higher dimensions; our bodies are mutating and changing on subatomic levels. No one has gone through this before. This is so unique a situation that not even doctors, scientists or blood tests can tell us what to eat to support the temples that house our spirits.

But back to the healing effects of raw food: It is all about enzymes. There are metabolic enzymes, which support the metabolic process, and digestive enzymes. Both are mainly

produced by the pancreas, stomach and small intestines. Then there are food enzymes. Every single food contains its own enzyme needed for its own digestion. These enzymes are destroyed by heat, frost, irradiation, microwaves and so on.

If you eat raw food full of enzymes, the life force, your body doesn't need to produce digestive enzymes. If the body is not producing digestive enzymes, all the energy that would be otherwise invested here goes to rejuvenation, rebuilding and repair. Major healing results can be seen after only a week on raw food. Most of the fruits, vegetables and seeds are alkaline—compared to alcohol, sodas, coffee, meat, baked goods and so on that are acid. Diseases cannot grow in an alkaline body. Another healing benefit of raw food is the weight loss one will experience with a raw-food diet. All the extra pounds causing most known diseases will drop off quickly and easily.

## RAW FOOD AS A TRANSITION TO PRANIC FOOD

Let's talk now about raw food as a transition to living on pranic food. This is a very individual process based on the amount of energy you channel through your body on a daily basis and the light you hold. The DNA strands



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become reconnected, the crystalline body anchored. Sooner or later, the body can't process dense food. It is time to lighten up!

A slow start is recommended. By eliminating meat, we will no longer have to kill animals to support ourselves. By eliminating alcohol, coffee and products containing white sugar and white flour, we will greatly reduce the ingestion of acid-producing foods. Milk is mucous producing and recommended only for babies.

Unpasteurized raw goat milk product on the other hand are easily digestible. Eliminate all genetically modified foods such as soy and corn—and especially anything containing preservatives, colorings, MSG and so on.

To support this process, you may wish to do a liver cleanse, kidney cleanse or one or two colonics per year, as the body will go into detoxification mode. Exercise, yoga, tai chi, chi gong and bodywork will also help to move all of the toxins from your body. Eventually, you will add more and more raw food into your diet, especially foods charged with the Sun. Liquid foods such as smoothies, juices, puddings and vegetable soups move through the body quickly without requiring too much energy for digestion. Salads topped with seeds will give you something to chew on. Cravings will disappear fairly quickly, as they are the body's message that you are contracted and need something expanding such as sugar. The best dessert I know is a fruit

pudding made from bananas and blueberries. Keep it simple!

✱ ✱ ✱

There are several people on this planet who live on pranic food only. One of them is Gaby Teroerde. You can watch an interview with her on [www.gabyteroerde.com](http://www.gabyteroerde.com). If you would like to learn more about conscious eating and healing, please read *The Essence Gospel of Peace*, Book One. To read about transitioning from the carbon-based body to the crystalline body, please check out channeled messages from Lord Arcturus and Lord Metatron at the <http://www.bbsradio.com/thegalacticroundtable/> website, including "Going home," all channeled by Beth Trutwin and Mark Huber. ✱

# The Mastering of Alchemy: Tools to Rebuild Yourself

Jim Self

**U**nderstanding who we are requires that we bring ourselves into a present time focus. There is a place within the center of our heads that acts as a command center, a place

where clear decisions can be made and actions can be set into motion. However, as we grow up and learn to trust the opinions and beliefs of others, we step away, as it were, from the center of our heads and give away our seniority to those who say they have a better idea of life than we do. Reclaiming the center of our heads is necessary if we are to move forward.

As we have learned, many of the thoughts we think and the emotions we feel passing through us each day do not even belong to us. Thoughts are electrical, and the emotions are magnetic. In addition to helping realign us to our own personal frequency, the act of rebuilding our grounding mechanisms is invaluable in clearing away these thoughts and emotions. There are two components to grounding.

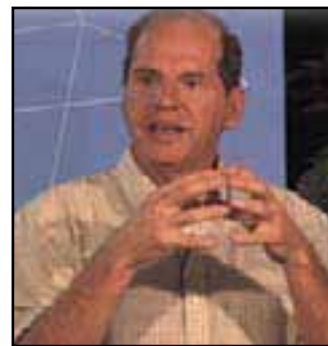
One consists of an electrical line that runs from the first chakra to the center of the Earth, which grounds non-aligned electrical thought. The second consists of a coil of energy that wraps around the electrical grounding line and runs all the way down to the center of the Earth. Its purpose is to clear away all the emotions that do not belong to you.

## REGAINING BALANCE THROUGH SACRED GEOMETRY

Once we have grounded ourselves, the next step is to rebuild the geo-

### KEY POINTS

- In order to re-create our personal power fields, we will need to bring the tools of sacred geometry into play.
- Claiming the command center of our heads and rebuilding our grounding mechanisms and our personal power fields of light with the octahedron allows us to reclaim balance within our masculine and feminine energy fields.
- From here, we can enter the higher mind and the sacred heart in order to allow the soul back into the heart, once again becoming one.



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metric containment field. The aura, or personal energy field, was originally held within a series of geometric shapes. The first and least complex geometric shape to be rebuilt is known as the octahedron. This geometric shape has the appearance of a diamond, or a four-sided pyramid pointing up and placed on top of a four-sided pyramid pointing down. The octahedron acts as an antenna, aligning and reconnecting us with our own higher-dimensional frequency of consciousness.

By re-creating this geometric shape, we begin to put the necessary structure into place to rebuild our personal power field of light. This is done by creating a column of light that moves from a point beneath us upward through the central core of our bodies, surrounding the chakras and extending to a point above our heads. (See Fig. 1)

As this flow of light continues to extend upward through the column and out the top, it accelerates around the octahedron and then flows back into the bottom of the column to accelerate upward again. This accelerated flow of light then creates a stabilized platform of consciousness that opens up opportunities to know one's self as a higher-dimensional being.

From this awareness, we once again become able to regain balance within our masculine and feminine energy fields. This starts with an expanded consciousness communication with Gaia, the Earth consciousness, and with the grids of light surrounding the Earth known as the ascension grids. As the Earth's energy flows up through the central column within our bodies, a sphere of light is formed, enabling a reconnection with the higher-dimensional feminine nature of Mother God. This allows the reconnection to all aspects of the divine feminine that we lost in the fall of consciousness.

Through the connection with the ascension grid, the masculine nature of the father is then brought down through the central column of our bodies. This then flows out and around us, creating a perfect masculine sphere of symmetry that sur-

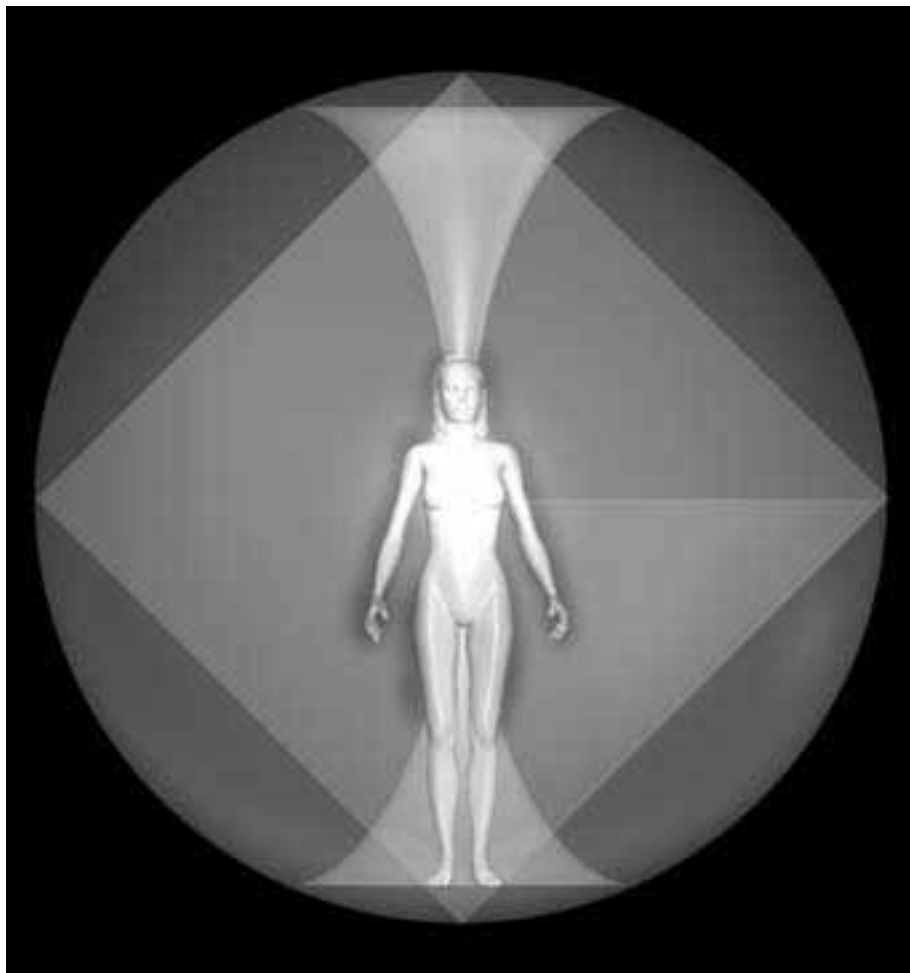


Fig. 1: Create a column of light to rebuild your personal power field.

rounds our bodies and allows a balanced integration of masculine energy to become available to us.

#### **ENTERING THE HIGHER MIND AND THE SANCTUARY OF THE PINK DIAMOND**

From this level of consciousness, we can now accelerate the surrounding fields of light to a velocity approaching the speed of light—not a difficult thing to do. From this higher, faster frequency, an opening into an alignment of light known as the higher mind now becomes available to us. The higher mind is vast. Although entering the higher mind is not difficult, mastery of the higher mind is an eternal unfolding.

The higher mind is quiet; here, there is a detachment from the world around us—a focus, a clarity and a curiosity without questions. It is through the higher mind that conscious contact with the soul begins, and it is from here that access to the heart becomes available in a manner that is totally unap-

proachable from the “noise” of the third dimension. It is from here that we are able to access the sacred heart, the higher heart, or the Sanctuary of the Pink Diamond, as it is known in the higher levels of consciousness.

As you enter the sacred heart, the Sanctuary of the Pink Diamond, you do so in deep reverence. To enter the sacred heart, a sacred seal is opened. This seal can only be opened by being the love that you are. Being the love that you are facilitates entry into the Chamber of the Hall of Crystals, where much is stored, lying dormant and waiting to be reactivated.

From here, you are finally able to enter the sacred heart, at the center of which lies a brilliant, radiant, pink crystallized light. Within the Sanctuary of the Pink Diamond, there are a number of activations that will occur. The first and most important of these is to invite the soul back into the heart to once again become one. ✨

# What Snakes Can Teach Us about Our Fears

Marcia Reeves Thrasher

**S**nakes? Yes, I include snakes in the animal world. They too have spirit. Yet they have been discriminated against in Christian culture ever since that story of Adam and Eve in the Garden of Eden, and although I have yet to encounter a snake in an apple tree, I admit I do like to eat apples. I once came upon a garter snake hanging from the limb of an old oak as I was walking through the woods near my house. I was amazed at her beauty, but I've never had a snake tempt me with an apple or into committing a deed of disservice to my fellow humankind.

I leave that to those who walk on two feet. In my world, it's the humans who do the tempting. There are advertisements on billboards, the Internet, on television, newspapers, magazines—not to mention the temptations of banks trying to lure me to open yet another checking account, car salespersons who never met a car they didn't like and competing insurance companies.

I saw an ad on the television a few days ago from a prominent insurance company giving us notice, warning, that so-and-so, the best salesman in the world, was back. Competing with



that gecko, huh? This particular company must have spent millions over the years. Competing with a cute little gecko can be tough. But did anyone ever say that about snakes? I'm sure they can be cute too. After all, they are both reptiles, aren't they—the gecko and the snake?

## OVERCOMING CULTURAL PREJUDICE

Why do we humans have such a fear of snakes? Not all snakes in the world are aggressive toward humans; as a species, most prefer to keep to themselves. There are a few snakes that are so deadly that unless you have the antivenin in your hand at the time of the bite, you might as well say your prayers, but most are nonvenomous and nonaggressive. But still we exhibit such a fear of these reptiles, these snakes, that we teach our children to hate them and fear them.

We continually feature them in articles, books and advertisements as being the epitome of evil. Then we go out the door, walk a few steps to

something much more dangerous and much larger than the snake, open the door and think nothing about turning on the ignition and taking a daily commute in this two-ton killer, even bring our children along for the ride.

What are the statistics of automobile deaths in this country? I don't even know, but I'm sure more people are killed every day in motor vehicle accidents than being bitten by deadly snakes. Just the other day, a portion of I-75 north of Atlanta where I live was closed due to a dump truck rounding a curve too fast and causing an accident. There were fatalities. No snakes were involved in the accident—only human error.

My father was a Methodist minister, and I attended church while I was young and impressionable. Yet he taught me that the Bible stories are just parables, so I didn't grow up with a hatred of snakes but instead a healthy mistrust of people from what I learned in church services. After all, there are more people mentioned in the books of the Bible than snakes, and if I remember correctly, it was only one snake in particular who caused all the commotion and disruption of a people. When you read the other books, it is people who are the culprits.

Even though I don't have a fear of snakes, I have been programmed to view them as predatory and evil just

## KEY POINTS

- Snakes are often depicted in a negative and even evil light, but they are as much God's creatures as any other animal.
- Parables about snakes can teach us much about caution, especially in relation to our fellow human beings.
- Dreams about snakes can often include wisdom about ourselves and the situations we face in our lives.

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like others. Consciously I am in awe of the beauty and versatility of a snake and its place in the annals of our history. The snake is central to several parables in the Bible, but if you go back further, you can find that the snake is a symbol of wealth, wisdom and healing. Take a look at the physician's chosen symbol of healing: two snakes and a staff. Unconsciously, I receive mixed signals from my culture, my society and myself.

### PROTECTING GOD'S CREATURES

I have come across dead snakes lying in the roadway, and I bless them as I would any other creature of the Creator lying dead in the road. People don't think twice about killing the idle snake lying in the road, sunning itself and enjoying its surroundings. After all, it might rear its ugly head and strike their SUV, causing damage. It might even track them down, find their addresses and come into their yards where their children are playing or attack their animals. All joking aside, I prefer to believe that we are all a part of the Creator. It is the intent behind everything we do that makes us who we are and who we become.

I was once on my way to work, traveling the country back roads that lead to I-75 and metro Atlanta, where I could be among and between the deadliest of creatures: vehicles and the people driving them. Not far from my home, lying peacefully in my lane in the middle of the road and sunning, was a very long king snake, nonvenomous and peaceful. I stopped my truck not far from the snake and got out, hoping to get the snake across the road before someone of a less peaceful nature than I am came up on him and did him harm.

He wouldn't budge. I got back into my truck and inched closer and closer, hoping the heat from the engine would cause alarm. That didn't work; my small hard-body Nissan wasn't predatory enough to cause him to move from the roadway. After a few minutes of trying to coax the snake out of the road—and knowing that if traffic was bad, which it always was, I would be late for work—I stood there, pondering my next move, knowing my manager

Heidi would smile when I told her the story and would tell me to get to work.

Then a large truck approached in the other lane. It stopped, and a man got out. His first words were "I'll kill it." I answered back, "No, I'm trying to save him." He looked at me like I was possibly the craziest woman he'd ever met, and then he asked me why I would want to do such a thing as to save a snake. I was silent as he stood there looking at me. The snake wasn't budging, and neither was I. We were all silent except for the sound of our truck engines.

"Okay," he said, and he went to the edge of the road, got a big limb and tried to coax the snake. The snake wouldn't move. Yes, the snake was alive, just preferring not to move from his sunny location. The man was obviously afraid of the snake, but to prove his manliness, he could not back down in his offer to help. Finally, he got in his truck and, as he inched closer, I guess the snake had enough, because the snake slowly moved, undulating his long body into the undergrowth of the woods on the side of the road.

No words were spoken as the snake made his exit. The man looked at me. I said thank you, got into my truck and drove away. I looked in my rear view mirror to see the man still outside his truck, shaking his head. As I rounded the curve, I smiled at what had been accomplished that morning. I didn't back down from what I knew in my heart to be right.

When I told my husband, the police officer in the family, he was suspicious—not of the snake, but of the man who had stopped to help. If you view the world through a police officer's telescopic sights, fear of a snake will be put into perspective. The word "snake" also refers to someone who has devious and underhanded desires and thoughts and puts them into action.

### DREAM MESSENGERS

My friend, Charlotte Freeland—a very intuitive individual I've mentioned before—gives readings using the tarot and animal wise cards. We've talked about snakes and what they mean when they appear in our dreams.

Humans lead a karmic path, or have in the past, and since we repress many emotions and learn from others to fear and hate in addition to our own past-life retentions, we have come to fear and to hate even the sight of a snake. Just the very word "snake" can conjure up images of death and pain for people. Charlotte says snakes can invade our dreams when we are consciously being lied to, misrepresented or when someone is not telling the truth.

In my dreams, especially if I have something weighing heavily on my mind or there is a particular stress in my life that day, then I can rest assured—no pun intended—that the snakes will enter my dreams. I am not afraid of them, but they are aggravating. I can be walking down a road, in a particular setting, doing whatever comes in my dream, and then suddenly there they are—black, red or multicolored.

In different scenarios, they can even be funny. In one dream I remember, snakes were sitting in lounge chairs about my yard as I attempted to carry on a conversation with a neighbor. I tripped and fell, and one of the snakes bit me. My first thought in my dream, of course, was that it was going to hurt. It did. But then I told myself, "This is just illusion. It doesn't hurt, it didn't happen and I can also control my own pain in real-life situations." There it was: the little voice in my dream coming through with the real message, the one I was supposed to listen to. I am indebted to those snakes.

Once I had a dream that a large, multicolored snake reached up and sunk his fangs into my third eye. I tried to pull him off, but he wouldn't budge. This dream took place not long after a time in my life when some doors were closing and a few others were opening. I was going from being very linear and earthly to opening my mind to a host of possibilities and opportunities.

Snakes are really persistent and aggravating in my dreams, but they are there as a message for me and anyone else willing to listen. Don't fear them; respect them. This doesn't mean I'll never be bitten in real life by a snake, venomous or otherwise, and that I'm

not cautious when I'm about the woods or elsewhere where they live. What it means for me is that I need to have a healthy respect for all, for each and every part of the Creator's universe.



When I came to acknowledge my part in this universe and that I can and do play an integral part in helping others, I gained a connection that

I would never give up for any amount of money in this world. Snakes have taught me a lot about myself, the world and why fear can invade our thoughts, our dreams and cause pain, mental and physical, once it penetrates the energy field. Acknowledging that I can control my world, the opportunities I take or pass up and that my life is about my choices—that's what matters.

It is through my subconsciousness the snakes come to teach me, to let my spirit know what is going on in my conscious world. Thanks to the snakes, I can see clearly what others may not. Snakes are a part of healing for me and can be for you too. Listen to the messages they bring. Ask Charlotte or any intuitive with psychic connections to animal or human. We have much to learn from the snakes who visit our dreams. ✱

# Coloring (Living) Outside the Lines

**Marlene Buffa**

In our formative years, parents and teachers alike encouraged—and sometimes required—to color inside the lines of the all-too familiar coloring book. We learned to read by identifying the proper colors to use in each segment of the black-and-white image, making sure our crayon marks blended

together to form a solid-looking filler. Sometimes, we'd press hard so the crayon wax embedded itself onto the paper, resulting in a beautiful sheen. Often, in early schooling, our coloring projects received grades for various aspects of the assignment—using the proper color in each portion of the picture with no combination of colors and, most importantly, coloring inside the lines.

As adults, we accrue credits for conformity, with no hint of the reward for compliance, yet we strive to obey the rules. When we begin to live outside the lines of our past, we bathe in a rainbow of gratification, breaking restrictions and daring the possibilities for self-expression.

## SCRIBBLING

As toddlers, our motor skills had not yet developed, and we learned by imitation and repetition. We saw our older siblings or parents adeptly coloring by example and, even though our little fingers could barely hold the crayon, we attempted to follow their leads. Usually wielding a color unconventional for the subject matter, we gleefully and proudly scribbled all over the page and believed our art-

work rivaled our steady-handed elder. Seeing our primitive attempts as perfection, we presented our handiwork with pride to our family and beamed brightly when it earned the esteem of display in a public place.

In many ways, we still scribble our way through life, attempting to follow a higher path and to aspire to deeper meanings. We're proud of our progress and often feel it equal to those whose work we study intently. Our Creator, quite satisfied with our attempts, instills in us the drive to keep moving forward, all the while pleased with our sense of accomplishment. Importantly, when we examine our present moments, we need to take time to reflect on our progress and note that where we are now sprang from the foundation of rudimentary skills coupled with the need to grow.

## KEY POINTS

- As children, many of us learned formative lessons while coloring, as we were simultaneously taught creative expression and conformity to rules.
- As adults, many of those lessons can carry over into our daily lives. While adhering to practical societal rules keeps our communities running smoothly, many of us also need to remember to express ourselves creatively and sometimes color outside the lines, especially in our spiritual lives.
- "When we dare to expand our insight beyond stringent limitations, adding embellishments that heighten our awarenesses of the world around us, we open the door to freedom of expression."



**MARLENE BUFFA**  
[www.wordsofmind.com](http://www.wordsofmind.com)

## CHOOSE YOUR PALETTE

Coloring books in our early years clearly pointed out the “proper” color to fill in the image. This simple direction allowed us to learn to read, match the word to the crayon and fill in only that designated area with the color. It also taught us to follow directions and agree, on some basic level, on how things were supposed to appear.

As adults, we learn that things are not always what they seem in life. The harsh lessons that stray from the saying, “If it looks like a duck, walks like a duck and quacks like a duck . . . then it’s a duck!” put us in an uncomfortable place. When as children we or a friend dared to color the grass pink and the duck’s bill purple, we suffered scolding from our friends and teachers. In retrospect, we can see that assigning objects different characteristics than those accepted by others moved us into a new realm of questioning—and ultimately understanding. Today we open ourselves up to ideas that the status quo no longer need remain static, inviting the inevitable change in our prism of possibilities to provide the shifts needed for growth.

## EMBELISHMENTS

Following directions carefully, we used our coloring projects as one of our first exercises in self-expression. As we developed through childhood, our coloring books grew more elaborate, including more intricate images and even story lines. The more sophisticated books included puzzles and

games. Rarely, however, did the books encourage us to add to the images on the page. We simply colored what we were given and enjoyed the pastime. As we continued to grow, we realized that we could add birds, grass, trees and more to an image to personalize it and make it our own.

As adults, we find satisfaction in getting our needs met on a daily basis and remain fairly content with our means of achieving that end. Bombarded with advertising for “more, bigger, better and improved,” one-time luxuries now seem passé and our level of standard increases with each passing year. We argue that the extras are simply our basic needs as we see them, not enhancements or frills. Yet when we pause to examine the possibilities in life, we see that even the littlest embellishment enhances our life experiences. Noticing the birds, grass, trees and more provides a richer appreciation of our daily lives, because noticing ordinary things as extraordinary complements to our automated lives expands the full spectrum of our enjoyment of today.

## ADDING TEXT BALLOONS

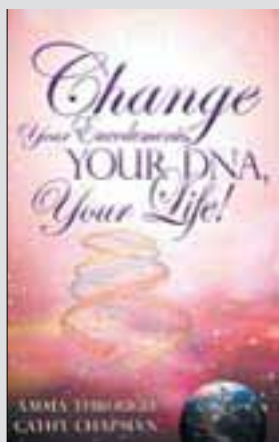
As children, when we grew nearer to leaving coloring books behind, most of us enjoyed a brief phase of both reading comics and the funny pages while still enjoying our artistic expression with crayons. Daring to create dialogues of our own, we drew little balloons projecting from our colored pictures and wrote what we believed to be relevant

comments to enhance the page. A glorious outcropping in the learning process, we carried over one learned element from the medium of comics and applied it to our own creations.

In our grown-up years, we adapt in a similar way. We enjoy a sense of fulfillment when we add our own “color commentary” to any given situation. From observations to opinions, our input declares our position in the present moment and demonstrates our understanding to others. We allow our voices to speak loudly, declaring who we perceive ourselves to be by our dialogues with one another.

By following the rules, we find contentment in the order of things in society. By driving between the white or yellow lanes of traffic, peace and safety continues down the road of life. Yet in the aspects of life that allow for creativity and spiritual expression, we grow through a more poignant process. Whether scribbling in the colors of our choice and knowing the majesty of our work or following a dark outline of definition in the color specified with dedicated adherence, we see opportunities for growth and movement.

When we dare to expand our insights beyond stringent limitations, adding embellishments that heighten our awareness of the world around us, we open the door to freedom of expression. It is there, in the purity of the moment, that we give ourselves permission to not only see and experience life differently, but to leave our mark on the world. ✱



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# Who Is Eating Strawberries?

Raphael

**W**hile meditating the other day, I happened to be thinking about the people of Haiti and their current struggle with hunger and having no access to food. A thought popped into my head about a very easy way to help that was tied to my past experiences and teachings with the Blackfoot and the Lakota. Let me explain.

At certain times in our lives, we all face uncertainties and forks in the road, and we search to find answers to those pressing questions and situations. One of the ways that Native Americans go about finding their truth is to do a *hanbleceya*, or what is commonly known as a vision quest. This vision quest involves being put up on a sacred mountain with no water and no food from anywhere to one to four

days. There, among other things, they will pray to Creator for guidance.

I have been blessed to be a supporter at some of these vision quests. A supporter will assist the person going through the vision quest in any way possible—with the exception of making physical and eye contact with that person. Ways to support include prayer, drinking water (very important) and eating. Yes, I said drinking and eating. Since the person going through the vision quest is not allowed to eat or drink, in order to provide that person with the strength to go through four grueling days, the supporters are instructed to eat and drink for that person. This involves being very present when eating and drinking and eating and drinking with the intent of nourishing the vision quester.

Many times when a person comes down from the mountain, he or she asks, “Who was eating strawberries? They were delicious! Thank you!” It is all about our intent and being present when eating and drinking. So I ask all of you, when you eat your breakfast, lunch and dinner in the coming months, center yourself and ask your guides to send the nourishing energies of the food that you are eating and the liquids that you are drinking to the people and animals of Haiti. Be very present when eating and have the intent and the knowledge that this is occurring.

## FEEDING THE GOD IN OTHERS

The idea of nourishing another person by what you are eating and drink-

ing is not a new one. I shared my above thoughts with a dear friend of mine, and she informed me that there is a popular Hindu food mantra from the Bhagavad Gita called the “brahmarpanam.” It loosely states, “Food is god (Brahma). The act of offering is god. The one who offers is god, and he who receives the food is god.” So it follows that the god in ourselves should be able to enjoy the food on behalf of the god in another, no matter how far away that person is.

Yet with our busy schedules, who of us can remember to do this every time we sit down to eat? Since writing this article and sending it to some friends, another friend wrote me back stating that in order to remember to include the Haitian people when eating, she sets an extra place setting at her table. What a wonderful suggestion.

I know that this might not fill the hunger and thirst void completely for those starving in Haiti, but it might very well be enough to have them hold on until food supplies can get to them during the coming months. So if you are not in the position to send money, clothing or food, or if you are not an experienced enough healer to send energy healing, you can still send love and nourishment. Just food for thought—pun intended. \*

## KEY POINTS

- It is possible to support others who are experiencing hunger by eating and drinking with intent to nourish those people. While this may not fill the void completely for those who are starving and dying of thirst, it may be able to sustain them long enough to receive help.
- “The god in ourselves should be able to enjoy the food on behalf of the god in another, no matter how far away that person is.”
- Setting an extra place setting at the table can serve as a concrete reminder to eat and drink with intent for those without sustenance.



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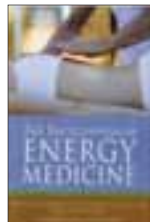


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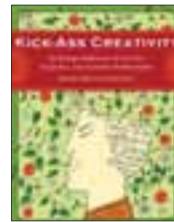


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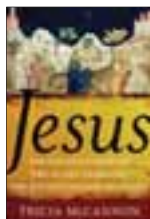


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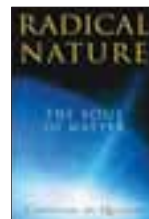


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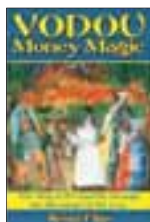


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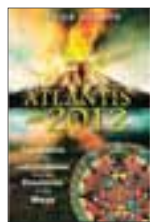


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# Self-Discovery ACTIVITIES FOR CHILDREN

Lesson Plans for Parents and Teachers *Lynne Cox*

## Great Blue Heron Adventure

You hear your teacher say, "Class dismissed!" as the school bell begins ringing. You quickly fill your backpack and swing it over your shoulder, and you head out of class. You say goodbye to several of your friends, and then you begin walking down to the duck pond on the pathway home. It's not long before you see the wide, flat, tan-colored cattail leaves surrounding the marshy pond. The sunshine is warm on your back, and you feel so peaceful and quiet. Now you can hear the birds calling out to one another. Following the sound, you see several small blackbirds with bright red on their wings sitting on the tops and sides of the cattails.

You begin thinking of Angel and almost immediately, you hear Angel say, "Good afternoon, dear one."

"Angel, I couldn't imagine having a moment like this without sharing it with you. Do you know what kind of bird that is?"

"Oh, that's the red-winged blackbird, and it sounds like it is having quite a conversation."



Smiling, you say, "It's fun to see the blackbird's tummy puffing out as he sings happily and settles back to normal."

As you continue to walk along the pathway, you come around a corner, and that's when you see a large great blue heron standing very still, gazing into the shallow pond. Stopping in amazement, you watch him as his body is totally motionless. His neck is stretched out in front of him; it is incredible how still he can be, waiting for dinner. He reminds you of a statue, but with no warning at all, he suddenly plucks a fish out of the water and swallows it whole. He takes a quick drink of water and then slowly walks along looking for his next bite.

As you take a few more steps, you see another heron standing by the cattails. They are one of the largest type of bird you have ever seen. In wonder you say, "I think back to the first time I saw a heron flying above me, and I thought I had entered a whole new world. I had never seen a bird with such grand majestic wings. Now I find myself standing only a few feet away from several."

Looking around the pond, you are stunned. "Angel, I've walked this pond hundreds of times on my way to and from school, and I've never seen this many great blue herons before. It's got to be mating season." You begin counting up to nineteen. Taking a few more steps, you discover more and more. "There are forty-one herons here today. This is absolutely amazing."

Most are standing along the shoreline by the cattails. Others are standing on tree stumps with their mates on the grass close to them. "Angel, look at the size of that bird, and yet he is standing on only one leg. How can he do that?"

"There is only one word for that," Angel replies. "Balance."

"Sometimes when I see animals, I feel that they might have a message for me. I wonder what it could be?"

Angel replies, "Sit quietly on this bench and see what ideas come to you."



**LYNNE COX**

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Sitting on the bench, you take a deep breath as you feel the warm sunshine on your back. You close your eyes to gain a sense of inner quiet, and then you open them again so you can observe the movements of these amazing birds.

After a few moments, you begin giggling and say to Angel, "They can definitely stand on their own two feet—or one foot, if that's what they decide—yet they do not move one iota. Do you think they go into another dimension, Angel?"

"Definitely, dear one, it's no different for them than it is for you. Do you remember times throughout your day when you wonder where you have been?"

Laughing, you say, "I do."

You notice that when the herons become hungry, they simply wade into the shallow water. Walking slowly, they choose a spot and wait patiently. As you watch them, they have total focus on one thing: food!

"Look Angel, none of the herons are offering any signs of competition or interference. The herons that are at the pond today are very peaceful; they seem to be very supportive of one another. I always love being in places where I feel the energy of harmony. It's like the herons know for certain that there is enough food for all of them. All they have to do is patiently wait for their dinner to swim in front of them."

Sure enough, in only a few minutes, the heron standing a few feet from you plucks a fish out of the water. "Did you see that, Angel?"

"Oh, they are very fast," Angel replies.

"Angel, just by observing the herons' behavior, I recognize that they know how to manifest what they want."

Just then an idea pops into your head, and smiling from ear to ear, you say with excitement, "There is a reason I walked home this way. I didn't really even think about it; I just started walking down the pathway, and now I have a really strong feeling that I'm about to manifest something. It's like what we talked about last time. Remember the Reflection Adventure Activity in the "Moon Adventure"? [Sedona Journal of Emergence! April 2010] We were to practice paying attention to the people and situations that we attract in our lives that reflect the same energy feeling. The herons are here in abundance, and I believe it's a sign that I'm about to attract abundance into my life too!"

Angel says, "I believe you are onto something."

"I've talked lots about the ways to manifest what we want before; however, these great blue herons have helped me to really get it."

"What will you get?" Angel asks.

"My dream come true!" you exclaim with a smile. "And it is already here, and I can see it!"



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## LEARNING OBJECTIVES:

- ☆ Children are asked to go to the library or to search the Internet to learn about the great blue heron and also the birds that are native to the areas in which they live.
- ☆ Children are encouraged to imagine a world in which there is peace and harmony.
- ☆ Children are encouraged to imagine an animal and receive a message from it.

## ACTIVITIES:

### ~ IMAGINATION ACTIVITY ~

After listening to the story, ask the children to talk about their experiences.

- ☆ What loving ideas would you add to this great blue heron adventure?
- ☆ Describe a memorable bird experience that you have had.  
Stand up and show me how you can stand on one leg.

### ~ GREAT BLUE HERON ACTIVITY ~

The purpose of this activity is to help children become familiar with the great blue heron. Ask the children to go to the library or to search the Internet to find pictures and gain information about the great blue heron in its natural environment.

**Supplies:** paper, pencils, pencil crayons or felts

Ask the children:

- ☆ After going to the library or searching the Internet, what did you learn about the great blue heron?
- ☆ Draw a picture of a great blue heron sitting by some cattails in a marshy pond.
- ☆ Share your pictures with the class.

### ~ LOCAL BIRD ACTIVITY ~

The purpose of this activity is to help children become familiar with the birds that are native to the area in which they live.

- ☆ Ask the children to pay attention to the birds that they see on a daily basis in the areas where they live.
- ☆ Ask them to go to the library or search the Internet to see pictures and learn about the birds that are frequently in your area.

**Supplies:** paper, pencils, pencil crayons or felts

Ask the children:

- ☆ After going to the library or searching the Internet, what did you learn about the birds that are local to your area?  
What are the names of the birds you see locally?
- ☆ Draw a picture of birds you have seen.
- ☆ Share your pictures with the class.

### ~ LIVING IN A PEACEFUL, HARMONIOUS WORLD ACTIVITY ~

The purpose of this activity is to encourage children to have fun imagining a world where everyone lives in peace and harmony.

Ask the children:

- ☆ Imagine living in a peaceful, harmonious world. What do you think and feel it would be like living in this world?
- ☆ How would it be different from the world you presently live in?
- ☆ What could you create in the world you presently live in to make it more peaceful and harmonious for you?

### ~ ANIMAL MESSAGE ACTIVITY ~

The purpose of this activity is to have fun imagining that you can connect with the energy of animals.

Ask the children to:

- ☆ Imagine an animal is in front of you. Imagine yourself connecting with the energy of this animal.
- ☆ Ask the animal if it has a message for you.
- ☆ Sit quietly, take a deep breath and write down whatever message comes to mind.
- ☆ Share with the class the message you feel you received from the energy of your imaginary animal.

## LEARNING SUMMARY:

- ☆ The children have researched the library or Internet and become more familiar with the great blue heron. They have also become more aware of the birds that frequent the areas in which they live. They have shared with one another what they have learned about these birds, and they have drawn pictures of them.
- ☆ The children have imagined a peaceful, harmonious world. They have discussed how this world would be different from the world they presently live in. They have also considered what they could do differently now to create a more peaceful, harmonious world for themselves.
- ☆ The children have had fun imagining animals and connecting with the energy of animals. They have considered the idea that they can actually receive messages from the animals they have imagined. \*



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# ESSENCES OF NATURE



## THE PURSUIT OF PERFECTION

*Mary Ann Antenucci*

**H**ow perfect are we? Do we like our bodies? Do we like the way we think? Are we where we want to be in our lives? What would we change? What are we waiting to change so everything will be “just right”? What is our perfect future? What do we see as right, and what do we see as wrong? Are we defined by what we see?

What do we see right now? What do we see when we look in the mirror? Do we see where we are or where we are going? How do we characterize what we see? What filter do we put on it? How comfortable or uncomfortable are we with what we see?

### **AGRIMONY ESSENCE FOR EMOTIONAL PERFECTION**

Agrimony essence is for when we are trying too hard to be emotionally perfect. It is for those of us who define ourselves as low maintenance. We seem to have no needs. We are there for everyone else. We minimize or invalidate any issues we might have. We just don't want to be a bother.

Agrimony essence is the “pleaser” essence. We don't want to fail anyone, so we live to be the perfect embodiment of what others expect us to be. When our idea of being perfect is keeping it all inside and dealing with it ourselves or if our fear is that someone will see us as less than able or perfect, agrimony essence helps us to be perfect by being true to ourselves.

### **CENTAURY ESSENCE FOR PERFECT BOUNDARIES**

Centaury essence is for those times we want to be perfect for others, for when we begin to mold and contort ourselves to fit the visions and dreams of someone else's expectations. This essence is for



*Centaury Flower*

those of us who don't feel that we are ever good enough just the way we are: We strive to lose that last ten pounds or avoid that obnoxious argument at all costs. We have a difficult time standing up for what we want or what we think is right. We don't want people to be upset with us for having an opinion or going against their sensibilities.

Centaury essence is the “Cinderella” essence. When we don't want to make a fuss or fuss and will accept any type of treatment anyone will send our way, centaury essence helps us by establishing boundaries. We can feel the strength of who we are and begin to take our own wants and needs into consideration. Centaury essence teaches us that being perfect is having perfect boundaries and values.

### **ELM ESSENCE FOR PERFECT PACE**

Elm is the essence for those of us who are trying to do it all right now. When we feel that we must continue to take on more and more in order to be the highest version of our true selves, this is the “take it until you break it” formula. We

sometimes go and go and go until we burn ourselves out and don't have anything else to give. We break.

Elm essence helps us to learn that we are not simply what we do. It breaks the cycle of thinking that how much we do defines how much we are. Elm essence sets a different pace for us. Elm essence teaches us that being perfect is following our natural rhythms.

### **FILAREE ESSENCE FOR PERFECT BALANCE**

Filaree essence is for those of us who tend to be obsessed with the details. Everything has to be just right in order for us to do our jobs or have any sense of satisfaction. We stress about the littlest of things and lose perspective about what those details are to the greater projects at hand.

Filaree essence helps to stem the energy leak. This is the “big picture” essence. It helps us to become more productive as we gain insight. Filaree essence teaches the perfection of balance.

### **SCARLET MONKEY FLOWER ESSENCE FOR PERFECT EXPRESSION**

The essence of scarlet monkey flower is another “making nice” essence. It helps us when we don't want anyone to see us mad or upset—when we stuff away our anger or discomfort because we feel the



Mary Ann Antenucci

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need to conceal our feelings, creating a pressure-cooker effect. This is the essence for that emotional stuffing that causes us to burst out at inappropriate times.

Scarlet monkey flower helps us to be more honest with who and what we are and how we feel. With its help, we learn how to communicate our deeper instincts by trusting what they have to share with us. Scarlet monkey flower teaches us the perfection of expressing all our emotions.

### **PINE ESSENCE FOR PERFECT ACCEPTANCE**

Pine essence is the ultimate “challenge to be perfect” formula. This is traditionally the essence for fighting guilt and an ideal formula for helping to deal with the attitude that says, “I’m responsible for all

the ills of the world and everyone around me.” When we suffer because we are not the perfect manifestation of everyone’s wants, needs and desires, pine essence reminds us that everyone has lessons to learn and that the key to love and learning is forgiveness.

Pine essence transforms guilt into forgiveness. Most importantly, it shows us how to accept ourselves as we are. We transform the world by honoring our own world. Pine essence teaches us that perfection is acceptance of the self.

### **VERVAIN ESSENCE FOR PERFECT INSPIRATION**

The essence of vervain, also known as verbenas, is for the “saving the world” fervor, for when we want everyone to subscribe to our version of reality in order

to “save” them from theirs. This essence helps us when we feel that our way is the only way to heaven, nirvana, health—or whatever. It is for those times when we are so consumed by our beliefs that we can’t allow others their own.

Vervain essence helps to dial down the fervor. It shows us how to take a breath and see what the true needs are rather than what we think others need. Vervain essence teaches perfection through inspiration.



We all want to be perfect in one regard or another. What if we focus more on being perfect for ourselves or more perfectly ourselves? The rest will take care of itself. As Grace Jones sings, “I’m not perfect, but I’m perfect for you!” ✱

*All human beings are also dream beings.  
Dreaming ties all mankind together.*

—Jack Kerouac

# THE DREAM ZONE

*Katia Romanoff, PhD, and Lauri Quinn Loewenberg*

Dear Dream Zone,

*I dreamt I was in my apartment with my boyfriend and his two kids. I started choking and ended up pulling this extremely long noodle out of my throat and nose. It wouldn’t stop, and I was gagging on it. I went into the bathroom to get a better look and to get it all the way out. When I came back out to the kitchen, everything was gone and everything was bright white.*

—Mandy, 24, Merrill, WI

**Lauri:** The noodle either represents something that has been on your mind (or your noodle, as we sometimes call our brains), or it represents being too

flexible and bending to others’ needs too easily. But since you pulled it out in the dream, you must have rid yourself of this behavior in waking life, a behavior that probably went on for too long—hence the length of the noodle. And notice how everything became white after the noodle-ectomy. That’s a good indication that you have wiped the slate clean and have a new beginning.

**Mandy replies:** The being flexible part really rings true. My boyfriend of a year now has two kids with another woman. I used to let him do what he wanted when it came to talking to her

and seeing her. When it didn’t have anything to do with the kids, I wanted it to stop, but it’s a long, complicated issue. She’s only caused problems with us (on purpose, of course). Anyway, I finally said that if he wanted to be with me, certain things had to stop, like the hundred phone calls a day about things that didn’t have to do with the kids. Since I put my foot down, things have been better. And the length of the noodle seems about right; I’ve been holding back for a year.



Dear Dream Zone,

*I have not had this dream in a while, but in the dream, I am in this room with just a bed and night table. The wall at the foot of the bed is open and facing an area of the woods. During the daytime, there are people around and everything is fine, but when it turns to nighttime, I am terrified. I feel something watching me, and I curl up into a ball and stare into the darkness, waiting for it to come get me. I don’t know what or who it is, but it feels like pure evil. I feel as*



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something you need to know.  
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lately and want to know what  
it means, contact:*

Lauri Quinn Loewenberg, Katia Romanoff, PhD  
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*terrified as humanly possible. When I have this dream, this feeling follows me around the whole next day. It is horrifying.*

—Tiffany, 20, Rochester, NY

**Dr. Katia:** The walls in your dream that open to the unknown dark forest mean you feel open to danger, vulnerable to “attack.” The forest—normally a place of growth, energy and life—represents hidden fears and things that you would rather not come out. The pure evil you sense represents your greatest fear—the scariest thing that could happen. It is raw fear and anxiety. I think you are facing something unknown and still hidden in your life—something you know is coming no matter what

you do. Is it the future? What situation or issue is threatening to come out in your life? Is there something requiring you to take action—to not curl up into a ball—but you feel paralyzed and unable to fix it?

Next time you have this dream, try to talk to the pure evil, raw fear “thing.” Tell it that while it may be purely evil, you happen to have pure good on your side (all humanity has access to the good) and that you therefore know full well that it is afraid of you. Ironically, it is probably more afraid of you than you are of it, because pure evil runs and flees from pure good. Let that fact give you confidence to stand up to this unknowable darkness. You are strong;

you have the pure light of your own spirit shining blindingly into the eyes of that evil. It is afraid of you and likes to keep you catatonic on the floor. Fear is the weapon it uses to control you. But no more. You are on to it now! You are not afraid of mere fear. Rise up, woman and go forth! And it will have no choice but to leave you alone.

**Tiffany replies:** Around the time of this dream, I was kind of in a bad situation. I was sexually abused by a person close to me, and I never told anyone about it—although I wanted to—because I was afraid. Later on it happened to someone else close to me by the same person, and I ended up coming forward about it. ✱

## *Ask for* **BENEVOLENT OUTCOMES** *And Change Your Life*

**H**i everyone, and welcome to this month's stories and questions about requesting most benevolent outcomes (MBOs) in your life. Have you tried this out yet? If not, perhaps the stories below will encourage you to experiment with the simple yet powerful spiritual tool that my guardian angel says will still be in use hundreds of years from now. In the film business, we say a film that stays in theatres for a lengthy period has “long legs.” Requesting MBOs has “long legs.”

### **RADIANT EFFECT**

Annette writes: “I want to thank you for the wonderful advice you have given on requesting MBOs. I have learned that the more I request benevolent outcomes and living prayers, the more in touch with my guardian angel I have become and the faster the answers, blessings and lessons come to me and flow to others (yes, I feel it). I look forward to reading your new book.”

I've been remiss about reminding everyone of the radiant effect requesting most benevolent outcomes has on other people. When you request an MBO for your drive to work or to a restaurant, those who are riding with you are in what I call the “bubble effect.” Not only that, but the cars that are in front, behind or beside you most likely will also be in the bubble of energy that you create. Think of all the other times you have requested MBOs for relations with others in business and your personal life. They're also affected by these requests. You're bringing just a bit of peace to the world every time you request MBOs. That's how powerful this simple little spiritual tool is. The more you use it, the more you'll grow and the higher the vibrations you'll co-create.

I have also noticed that a number of people just say “MBO” in their benevo-

lent requests, so I thought I should ask my guardian angel about whether or not it makes a difference when people just say “MBOs” and not “most benevolent outcomes.” My guardian angel replied, “Just a little, Tom, but actually not much. You see, the intent is there, and that's what matters to us. We understand what that person is requesting and honor it, although it is slightly better to say it completely. So allow, Tom, and don't demand. We are thrilled to have these people request assistance.”



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## **MBO REQUESTS FOR FRAUDULENT ACTIVITY AND IDENTITY THEFT**

Linda in Atlanta writes on Facebook: "Bonjour, Tom; I've been a devoted fan of yours for about two years. Whenever possible, I share the info about MBOs to everyone. Thanks to your newsletter and your first book, I've learned to tweak my MBOs. This was tested just a few days ago. I had opened a PayPal account a few months ago to pay for a metaphysical class but ended up not ever using it. Well, in my email I had a message from PayPal that there was suspicious activity on my account. Something told me this was not a bogus email. I logged on my bank account, and to my horror, yes, indeed, my account showed that \$1,400.00 was pending to be debited. I immediately said at least two to three different MBO versions and then contacted my bank. The bank said it looked like this transaction was reversed—that PayPal had stopped the transaction on their end. Nevertheless, on my bank account, it showed a deficit of about \$1,700.00!

"Anyway, I then called PayPal, and they assured me that this fraudulent activity had been caught and that all the money was in the process of being refunded back to me. This refund could, however, take anywhere from three to thirty days. I said another MBO regarding the refund timing. To my amazement, \$1,200.00 was refunded back into my bank account within hours. The remaining \$200.00 was refunded within twenty-four hours. Oh my God! If I did not have faith in these MBOs, I would have totally lost it. And yes, my PayPal account has been closed out. Oh, and my new debit card with a new account number arrived the very next day—another way to block any other fraudulent activity.

"I thank you and honor you for helping all of us to learn about our divine rights to request help from the angels. I especially thank my Heavenly Father for creating angels to help us. Tom, you are awesome! Merci beaucoup!"

This is a good reminder, everyone, that the first thing you should do in any crisis situation is to request an MBO.

Jaki on Facebook writes in response to this: "I am writing about MBOs for fraudulent activity. In one of your cur-

rent newsletters, I read about the woman who had a problem with her PayPal account, and I am now wondering how to say an MBO for fraudulent activity—not just in relation to PayPal accounts, but also for credit cards, bank accounts and any other accounts or funds. How do you say a benevolent prayer to stop any fraudulent activity and have the money returned right back in its proper place? Thank you for your time, and I appreciate it. God bless you."

As I mentioned in my first book at the end of the tenth chapter, you can say out loud, "I request a most benevolent outcome that my personal, established identity in all of its forms be safe and secure from harm and from corruption by others. Thank you." You only have to say this once, but you can say it ever so often if it makes you feel good.

## **ANSWERS TO SPOKEN PRAYERS**

Dori writes: "Thank you for your magnificent work. I own and have read many different books about many angels and their various specialties.

"I read your *Gentle Way* books to guide me in my continued work and requests with angels. Asking for benevolent outcomes from my guardian angels is the fastest way to accomplish my desires and goals. My modes for serving feel near to being revealed. You are a blessed one, my friend. Though I've long known the power of the spoken word, I was not speaking my requests out loud often enough. This was mostly due to needing an MBO when in public. Now I think further ahead. My results are excellent for large and small requests for myself. Currently I am clarifying and listening to my guidance for greater understanding of my soul contract."

You can now order *The Gentle Way II: The Story Continues* from Light Technology, the publisher of the *Sedona Journal of Emergence*!

## **JOB AND BIRTH**

Eileen writes: "Here I am, requesting most benevolent outcomes again—this time for my husband. He wants to remain in his current position as cabin crew, but today there was a vote, and it was not what he wanted to see. All

the cabin crew got to vote for their positions, and today was not a positive outcome. Now there are talks of compulsory redundancies within the company. What most benevolent outcome prayer could we say? We are also expecting our third child this month, and I wish for a natural birth, free of pain-relief medication. What prayer could I say to help bring this about? Many thanks. Always expecting great things."

Here are some requests for MBOs and a benevolent prayer: "I request a most benevolent outcome for my husband's job, and may the results be even better than we can hope for or expect. Thank you!" "I ask any and all beings to assist my husband in his work for the perfect job for him, and may the results be even better than we can hope for or expect. Thank you!" "I request a most benevolent outcome for an easy birth for my child, and may it be even easier and more pain free than I can hope for or expect. Thank you!" Regarding your husband's job, soul contracts are at play here, so whatever happens when you request an MBO will be the best outcome.

## **MBO REQUEST FOR LESS SNOW**

Amy in Scotia, NY writes: "I have always been intrigued about our ability to control weather conditions. You had a discussion of it in your last newsletter, so I thought I would pass on my most recent weather MBO. We had a terrific winter storm in our part of the Northeast last week. At my home, we had an unexpected two feet of wet snow on Tuesday that broke some of my favorite lilac trees. Much more was forecast for the very next day. I asked for an MBO for the storm to give us little or no additional snow and for the result to be better than I could expect. Believe me, the forecast on local television was for feet of snow, wind and power outages.

"At my place of work, it snowed heavily all the next day. But there was a thin line of weather just to the east where it did nothing but rain all day. No one had predicted that rain-snow line to move down our way, but just a little bit of it did—right over my house. A mile west, it snowed. I ended up with an inch of slush and rain and not a bit of wind.



Even the national radar showed a tiny blip of a rain line in a place it shouldn't have been. Later the local weatherman said that the storm had lined itself up perfectly to push a finger of warmer air right at us. I thought that was great, and thanked the beings for the result.

"Like you, I am a firm believer in the ability to move and change weather systems. In fact, I'm asking for bright days of sunshine for this week. May they be even more beautiful and sunny than I could ever expect. Thank you!"

See what just one person was able to do? With the spring and summer storms upon us, if one is headed your way, just say, "I request a most benevolent outcome for gentle rain. Thank you!" Can you imagine what a hundred such requests could do, even in such northern climates as Canada and Europe? You can request MBOs for every Saturday to be sunny, even during the middle of winter. Try it!

### WHISPERS IN YOUR EAR

Melody in Nebraska writes: "I have enjoyed your articles in the *Sedona Journal* and have been using MBOs—maybe several times a week in the beginning, but now I use them all the time. I just ordered your book *The Gentle Way II* and have almost gotten it all read. I now use MBOs a lot more often. Have you ever heard of one like this?

"On New Year's Eve, I woke up to the words 'most benevolent outcome.' I immediately wondered what I should be asking about. I waited for more instructions or information, but nothing more came. I forgot about it for the rest of the day. On New Year's Day, I woke up and was thinking about those words again, and after a few minutes it came to me: I was being told the morning before that an MBO was coming that day!

"Three months before, I had bought a water filter that will make a difference in people's lives, but there was also a business opportunity that went along with it. A client was interested in a water filter, and I had asked at one time for an MBO about it. She had decided to buy one, and then she backed out. But on the afternoon of the day I woke up to those words 'most benevolent outcome,' as I walked in the door from work, my phone

was ringing, and this person had decided to buy a water machine! I think it was my angels giving me a heads up. I may not have associated it with an MBO, since I had asked for one so long before. What do you think?"

I do think it was Melody's guardian angel reminding her that an MBO was about to come to fruition. Perhaps it wants to assure her that her requests are being heard and acted upon. And just a reminder, you can go to my website and print out the sign "Request Benevolent Outcomes Today!" to remind you to make this a habit, along with the "Expect Great Things" mantra and two other signs.

### TAX REFUND MBO

Beth writes: "I cannot begin to express how incredible, inspiring and reassuring your newsletter is. I am so grateful and look forward to each week's updates and stories. *The Gentle Way* books are amazing and will light the path for many. Since I started requesting benevolent outcomes, I have been blessed with many wonderful successes. Most recently, my tax refund increased by \$250.00 from the time it was submitted and the time that I received it. This is most welcome, as the extra funds will be put to good use. You may have covered this question previously, but can you please ask your guardian angel what the most effective ways are to raise one's own personal vibrational level, and how to most effectively contribute to other beings in need—and Mother Earth as well?"

I have covered this before, but as a reminder for everyone, my guardian angel says that requesting MBOs is the best way to raise your vibrational level, as you become more "aware" and start seeing and understanding more. And as I have mentioned before, send white light every day if possible, or whenever you remember, to Mother Earth, or Gaia. When I meditate, I first send white light over the surface of our Earth and all the other ten timeline Earths (releasing it to go where it is most needed), then to the center of the Earth and then to the soul of Gaia as best I can.

### DRIVING TEST IN IRELAND

Eileen in Ireland writes: "I am here in Ireland and came across an old magazine I had at home called *Sedona Journal*

of *Emergence!* and liked your article on benevolent outcomes. I have a driving test tomorrow, Tuesday, and was wondering what benevolent outcome prayer I could say to pass the driving test. Looking forward to hearing from you."

For anyone about to take almost any kind of test you can say: "I request a most benevolent outcome for my test today, and that I remain calm. May the results be even better than I can hope for or expect. Thank you!"

Eileen wrote back and said: "Tom, I passed my driving test on Tuesday, and I am so happy!"

### UPS MBO

Shannon writes: "I request MBOs every day for almost everything, and as things usually work out, I assume they are working, but I wanted to share one from last night. I had a package that needed to be mailed UPS, and I totally forgot that it needed to be at the UPS office by 4:45 PM. I decided to start catching up on my email reading and forgot about the time (I was actually reading your latest newsletter), and when I finally noticed the package on my desk, it was 5:15 PM.

"I called the UPS store to see if they could still take it, and the customer service representative said it was past time, so then I called some stores near my home to see how late they could take it, but I couldn't get there by their cut-off times, so I just said, 'Okay, I'll have to contact the customer tomorrow, but I'll go ahead and take it by the UPS store,' all the while requesting an MBO for the package to be delivered on time.

"When I got to the UPS store, the driver was just there picking up the packages and said he would take care of it. I said thank you prayers all the way home! When I checked on the package this morning, it was out for delivery. Thank you so much for sharing this wonderful tool! I tell all my Reiki students and clients about it. It's so easy—and free!"

The same thing has happened for me many times when I'm running late to drop off a package; I'll request an MBO and catch them before they leave or before the truck is out of the parking lot or stopped on a street nearby. And with that, I wish you a most benevolent month! ✨

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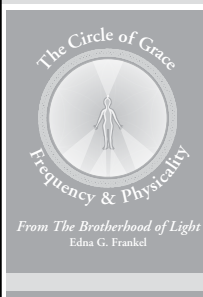


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## INSPIRED INFORMATION

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.

# Take Responsibility For Your Growth

Michel through David Reid Lowell

**O**ftentimes others will be unable to meet you in a way that balances you out, and perhaps this, in itself, is a good thing. It is at these times of sudden awareness that you can refocus your priority on yourself and your life. Decide to be mindful of how you shift your own behavior and personality just to fit in, have a friend or to be liked. In fact, being yourself should be enough. "But Michel, how do I begin to like myself? At times I feel lost." This is a matter of knowing and accepting the soul that lives within your physical body.

Remember that what excludes, separates from the wholeness. Many religions have an aspect of separatism and disdain for other religions. This arises out of the history of humanity and the energy that was put forth when God's word, or the mythology of God's word, in biblical times was manipulated, resulting in the present-day awareness that religions have social and political strength to them. This mythology of rules was set forth as a standard to guide an emerging society. It is those early beliefs that are the foundations of society, not to mention the way you view yourselves in relationship to all other things. You find simple explanations for existence. Whether they are true or not will be the source of arguments for scholars and politicians for years, decades and centuries to come.

What matters most is what you believe and how that specific set of beliefs shapes your sense of faith. Your sense of faith will influence your self-esteem. At some time in each of your lives, you will need a sense of faith, for there will indeed be nothing else to sustain you. When human beings seek to establish themselves, their ways of life or even their religious views over others, there is always a backlash. It is the same as when a person takes teachings that are designed

to integrate people and societies and uses those teachings to establish a dominant position over them.

## EMBRACE TRUENESS OF EXPRESSION

One example of the displacement of religious values and their subsequent outcome is what often happens when some human beings become aware of how their sexuality and preferences have been suppressed by any family's religious values or social restraints. When people seek to hide their feelings and turn from who they are to a more protected sense of self-awareness, they usually find that internal conflict is engaged, and they begin to self-hate or project that anger outwardly onto others.

To be whole, you have to embrace the trueness of your expression. There is no error in the wondrous qualities that make you who you are. At times you should even allow yourself to be hedonistic, within limitations, for the purpose of discovering joy. The problem comes when you set about to hide, change, alter or redo yourselves because you feel you aren't right, you don't fit in and you lack the strength and courage to embrace who you are. This is why you just have to believe and have faith.

There are many men and some women who may have been the other genders throughout their lifetimes and reincarnations, and they may have been shaped by the experiences they had while they were those genders. This is why many are sexually dysfunctional and fearful of sexually based equalities. Many may either exploit or abuse those they deem to be powerless and expendable when it is they who have the fear of being disposable. So their actions set forth a series of events that bring about their own conflicts.

## YOU HAVE SELECTED THIS LIFE

In mentioning all these things, we must point you toward the fact that you—you alone—are in charge of what you do and how you react. There are those who aspire to higher orientations, and there are those who do not. Each is about learning. You are designed for an ascendancy of awareness, and you have many lives in which to get

### KEY POINTS

- You and you alone are in charge of what you do and how you react. "There are those who aspire to higher orientations, and there are those who do not. Each is about learning."
- "You are a weightless, flawless being designed to exist in harmony with all around you. All you have to do is get out of your own way."
- "Your reality and the events in your life are part of the process you are constantly redesigning. You have the power, reinforced by the universe's love, to redo anything you think may be problematic."

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there. Go gently through your life and have appreciation for each moment you live.

When something happens that you think is unfair, look at the situation and ask yourself what it is about. Go outside of your normal way of thinking about it. Look at the situation objectively. This will be difficult, so it will be helpful to talk to someone you know—perhaps not too well—so that way there will be no vested interest in his or her response. Use their response as a tool to aide you in your evolution. Remember that you are a soul who is living a life you have selected. You are not a body with a soul, but a soul with a body.

The esoteric aspects of these thoughts that pertain to spiritual teachings are about perspectives of inner consciousness and awareness. The intuitive self pulls in another direction than the rational self. This is the duality of forces that are at work within the lifetimes you will know. Go about your life in a kind manner, not seeking approval and not seeking to impress, but rather to exist in a healthy and divinely based approach to your existence.

### **THE GIFT TO BE SIMPLE**

Energy is neither good nor bad in and of itself. But there are indeed people who are good, just as there are people who are just plain bad. Sometimes the wiring is just bad, but even in these situations, the higher intent is to remind others to make better choices. It is how you manifest the energy you encounter that shapes your individual experiences. Illness is an extension of erroneous thought or the manifestation of negative thought. Healing and wellness are also projections of the energy we manifest. You each become the expression of your own truth. The trick is to organize your forms of expression with purpose. You have to do what you need to do to build a life with purpose while incorporating spirituality and family.

Earning the means and ability to financial success is easy: You work. But sharing the wealth of that work or the rewards of that work is not so easy. You undoubtedly worked to make a better life for your family and yourself. But to what avail is that if you lose yourself or your family in the process? You need to demonstrate your compassion and love for the intent, your family and loved ones by sharing yourself in person and deed. Your inner child is expressed in the spiritual thoughts of your life and truth that is manifested. Your life will become defined by the memories of your own actions. You know who you are, and you know how you are. You cannot escape that.

You will see the manifestations of what you have created through your choices lived out before you, and through these choices, you will see how those subsequent consequences affect your life and the lives of those around you. Make your life an easy life; allow yourself to control your inclinations and to just become a decent person—all else will come.

Now, given this, your life is your choice of reality and your choice of associations. You are a weightless, flawless being designed to exist in harmony with all around you. All you

have to do is get out of your own way. Allow yourself to be uncomplicated. Allow yourself to relinquish your material associations and ties, to become unfettered by appearance and to establish yourself within the joy of universal allowing. Disassociate from those who are always digging at reason.

Your beliefs are perceptions that you chose to embrace. They are only experiential perceptions that you have been taught. Only by living through love and self-acceptance can you live freely. Only by allowing yourself to forgive yourself can you forgive another and come to an awareness of peace, for forgiving leads to understanding, understanding leads to compassion, and compassion leads to wisdom. For surely on that day, when your perception of your life is upon the end of your days and your passing is at hand, you will pass easily, knowing you have lived well and through love. Or will you pass with difficulty, hanging onto fear as that final chapter of this life experience closes? Why does life have to have a divine purpose? Life itself is an absurdity of eclectic experiences.

### **METAPHORS OF REBIRTH**

The purpose of your life is that which you choose to make of it. The smallest robin brings the welcomed sounds of spring and rebirth through its simple song. For when the christedness energy—that which you call the collective being of Jesus Christ—was upon the cross and the crown of thorns was cutting into his head, a small bird came to light upon this crown. Seeing his suffering, the small bird took upon itself to try and relieve his suffering by pulling the thorns of the crown from his brow. As the small bird pulled at the thorns, it pierced its chest and bled upon itself. Because this smallest of creatures sacrificed itself to save this man from suffering, its future generations were born with its sign, that of a reddened breast.

The robin, this small wonder of nature, sought to make no significant deed and thought not to discover its purpose; it just simply was. And by simply being itself and loving another, it became the sign of rebirth. For the red-breasted robin's song tells us that spring is upon us, relief from the winter has arrived and that life is just that—an experience based in wonder waiting to be reborn.

Ah, you expect us to speak in esoteric terms, but we find you learn through metaphor and story, as it is with your life. It is a unique story that only you can unfold to its fullest potential. Sometimes—and usually—the process of healing is the most simplest. But, again, we are speaking about your process of perceptions: How you choose to think, the reality you choose to affirm, and the images you choose to make real.

### **LIFE IS A PERCEPTION OF BEING**

The perception of the images you have concerning life and death are reflections of your third-dimensional awareness. A comparison we can offer you is this: You marvel at times when you see images in photographs that you attribute to beings of spirit. These may appear as light flashes, orbs or foggy silhouettes taking human form. Consider that

perhaps these may be life forces and essences that are viewing you in very much the same manner as you are viewing them. Indeed, now there is a thought—perception.

Perhaps the image you see darting past the corner of your eye or the intuitive voice you hear are the images and voices of those who see and hear you in the same manner. Life is a perception of being, measured by the ability you allow yourself to have to sense it. There is a saying, *midda keneged midda*: measure for measure; all is equal. We love this saying, *midda keneged midda*. It is so wonderfully joyful.

You might in fact be what you consider “dead,” and you might be living that out without actually realizing that this might be your truth. Life is experiential. It takes all your dimensional selves, simultaneously occurring, for your one self to acknowledge its limited beingness. Through this experience, your soul self travels throughout the four worlds of the Sephiroth, transforming and rejuvenating itself, whereupon its return to the physical, its third-dimensional existence, is again integrated. If different people see things from different corners of the same box, then are they seeing the same thing? What is real and what is perspective? Perhaps what is real is what you focus your mind on. Is it not, indeed, what you focus your intent and belief on?

### FINDING PERSPECTIVE IN RELATIONSHIPS

One question you may ponder is this: Does God make man in His exact image, or does man create God in his image? How would it be if God were not quantifiable or if His image were not re-created in a trinity that has come to be known, in part, as the christedness energy? These questions address the very core of the divine mind, as it is beyond mortal man’s understanding. This is why there is faith, and this is why there are perspectives of life and death.

Perspective—from what need do you see your world? A relationship is simply the universal connection and association existing between varying bodies of energy and frequency that have a reciprocal involvement. In relationship pairing, these bodies are usually attracted to, or searching for, the energies that, when combined with their own, make them whole. Not everything will work out like you had it planned, but look to the bright side; there is always hope. Now, here are four points about relationships. These are indeed a nudge of goodwill to help guide your process of plausibility.

*Do we draw our experiences and partners to us, either consciously or subconsciously?*

Well, no—not as one would think. It is a process of refinement and learning. It is a process of co-creation, but if the intent is not mutually honored, then the process can be more challenging.

*Will I find a best friend, a mate or a significant other?*

Perhaps. If you allow yourself to remain open to possibilities that may not be what you would consider your ideal type. Allow yourself to be open. If you have to ask us, then we would say that you already know there are issues you

need to address within yourself. If you allow yourself to just accept kindness and love and you give love without reason or expectation, then you will flourish in these things.

*If I feel I have grown apart from my mate, what do I do?*

Step back and watch the dynamic. Are you an honest and loving partner? What part within this experience do you play, and how can you improve it? Does your partner value you and treat you honestly? You need to be able to trust each other. Once trust has been damaged, there may be no going back, but these things of the heart are so very fragile.

*So if I feel that I have grown estranged from my partner, how can I make my relationship a success?*

You cannot make any improvements on your own if you are the cause of the problem and truly not willing to change. And you cannot change another person. Perhaps the problem is not with you, and perhaps it is. Only you can look within and know who you are and how you have been. Ask yourself if you have been decently honorable and selflessly giving, just for the joy of loving another.

### THE DUALITY OF YOUR DESIGN

First and foremost, you have free will that is based in divine perfection in essence, deed, thought and action. Of course you can blame yourself for everything, but you might not be aware of everything that is happening in your life. Remember, there is beauty in all things if you just allow yourself to see it.

Sometimes things just are as they are, and they are *not* your fault. How can anything based in divine, unconditional love, universal knowing and awareness not manifest the perfection of its being? Simply put, one cannot always understand its processes. You only have control over your own faith. You can create, manifest and enjoy whatever reality you choose, but you do not willy-nilly draw randomly to you. You create through a process of co-creation and intent that is based in the purpose for your thoughts and beliefs.

Again, you are a soul within the body, and that brings together the unification of purpose and intent. There is a duality of awareness in your design. This is the unique gift of the human aspect as it applies to the application of free will. You do not draw to you anything that cannot be successful and beneficial to you. You co-create with others. This is why your process of choice is so important. Make good choices.

Your reality and the events in your life are part of the process you are constantly redesigning. You have the power, reinforced by the universe’s love, to redo anything you think may be problematic. Sometimes, you just need to let go and find a place to enjoy the discovery of loving and respecting yourself.

### YOU CAN DO IT!

So is this process of joyful discovery ever painless and easy? People often ask us questions, as we have said, to test us or to validate the perceptions they have already set.

Both are a waste of time and energy. Never give up; you can do it! The work you need to do will not be easy. It is never easy, and you need to hear that. Once someone said to us, "I want to do it pain free and easily." Last we knew, they are still where they were—slightly better, but most certainly caught in the grind of life. It is never easy. It was not easy for the Christedness energy who was crucified nor will it be easy for you. Many individuals who are of the light are ahead of their time. The good does, however, outweigh the short-lived discomfort or pain. Once you face it—whatever it is—you can move forward.

People usually judge others from the position of how well they value themselves in relationship to the world they live in. Victims are often comfortable in the role of victim. The very moment you let someone else control what it is you do, you become a victim. And there is a relationship between victim and victimizer. They both need each other to complete a process, and that process is usually shortened when the victim chooses to stop being a victim. To do this, you need to address your self-esteem issues, and that means putting yourself into a healthy environment that reaffirms the positive qualities of life. These situations exist and are brought forth to show you that they need not happen again.

Take small steps to regain your personal control. Surround yourself with people who help you feel safe. Find people who love unconditionally. Be with those who

inspire you, who lift you up and who celebrate life. Esoteric ideas or "goodie-goodnesses" will get you nowhere. People will go from one person to another, and then to another, until someone tells them what they want to hear. What you want is someone who will be supportive of you while letting you learn at your own pace. You need, at some point in time, to roll up your sleeves and say, "I have to get to work on this," and then jump in and do it.

You cannot waste away your life and have your position reaffirmed to you. You need to be challenged to be better, to think newer thoughts and to problem solve. You cannot be coddled and be expected to grow into functional individuals. Guided, yes. Supported, when you make efforts, yes. But it is not our job to blur these lines and to let you think that we are your friend, buddy, soul-mate, guide or otherwise. We parent, we teach, we lead—we speak and give you functioning tools to apply to your life as you should with your children, as your parents should have done for you. And we share a place of compassionate love with you in the process. Reach out, and others will reach back.

You are meant to give love and to receive love. Allow yourself to be above petty suspicion. For within you is the greatest purity of unlimited beingness. You—yes, you—are capable of so much, if only you believe you are worthy of it. Allow yourself to believe in yourself as we believe in you—such beauty. \*

# The Seven Rays of Light

## Jesus through Virginia Ellen

I greet you in the light of the God that I am. It is time for the awakening of humankind. I speak to the Christ within you, that you may know your value and your oneness with the indwelling presence of God. I am within all of you. I am the light that shines within all of you. I am here to take you home to the beloved indwelling presence of God.

There are seven rays of light that are projected to Earth from the Godhead. Each ray radiates a color and godly

quality to the Earth just as each day of the week projects a specific ray and quality to Earth. Open your hearts and minds to these qualities. Focus on the color and the godly qualities as you open to receive their blessings in your life. Allow the energy of each ray to fill you with divine wisdom and love. Each ray is sent from the Godhead as a golden beam of light. As it is lowered from the Godhead, it takes on a hue of its own. These seven rays circle the Earth and provide a protection to all of humanity as they radiate their godly virtues.

You see these rays of color as rainbows in your skies. Rainbows provide you with the energy to remember who you truly are. Within you is a forgotten blueprint of your true

### KEY POINTS

- The seven rays of light that are projected to Earth from the presence of God each provide unique colors and qualities to humanity, illuminating the forgotten blueprint of divine essence.
- The ray that is most strongly influencing humanity right now is the seventh ray, also known as The Violet Flame, and it is pouring out the spirit of freedom over all humankind.

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purpose and essence. This is why you get excited when you see a rainbow; it fills you with joy and a remembrance of your divinity. You see rainbows as a miracle of nature and a sign of love and hope, and the splendor of seeing a rainbow lifts your soul. The child returns to your heart, filled with wonder and joy. Rainbows are a blessing from the Godhead.

### **COLORS AND QUALITIES OF THE RAYS OF LIGHT**

**Sundays:** This ray is seen as blue, and its godly qualities are protection, power and initiative.

**Mondays:** The color of this ray is yellow, and it expresses the qualities of illumination, wisdom and perception.

**Tuesdays:** This ray is pink in color with the qualities of love, tolerance and gratitude.

**Wednesdays:** This ray is seen as white, emanating the quality of purity.

**Thursdays:** The color of this ray is green, expressing the qualities of healing, truth, scientific thought, development and consecration.

**Fridays:** The colors of this ray are gold and ruby, and its qualities are devotion, worship and peace.

**Saturdays:** This ray is seen as the color violet. Its qualities are service, freedom, refinement and diplomacy.

### **CYCLE OF THE RAYS**

Each ray has a cycle of 2,000 years. We are now being influenced by the seventh ray, The Violet Flame. The focus of the seventh ray is freedom. The seventh ray is providing humanity and those waiting to incarnate with the opportunity to purify their souls so that they may have the freedom to return to oneness in ascension. It provides you with the grace of God, and through this grace, you will return to your divinity. This specific energy has not been available for 14,000 years. Freedom is coming to you. The cycle of the seventh ray began in 1954, and since that time, there has been a great movement among men and women to speak their truth and to stand up to authority and the laws that seek to keep them bound and imprisoned. Great change is upon you. All is in divine order, and peace is with you. ✨

# **The Eternal Now Moment**

**Archangel Michael through Reverend Michelle Coutant**

**D**ear ones, the now moment is the most important moment you will ever experience. It is so for this lifetime, it is so for every lifetime you have experienced on planet Earth, and it is so for all your magnificent journeys and travels through all of creation, throughout eternity. In the higher realms, there is no time. Time is an illusion of the third dimension.

As you move through the fourth and into the fifth dimension, time is speeding up and will soon merge with the still point of creation. The still point of creation is the eternal now—the God moment, the All That Is. This moment is a moment of love for all eternity. As you enter this moment of the still point, you will find that time has ceased and was an illusion of the linear third dimension. In the eternal now moment, everything happens all at once, and every-

thing is fluid and circular, just as you understand the circular flow or the law of circle in the third dimension. It is on a much grander scale when you are in the eternal now moment. All life expands in this circular movement—ever-expanding, ever-changing, ever-fluid.

### **EMPOWERMENT IN THE NOW**

As you learn to remain in the now moment, you will find that you have expanded your personal power for creating. The now moment is the only moment in which you have power. We have told you this on many occasions. The past is complete, the future is yet to come, and the now is the moment of the All That Is. When you hold your thoughts in the now, you may then consciously choose, in this now moment, to lift yourself up to the vibrations of the fifth dimension, the elixir of life and the vibrations of love.

Go into your pyramid of power in this heightened state and create your miracles, dear ones. All of the joys, the gifts and the miracles of creation are awaiting you, but you must create for the highest good of all. Be one-pointed, focused and never wavering from this now moment. You will remain empowered in

### **KEY POINTS**

- Time is speeding up as you move through the fourth and into the fifth dimension, and it will soon merge with the still point of creation—the eternal now moment.
- “In the eternal now moment, everything happens all at once, and everything is fluid and circular.”
- The now moment is the moment of true power, and as you learn to remain in the now moment, you will find that you have expanded your personal power for creating.

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love and in control of your thoughts and emotions. You will be able to rise above the illusion of the third dimension, the pain and suffering, and the fear.

Do not look around you at all the fear and chaos occurring on your beloved Earth. Look around you and see the changes that are bringing empowerment of free will to your brothers and sisters. Hold your thoughts upon the outcome for the highest good of all. Hold your thoughts upon awakening and ascension for all. Remain in the now moment as you focus on this grand thought form. You are making the game up as you go, dear ones. Only you ultimately decide the end results and the outcome of this glorious illusion in the game you have been playing. Only you can decide to experience the highest outcome possible and then go about your business each day, in the now moment, holding this thought form for new creation.

### RETURN TO CENTER

The choice is yours, dear ones; the eternal now moment is available to each and every one of you. It is not awaiting you in the fifth dimension. It is the now, in the now. There is only this eternal now. Place your focus in your heart center and remain in this now. When you find yourself wavering and distracted, simply say to yourself, "Return to center." You will instantly bring yourself back into your heart center, into the now moment.

All your greatest desires and your greatest hopes in alignment with your highest good are created effortlessly and easily when you remain focused and one-pointed in the now moment. It is so simple, dear ones, but you must take the time and diligently bring yourself back into this now moment when you stray.

Sit quietly, breathe deeply and focus on this now moment in your sacred heart. Breathe deeply and expand this vibration of the now out to fill your field and through your heart center, front and back. Breathe the expansion of this moment down into Mother Earth. Breathe this now moment into your expanded fields—yours and Mother Earth's. Sit quietly and feel this expansion of the now. When you are ready, breathe deeply and expand the vibrations of the now out to all creation. Feel the expansiveness, the oneness with all creation in this now moment. It is all there is, and it is the All That Is, and it is the now, and you are this expansiveness. Sit quietly in the magnificence, for it is truly who you are. You are one with all creation.



I am ever-near to guide you in this magnificence, this remembering of who you are as you return to your rightful place in the higher realms. I am Archangel Michael, and I bring you these truths. \*

# Heart-Filtered Communication

## Jesus through Campbell McPherson Page

**S**howing thanks and gratitude to the body is not something we do very often, but it gives us enormous health benefits. Show the body feelings of love and gratitude, for without your body, you do not have your physical existence, and your physical existence at this point in time is very important to you; otherwise you would not be in the body. Give thanks

and gratitude—and love, of course—to every part of your body. See how each part is feeling, and allow each part to be blessed. Then feel your body all over, as its own holistic entity. Thank the body for the temple it gives you so that you can travel through life. Become aware of different connections to different parts of the body as you look at the holistic being, for it is all interconnected, even though you may be able to break it down into different parts.

### KEY POINTS

- "Communication is very important. The words you use are very important. So keep your words simple."
- When you are trying to communicate with people, you need to be very clear in what you actually say; what you say is what will manifest, but if the thought does not fit what is being said, manifestation will not occur.
- "You will find that the pathway through the heart chakra allows you to communicate more clearly. So now when you have a thought and you wish to express it, do not take the shortcut!"

### DIRECTING THE ENERGETIC PATHWAYS OF THE BODY

Now we are going to change some of the neural pathways and some of the energetic pathways in the body. Observe the energy coming in through the top of your head and how it forms thought. This is not difficult, although it sounds difficult. Allow the energy

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to come in through the top of the head and just see what thoughts occur. Feel the energy coming in through the crown chakra, and see how the energy is then modified by the third eye chakra and how that will create a thought.

Observe the change of that thought energy into some words that you would say, for although you may see some words or hear some words in the thought, it normally comes through as a picture, an idea or a feeling, and then you convert that into a word. So see the thought coming in through the crown chakra, and see it being converted to words that you would say. You can see the words as they travel along that energetic line to the throat chakra so that they can be reproduced physically into sound waves.

Try to imagine the energy that comes through the throat as a color or a feeling as you follow the thoughts along this pathway. Normally you will find that the thoughts have a tinge of yellow. They will have a crisp ending, but they will not fully fit with the thought that is coming from spirit, for there is always some mistranslation as a thought is expressed into words. This head-centered pathway is the one that you use in most communication with other people. Observe the translation from the thought of spirit—the impression it gives you, the visual picture, the auric picture, the scent picture it may give you or the kinesic picture—and see how that is translated into words. Even if you cannot picture it clearly, you will get a sense of that translation.

### FINDING THE HEART-CENTERED PATHWAY

Now, you can change the pathway from being a head-centered pathway to a heart-centred pathway. Breathe in from the top of the head and allow the thought energy to go directly to the heart chakra. Bypass the third eye and the throat chakra and come back to the heart. The third eye will still give its filter, as you still need that conversion to something that the body will understand or that you will understand in your egoic body. Now bring the energy up from the heart to the throat chakra. As you will feel, the energy is different.

When you allow the heart to do the conversion into words, you will feel different. There is a clarity in the words formed this way. And indeed, if you look at the thought pattern, you will see that it now has a tinge of green or pink rather than yellow. It is at a more compassionate level than an intellect level. The words are very similar, but the thought is being translated into something smoother, something that fits the thought from spirit more closely—although still not perfectly, for there will always be problems in converting from spirit to physical. However, see the thoughts, the words, now coming in to be expressed in the throat chakra so that the words will come out of the mouth, and see the difference in the pattern; feel the different energy flow.

In the front of your mind, compare this with the normal thought pattern. See which pattern is stronger to you, which expresses things more clearly. You will find that the

pathway through the heart chakra allows you to communicate more clearly. So now when you have a thought and you wish to express it, do not take the shortcut!

### CLARITY IS NEEDED FOR MANIFESTATION

English is a difficult language. There are words that can be interpreted in more than one way. So when you state your intention, you give yourself an out. In fact, if you write down what someone is saying and then read it straight back to them, they will often deny that is what they said; this is because English is not a precise language. You can make it precise, but it is not. People always use an “if” and “but” and “Oh no, I didn’t really mean what I said.” That is a very strange thing to say, because if you think about it, it means that their communication is not clear. It also means that they are not connected to spirit—because spirit works in precise ways. You use your thoughts in a precise way, but your thoughts, in most instances, will come into the language that you commonly use.

I used Aramaic. Aramaic is a very precise language, and it is actually a very romantic language. It is very poetic; there are many rhymes that happen in Aramaic that give beautiful terms a linkage. In English, you have certain terms, but it sounds a bit stilted when we translate things. What it comes down to is that when you are trying to communicate with people, you need to be very clear in what you actually say, because what you say is what is manifest. But if the thought does not fit what is being said, manifestation does not occur. If you pay what is called “lip service” to something, the thought does not match what is happening externally. Because of the incongruence between the spirit thought and what is being expressed in language, things do not occur. Your intention becomes very important.

In your mind, you should not use phrases like “I know.” “I know” is one of the most damaging phrases you can use, because it means that you have stopped considering what is happening. The ego will take “I know” as meaning “I’ve won; I do not have to consider this any further, because I know.” But how can you change your experience? If you do not fully experience what is in front of you, and you come to an “I know” point, you do not change things. You do not change, because you already know. “I know” means that you have set a pattern that you are not prepared to change. And if you are looking for peace and you are looking for enlightenment, then thought patterns need to change.

So no more “I know”—“I understand” is a better term, but you cannot truly say “I understand” if there is some confusion. So always use that as the test instead. Instead of saying, “I know this,” say, “I understand this,” and if you get an incongruence when you say “I understand” something, then you do not know it. You can change it. “Know” is a stop; “understand” shows incongruence. And if you can pick up on incongruency, you become more peaceful. It is a very old lesson.

Now, when you use words like “if,” “no,” “but,” “what-ever,” “when” and “while,” you give your words—your sentences—two meanings. It means that when you express things, there are two thoughts going on. If there are two thoughts going on, it is very hard for the universe to support both. It will either try supporting both, which means that you get a cancellation, or put you in different directions—which means you are literally torn. You do not know which way to turn. You hear this all the time from people, and that is because they have stated an intention but they do not have a clear intention. They wanted to go one of two ways, and they can see both ways. So it is far better that you try to express yourself with only one meaning. If you are going to say something, then intend to say it, and try to stay with that. It is all right to say that you’ve made a mistake and take something back—that is not a problem. The universe will always support that. But if you say something and are not sure about it when you say it, it is very hard for the universe to manifest it.

### USING THE THIRD EYE AS A FILTER

The third eye is very imagery based. It shows you lots of things, but your mental mind has learned to filter it. This is why you might not see your aura; this is why you may not see the guides when they come in. This is not a problem; this is just the state of most people in a physical existence. However, to change things, you need to bypass it somewhat. You still need that third eye impression; that’s why I said to use it as a filter, to transmute from spirit into something a physical body can deal with at an energetic level. But bring it to the heart before you try communicating.

The heart center is where you show your compassion and your wanting for other beings, but importantly, it is also where you show your wanting for being in the physical world. You wished to come back into a physical body, or you would not be here. So if you can more closely align what is coming from the physical body with what is being thought in spirit, you can come much closer to being able to manifest that which is needed.

Now notice the words I have used. I did not use the word “want.” “Want” is very easy for the universe to support, because it does not mean anything has to arrive. It gives you an out, a way of not being able to manifest. “Want” is not the word you need. The word is “intend.” “I intend this to happen.” Or you can become even simpler with your statement and say, “This is what will happen.” But then the next thing is to leave it to the divine; the divine is trying to bring about synchronicity for *all*, whether you be human, insect, animal, plant, atom or molecule. We are trying to bring about synchronicity for everything.

### USING THE HEART PROCESS TO LISTEN

Divine timing does not work like human timing. You are in a physical body, and that makes you very impatient—so impatient that I need to keep talking and talking and talking in order to keep the mind present while these things are

being said. When we talk like this, I give you the verbal message so that the mind will stay present, but there are also psychic impressions coming in through spirit to fill up the rest of the active mind so that the message can be conveyed without the mind wandering.

Unfortunately, people get bored when they start listening to someone else. You know this; you hear someone and then you think, “Blah blah blah, blah blah blah blah,” and you switch off. It’s the human condition. It’s all right. Do not beat yourself up over these things. But this happens because you are coming from the crown chakra to the third eye, then straight to the throat. It is just mental process coming out as mental process. But for the mental process to make an impression, you need to do things on more than just the mental level.

The figures are something like this: say the mind can actively do 800 things per second—per moment. Someone talking only takes up 150 of those pieces. So the mind still has 650 things to entertain itself with. And if all these things are not filled up, the mind will wander, and you will think, “Blah blah blah—I don’t want to hear this.” Or the other person says, “Blah blah blah,” and you do not pay attention. This is because it comes through just the mental process.

If you use the heart process, however, you are bringing in the emotional process as well, so you begin to get close to those 800 pieces. So then the information goes in, because the mind is fully occupied, and the message is heard. Conversely, if you are listening to someone who has not used the heart process, you need to tell those extra 650 bits of your mind to concentrate on what that person is saying. And a good way of doing that is to come back to the heart center—because if you are consciously showing compassion while you are listening, then you are using the whole mind. This is also why meditation gives you such a strong feeling at times—because you are allowing your mind to use its full capacity.



Communication is very important. The words you use are very important. So keep your words simple. Do not use words like “want”; do not make an intention and use the words “I want this, but this, this and this has to happen as well.” You can put lots of conditions on your intent; this is not a problem. In fact, it can bring things through more clearly for you. The flip side is that it will take divine time longer to bring about the synchronicity. And also remember that wishing for thirty million dollars may be a great intent, but it may not spiritually help you to do the things you need to do. So there is always a balance.

Remember that we in spirit are looking after your own good. We want you to do your work well. We want you to do what you came back to do. These things become clearer in time. Be happy and content with the world, and remember to use the heart pathway. I bid you farewell for now. Namasté. ✻

# Living Is Now More a Dance of Life

Master Jeremiah of the Order of Melchizedek through Toni Moltzan

**Y**ou are called. You have heard. You have returned, and you are in white light. You are connected to the guidance presented through those surrounding you and bringing to you the insight, the knowing and the opportunity to alter conditions of what you see as negativity. I am Jeremiah. I have come in this place to reassure you that there is a new consciousness magnifying within yourself but touching many others who have yet to understand their shifts in themselves. Together you create a vehicle of light, a means by which consciousness of love—a consciousness of perception of inner truth for humanity—is taking place.

You have been presented with many means of discovering the mysteries of thought, energy, light and all of their effects in individual choice. You have learned much in the activity of bringing yourself to a place of responding to the guidance that comes as messengers for you. You are all a part of this intent to bring to human life and human living the spiritual perspective of living humanly in a divine way. You have all perceived through your individual opportunities how to break the struggle of resistance and open to the light that lifts you out of your personal challenges. And it is good.

Your purpose in this experience is to connect in all levels of your individual being, meaning that your physical selves are responding to the knowing from the heart. You are feeling the light, the love, the acceptance, the inner change and the unity of your being. You are mentally magnifying the understanding of what transformation has brought to you and the power it brings to things that are yet to unfold. You are together in this experience for sharing what you know and reaching out to others who are just awakening to their beginning of openness to light.

## KEY POINTS

- “Your purpose in this experience is to connect in all levels of your individual being . . . feeling the light, the love, the acceptance, the inner change and the unity of your being.”
- “You are the guiding lights that will unfold as you touch the lives that are learning how to live in a new and healing way.”
- “In this moment, see yourself envisioning all that appears as being touched by the divine love that is shifted to a higher state. Ready for a new phase, and without doubt, simply be open to this new reality.”

## YOU ARE AN AGENT FOR CHANGE

As I speak, you are being individually connected to the hierarchy of the Order of Melchizedek. Some of you may perceive a face, a fragrance, a touch, a knowing. Some of you may hear a word, a thought, a phrase, an insight. Some of you may simply see that there is an extraordinary vibration in effect that is meant to lift the conditions—individually and collectively—of what you each are processing. You are the teachers. You are the way-showers. You are the guiding lights that will unfold as you touch the lives that are learning how to live in a new and healing way.

Some of you have walked through the darkness of humanity and its conflicts with the greater good. Some of you have walked with those who are in the depths of grief and disorder in their thoughts, in their hearts, on their paths. The light in you, the essence of you, is the healing agent for change. You are all able to be a facilitator of this consciousness as you speak the words that come through your thought; it touches your need in another's understanding. As I speak, simply see that you are linking within this particular group of lighted ones. But beyond this moment, there lies a new intention, and that is seeing yourself bringing to others how this work is transformative for the human body, for the human egos and for the conditioning of the past consciousness of pain.

At this moment, perceive in you that you are being cleared of the obstacles within you as a fear of no future or an uncertain future. Let that fear be released and simply visually see that the future is you as you image yourself in your opportunity. Wherever there is a need, there is something outside of you that fills that need, and there is a power within you to bring that need to healing experience.

## LETTING GO OF FEAR

So I speak with this thought: You are in this moment being totally released of your stress and of the disorder of your uncertainty. You are being freed from the fear that there is no future for your opportunities. You are let-

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ting go of the fear of change that has taken place, and you are seeing change as you walk through the doorway to discover another part of your life's intent. You ask that love fill your expression, your mind, your heart and your soul. Love comes in ways that you have not yet expected. It comes through the experience of being in oneness with divine love—with the light, with the presence of spirit and with the energy that brings peace into the business of negativity.

So, in this moment, let it be. You are a way-shower and a carrier of the torch of love and light. You enlighten others through their needs to see the greater part of them and their realities. Instead of judging another as being inadequate or with its own burden of self-destruction, see there is a magnificence within them—that they simply have yet to discover their truths and their realities.

In a unified manner as I speak, see in you that you are connecting to those who are in pain, to those who are in fear, to those who override the sense of joy. Just simply see the touch of light and thoughts of others, for love fills their hearts. Wherever there seems to be energy that lacks all its possibilities of hope, release it to another state of thinking and bring it into the light. It is not your truth; it is the illusion created in human thinking.

#### READY FOR A NEW PHASE

You are at an age that is closing as it is opening to another stage. The long age that you have lived in this short time is coming to its own resolution and opening to a new phase in which the spirit is the strongest of all the

motivation of human living in which the mind is recognized as a tool of love and spirit and thought and higher beings of light. You are entering an age in which living is more a dance of life than a struggle of opposition to the heart. So think on these things.

Whatever appears as devastations in Earth shifts and all its changes is still the completeness of a stage of this phase, opening the mind and the self to new vibrations and new opportunities that are of the visions you now express. World peace is neither an illusion nor unattainable—nor is it without its possibility. It takes a shift in all human nature to bring forward the true act through which peace occurs. In this moment, see yourself envisioning all that appears as being touched by the divine love that is shifted to a higher state. Ready for a new phase and without doubt, simply be open to this new reality.



My work has been a part of the Order of Melchizedek. It begins through these past months of inner activity with you, but all of the council is a part of your heart, and each of you are part of the teachers that are sharing thoughts through you. Let that be your understanding. Let go of fear of what this brings, for it simply means that you walk in the path of His feet; you walk in the light that God brings. Be without doubt, and hold the vision of truth. Let the principles of this order be the guiding consciousness of your thoughts. It is so. Walk in peace, and may the light of the Christ be in and through you. \*

# Of Orange Aliens And Crop Circles

Vera Nadine Bóinn

*From time to time, in the course of my channelings and meditations, I get a piece of psychic history that shocks even me. This is rare and usually comes in the form of first-person experience of a topic or time period that I was not even expecting or intending to contact.*

On such occasion was in the course of a personal meditation, a few years ago now, when I was receiving guidance from my higher self. Suddenly, she told me to look into a puddle on the ground and that she would show me something of great impor-

tance. I did as she suggested and was immediately transported in a direction that I can best describe as upward. I rose up through a misty haze and was instantly transported back down again, backward in time, into an endless lush jungle.

The covering, or canopy, was thick, green, damp, tall and dark. I knew that there were tribes of people living here, though how I knew this at that point

I can't exactly say. I walked through this ancient, untouched place, pushing branches and large fronds out of my way as I went and eventually came



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to a small clearing among the trees and vines. There in the clearing was a sight that I could never have dreamed, not in any vision, dream or meditation had I ever seen anything even remotely like it. There stood a speechless—as in not able to produce what we think of as speech—wild man.

He was similar to, though more magnificent than, our textbook illustrations of Neanderthal man. Behind him, toward the edge of the clearing, stood a small group of other wild people half hidden in the jungle. It was obvious to me that he was their chosen leader, perhaps for his physique and strength or bravery. In front of him, within a huge, blinding beam of light, stood some kind of alien creature. It was as flat as a piece of paper, tall, angular, orange-reddish in color and dwarfed the wild man by as many as three or four feet.

This creature was obviously also a leader of some sort, because it had a number of similar creatures, of varying heights and shades of orange, standing behind it. These two groups of beings were communicating with each other—exactly how, I could not work out—but the orange people did not speak in words; they spoke telepathically. The wild men seemed to only grunt and gesture, yet their leader was nodding his head and grunting in understanding toward the orange leader.

The orange creatures were asking for something from the wild men, showing them pictures of their own reality in their minds. Once these beings had finished telling their story to the wild man leader, he paused for a few moments, just standing before this tall, flat being. Then the man stepped backward a bit, toward the edge of the forest, and seemed to hold council with his fellow tribespeople. There was a lot of confusion, then some level of disagreement, followed by some type of compromise and then a consensus of some kind. After this, the leader stepped back into the clearing and, in an almost pitying way, gave a positive answer to this orange being.

## A BENEVOLENT RACE

I have thought much on this since I had the vision and have asked for clarification of my ideas in several other meditation and dream sequences after that, and this is the understanding that I have come to about at least one portion of our human history:

In our ancient past, we lived as peaceful, highly spiritual beings in small groups that worshiped the Earth, Sun, Moon and stars as actual beings—as thinking, living and feeling elements of nature. We did not have the power of organized speech, but we did have many concepts that modern people think of as marks of civilization. These included self-awareness, ritual practices, agricultural knowledge, religious understanding, cooking and forms of communication, as well as the concepts of truth, responsibility, family connections, past, present and future.

At the same time, in other corners of the greater cosmos, other beings who looked and communicated differently from us were undergoing great changes in their way of life and on their own planets. One such group—the Sun, or Orange people—were suffering under the expansion and imminent explosion of their sun.

The normal course of life for them on their sun-scorched planet was to be born as flat yet moist yellow beings, coming into an orangeness as they passed beyond puberty, getting taller as they also grew to have less moisture in their bodies and eventually, when approaching middle to old age, to become reddened and drier, often like the texture of a tree, except flat.

They lived in extended family groups, on a dusty, rocky and arid planet that was comprised equally of mountains and extensive dry plains. Each family group shared a cave where dozens and dozens of them lived together. What they specifically did, in other words, what their daily life was like, was never shown to me. I do not believe, however, that they went to work every day as we tend to do or that they had a care for the creation or collection of material goods at all.

These creatures seemed to be extremely spiritual in their reality, living for and by energy and thought, not growing or harvesting things. They did spend their time thinking, vibrating and creating but not in a way that could be seen on a physical plane of existence. They seemed to act solely for the betterment of the whole race and of their planet; however, certain forces in their universe were beyond their control.

The only true vision that I had of their planet and their life on it was at the very end of their world. Groups of the oldest and the youngest—I guess you could say the grandparents and grandchildren—of these orange beings were cowering under a large rock outcropping in the middle of a vast open plain and were slowly frying, or cooking, to death under the now constant radiation of their sun. As their sun grew, it not only became as close to them as our Moon is to us but also started pulling things toward it, like a vacuum or a magnet.

It was at this point that the strongest adults of these beings chose to take the drastic measure that they did, coming to Earth and asking the peaceful people of this place to provide them with some kind of help. I get the sense that this was highly taboo and was only undertaken due to the most desperate and imminent circumstances. What did they want? How could these seemingly simple and unrefined humans have helped these highly evolved beings?

## PRECIOUS STORAGE

Well, it is still not completely formed in my mind as to what the exact outcome was, but what they wanted seems fairly clear. They wanted the humans on this great, green planet Earth to help them save the thing that was most precious to them on their planet, for they knew that their planet was beyond saving and would soon be killed by its own sun.

They asked these spiritually aware, ritual-minded Earthmen to store their equivalent to our DNA. But we must understand at this point that, although

we have as yet only discovered DNA to hold the keys to our human species, DNA is actually a record of the life of our planet, an encyclopedia of Earth's history, and each species holds a volume. That is what they so desperately wanted to store here with our ancestors: the entire history not only of their species but of their planet.

And in return, they promised not only their future help, should we ever need it, but also to gift us with certain types of learning, of spiritual knowledge, to aid in our development as a species and as a planetary community.

Still, they did not trust that this planet would be the ultimate place of safety for their body of planetary and physical knowledge. Thus they encoded and chopped up their information, storing only slices of it with different groups of humans in different locations around the globe, to be collected and reassembled by them at a point far into the future when they were able to make use of it and recreate their planet in a new location. This is something that they firmly believed they could do and was their entire intent for making their journey here to Earth—to store the pieces for a future rebuilding project.

The only portion that still remains unclear to me is exactly how many different backup methods they used for storing this information here on our planet. They most likely used the obvious method of storing pieces of their DNA in dormant sections of our own DNA or the DNA of other Earth species, perhaps accounting for a portion of the slight differences in major races of human and other species variations around the globe.

What I am certain about is that they encoded the vast majority of their information in what we see as very simple symbols, the very same symbols that we see repeated in the carvings, drawings and building design of the major cultures throughout human history. These are the symbols found carved into caves and burial mounds, such as those of Newgrange in Ireland as well as in the layout of ancient sites like Cahokia and the precise measure-

ments of the Egyptian pyramids. On their surface, they are indeed designed to line up precisely with different astronomical occurrences and different constellations, but behind all of that, they store and project encoded information that is intended only to be deciphered by those who originally gave that information: the Sun people.

### OTHER PLANES OF EXISTENCE

My whole purpose in telling this story is to explain how I have come to my own, previously unheard of, explanation for the true meaning behind crop circles. When I speak of crop circles, I mean the real thing, not the impromptu, fanciful artworks created by a bunch of nocturnal hippie-types but those that truly do appear of their own accord—unexplained, unclaimed and undecipherable.

Suspending disbelief and embracing the truth that all of time occurs at the same instant—that the past, the present and the future are not linear but are, indeed, layered in nature, occurring in one now at different planes of existence—it is easy to see how crop circles appear, leaving only their design and a noticeably heightened energy field.

Our ancestors—sensitive, spiritual, prehistoric humans—were charged with the protection of a thing more sacred than their mere individual lives. Having taken this charge on willingly, out of sympathy and perhaps a sense of kinship, they gave their utmost attention to seeing that their promises were carried out to the best of their abilities.

Suppose that each major continent or major culture was given sacred symbols and sacred concepts to protect and store until such time that the true owners of that knowledge could collect it and make use of it. Envision each tribal or cultural group embracing these symbols and weaving their own world and creation myths around them to ensure their survival and perpetuation into the future. Now suppose that the lifetime of those ancestors, our past, and the lifetime that we live today, our now, and also the life-

time in which these beings can actually use their stored information, our future, are all actually occurring on different planes, but at this very same moment. Picture it as a layer cake, and the Earth is the platter that the cake is sitting upon; each layer is separated from the next piece of cake by an impenetrable, sticky layer of jam or frosting, but they are all still sitting on the same platter, all still part of the same cake. [Man, I love using cake as an example, for anything.]

### CROP CIRCLES

Here is what I am getting at: The ancestors, the members of these powerful, sacred tribes are, at this very same moment, sitting somewhere in a jungle or an open field, most likely in some ceremonial circle, all concentrating on their symbols, deliberately pouring their energy into them, vibrating and humming in unison. Their intent? To raise the vibration of that symbol to such a high level that it is projected, with all speed and force, upward from their lower vibrational reality, through ours, and up to a more spiritually and technically evolved future.

In that future exists both the vast receivers and also the decoders for the specific type of vibration or symbolism that is being sent. It does not matter what exists at the place in our present, only that the energy receivers of the future receive the transmission.

What is happening when it passes through our realm—a place in which the meaning can neither be received nor decoded—is that it leaves a shadow, an energy mark upon our now. Something of that much force and vibration cannot help but manifest as it passes through. But it is a side-effect, an unintentional signal picked up as the message passes from its transmitter to its true receiver. We are most likely not even seeing the whole symbol and we are certainly not energetically evolved enough, either as a species or as a planet, to yet discern its true meaning.

Our planet is providing a service, but its value is not meant for us. It's just a favor for a friend.

Are all crop circles the real deal? Not at all. But is there some reason why they frequently have the same form as ancient symbols found throughout the ancient world? Why do they occur more often closer to certain astronomical phenomena? Why do they so often match up perfectly

in measurement to the footprints of ancient sites such as Giza and Stonehenge? Yes, yes, indeed.

If this is true, then why do they only appear in fields or crops? The answer is that they don't. These symbols do not just appear in fields filled with crops. But if an energy signature were

left in the layers of stone, concrete and pavement that fill Times Square, would anyone see it? The answer is most likely no. If a huge energy signature is cut or burned into a thousand acre, seven-foot tall canvas of rolling wheat fields, will people notice? Yes, they most certainly will. ✱

# Neutral Energy

Stefanie Miller

**H**ave you ever woken up really early in the morning before anyone is up? You wake refreshed but somewhat groggy and disoriented. Perhaps you make a pot of coffee and sit in your favorite place, enjoying the morning sounds and sights. In the background is the sound of birds and crickets chirping and frogs croaking. You watch as the Sun begins to rise and the light shifts and changes around you. There are no telephones ringing, people requiring your attention or things yet to do. It is quite a peaceful place to be.

This is the only way I can describe the space I am currently occupying.

## KEY POINTS

- Times of upheaval can actually be a time of clearing out the old and finding ways that are more in alignment, integrity and authenticity with who we are and where we are going.
- When in such a vulnerable place, the only thing that we are able to do is to be. It is important to learn how to slow down, take time for ourselves and allow.
- "If we can stay sovereign to our journey by remaining gentle and pliable rather than hardening and being fearful and angry, the blessings will come when we least expect them and in ways we didn't really count on."

It is a place of neutral energy. I feel so inward right now. It is sometimes very uncomfortable to leave this space. I have created a haven here for my weary soul. It is a time of regenerating and realigning. It is a very private process that words cannot express. I have lost contact with many people in my life. When I go to pick up the phone, the desire to speak is cumbersome. I do not possess the desire or ability to make small talk or any kind of talk at all (or writing, for that matter). I only wish to send love and hold the sacred space for others on their journey. The ways in which I would reach out to others is not there for the time being. I am in a place of openly receiving.

## FINDING PEACE IN THE CHAOS

The past year took a toll on all of us. We went through a major upheaval. I don't think I know of anyone who has come out of this period unscathed. It is far from a punishment—although it certainly might seem so. It is actually a time of clearing out the old and finding ways that are more in alignment, integrity and authenticity with who we are and where we are going. It is a time of raw vulnerability and having to trust the process. Those who are highly sensitive have an even more challenging time dealing with any type of harshness or intolerance for what is out of alignment with being authentic. There seems to

be such incongruence between what someone may be saying and what they are actually doing. It's as if we have a built-in radar and can pick up what is really occurring under the surface, even when we may or may not know all the facts of what is actually happening. It can be downright frustrating and confusing to feel these intense energies.

I have found that I become really anxious when I am around people who are not dealing with their own stuff. It's as if they are unconsciously unloading it in my presence. I refuse to be a sponge for others any longer. I have learned to maintain my boundaries and limit my time around those that I know are draining. I have realized that I have spent so much time trying to help others that I've ignored or avoided dealing with myself. Now that I have released my duty of rescuing others, I have so much more time to spend with myself.

What I have found is that I really like and enjoy my own company! I am endlessly entertained with the simple pleasures. I still enjoy spending time with friends and family when I feel like



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it, and if they need me and I have the capacity, I'm there for them. If I don't have the time, energy or resources to assist, I respectfully decline. I'm no longer a people pleaser. I have released any shame, guilt or blame that I previously associated with putting my needs first. Now when I offer to help someone, it's because I genuinely want to and not out of any sense of obligation. This eliminates feelings of anger, resentment and frustration. At first, there were those who were put off, upset or confused at my sudden change in behavior, but setting boundaries ultimately made these relationships healthier and more balanced.

I have found peace in all the chaos. The past few years took my life, shook it up like a snow globe and let all the pieces settle where they may. I felt too weak and unsure to proceed to do much about it. In fact, that was just as it was meant to be. When in such a vulnerable place, the only thing that we are able to do is to *be*. I learned how to slow down, take time for myself and allow. I released control. Any attempt to try to manipulate or control the outcome of a situation was met with resistance. Nothing would budge. Again, I learned that when the timing is right, things just naturally fell into place. I can say that at this time, situations are beginning to come together. Little bits at a time, there is progress.

### ACCEPT THE GENTLE BLESSINGS

I rescued two kittens from the bushes in front of my house a few months ago. First of all, for the past year, I have been

craving getting a cat. I have dogs and don't need any more animals, but I kept thinking about how much I would love to rescue a cat. I would fantasize about having a cat, petting and looking at it any opportunity I could get. I had two cats for many years that I shamefully got rid of long ago. I never got over the remorse or guilt. Well, wouldn't you know; there they were—two adorable kittens in my bushes!

Over the past few months of having these two kittens, my heart has healed. I have been able to release the shameful emotions I was carrying, not only toward my cats, but in life itself. I have spent much time in solitude surrounded by my beloved pets. There is nothing as calming and soothing as playing with animals and being in nature. Watching the kittens be slowly nursed back to health, eventually coming out of their fearful state and beginning to play has been so gratifying. My kittens are so fearless as they slowly venture out of their hiding place to check out the world around them. They love to explore, be playful and try new things. When they purr as I gently caress their soft fur, I affirm, "I accept all the gentle blessings coming my way." I watch them and realize that I too want to have that renewal of life and the ability to view the world as an adventure.

In many ways, this is such a harsh time, so fraught with challenges and hurdles. We are navigating through uncharted territory, both literal and figuratively. If we can stay sovereign to our journey by remaining gentle and pliable rather than hardening and

being fearful and angry, the blessings will come when we least expect them and in ways we didn't really count on. I am always so amazed that the resources are there, just before or just after I realize I need them.

Remember to take many deep breaths, honor your body, mind and spirit for what it needs in the moment. Rest when you need to rest. Eat when you feel hungry. Play when your spirit says to do so. Listen to your heart and do what feels right. This is the way of being in the divine flow where all your needs are met with ease and grace. The neutral energy is placing you in divine alignment with the purpose of your soul. ✨

### A PRAYER FOR RELEASE

There are days that I am just not sure what to do to make things happen. I try this, I try that and nothing seems to work. I become frustrated, confused, hopeless and depressed. I don't want to feel this way, so I release the toxins I am harboring. I place myself in the divine flow. I allow your will to flow through me. I know you gently speak to my heart. As I am listening, you are effortlessly guiding me along the way. I let go of my need to control the outcome. I trust that you have a special plan laid out for me. I see glimmers of it manifesting as I pay attention and allow. I release people, situations, aspects of myself that are not working in my life. Thank you for the many blessings. I gratefully and gracefully accept them all. And so it is. Amen.

## Gaia Speaks

Sacred Earth Wisdom

Gaia through  
Pepper Lewis

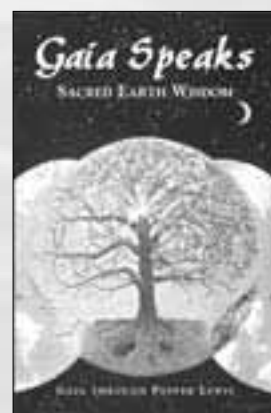
I am the nonphysical sentience of this planet—simply put, I am the planet Earth. I am the body and the soul of the planet you currently inhabit. My sentience guides and enlivens all that surrounds the planet as well as all that is upon and within her. My sentience animates the air you breathe, the energy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

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# Words of Wisdom

## Almine

- \* Blame and forgiveness are two sides of one coin. Both are born of blindness to the innocence of all experience.
- \* Darkness is only the shadow cast by unaccessed potential. Light lies in equal amounts throughout all life, either accessed and expressed or as unyielded potential. When we see the light slumbering in another, we help awaken it into expressed potential, thereby removing the shadows from another's life.
- \* Self-centeredness occurs when the outer senses dominate. Outer and inner senses must merge and experience life from the largest perspective—a being as large as the cosmos having a human experience.
- \* We heal the environment by healing ourselves. We promote abundance by being abundant with ourselves. If we feel guilt for having when others do not, we deprive not only ourselves but them as well.
- \* There is no truth to seek, just answers to find. All things reveal themselves to those who are ready.
- \* Lightseekers diligently weed the garden of the soul but often forget to sow the seeds of contentment and delight.
- \* What we battle without must multiply, for in shattering one mirror another stands revealed, reflecting to us our imagined shortcomings. Whether we know it or not, perfection is all there is.
- \* That which we seek to understand about ourselves is not that which is waiting to be learned, but that which is waiting to be expressed.
- \* Because all are created from the body of the infinite, all are by nature flawless. All conduct is therefore predicated by nothing other than absolute freedom of choice.
- \* Imagination is inspired by acknowledgement of the gifts of the moment.
- \* Imagination sees what can be accomplished while fantasy dreams of having external solutions handed to us.
- \* Fantasy promotes the misperception that change can occur without changing ourselves.
- \* Daydreams as well as fantasies arise to fill the gaps of our lives where we have abandoned ourselves. They are surrogates for life.
- \* Many dream of a point of arrival for their journey, neglecting to see that the only point of arrival is the present moment.
- \* Contentment arises from the knowledge that wherever we are in the moment has taken eons to achieve and is therefore our greatest gift.
- \* When conditions are placed on when we allow ourselves to be happy, we have enslaved ourselves to needs and closed off the wondrous possibilities of the future.
- \* Because the cosmos is a benign place, there is only one place where courage applies: living from ruthless self-honesty.
- \* The past cannot hold more value than the present. Why then do we look back? The present is a worthy edifice built from the bricks of past moments.
- \* The past is a dream in a reality where time does not exist. The future is no more than an unexplored wish. The present is a well-earned gift.
- \* To look back and long for the high points of our lives is as unrealistic as a swimmer who wishes that the ocean would be one large crest of a wave.
- \* A life well lived is like climbing a mountain; every new moment is the highest point of your life.
- \* Life is a grindstone. Whether it grinds you down or polishes you depends on what you are made of.

### ALMINE

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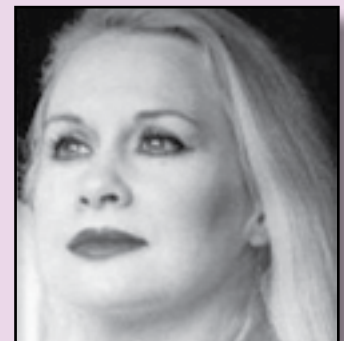
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- \* To wish that past events can be undone is to wish to remove the burnishing fires that forged the present luster of your life. A measure of luster must then be forfeited also.
- \* Some carry past hardships like stones in a backpack up the mountain of life. Others use them like wind beneath their wings.
- \* Many identify themselves by the experiences of the past. Others define themselves by what they are becoming.
- \* Some, unaware that they create their own life experiences, say, "If only." Others, having refined themselves through experiential wisdom, say, "Next time."
- \* The most powerful manipulators are those who choose to appear helpless and inept. The ones who fall into their traps are those with a need to save.
- \* Laughing at yourself keeps you from succumbing to the pompous preening of self-importance.
- \* Envy others their lives of ease is to mistake complacency for comfort. Comfort comes from the deep satisfaction growth brings.
- \* To allow others to affect the quality of your day is to navigate your life like a rudderless ship, subject to being tossed about by the shifting breezes.
- \* The unenlightened oppose others, expecting to be opposed themselves. The master supports others because he knows them to be himself.
- \* Bodily appetites are like an unruly child and must be schooled to know their place, not as needs but merely as optional desires.
- \* Excellence cannot be an occasional visitor. It has to be a constant companion. It will then invite additional guests: opportunity, success and increase.
- \* The respect given by others is of little value unless they have learned to see behind face values—a skill most never achieve. Otherwise, as it is not based on true value, that respect can easily be withdrawn.
- \* Do not suppose that because others listen with earnestness that they hear you. True listening can only take place in the absence of the dialogue of the mind.
- \* Aloneness yields strength. Aware interaction with others yields warmth. Both are needed for wholeness.
- \* Feeling needed by others feeds self-importance. This applies even to subtle needs, such as affection.
- \* Relationships are like a river; their dynamics shift. Appraising them regularly is essential for the wellbeing of all.
- \* It is in weathering the storms of relationship that the ability to love deepens, for it is there we find our shortcomings.
- \* The needs of appetites are disciplined by seeing them for what they are: substitutes for areas in which we have abandoned ourselves.
- \* As life changes from lower order to higher order, power is released. Change is therefore the bringer of great gifts and should be welcomed.
- \* Masters have nothing to prove and everything to learn.
- \* It is not death that kills, but opposition to life. Many say they do not want to die, but few have ever really lived.
- \* The measure of a person is not how far down he has been but how much he has overcome. Do not look back, or you may define yourself by what you have been rather than by what you are becoming.
- \* All perception is really self-perception. You can only recognize that which is within you.
- \* Presenting yourself as less than you really are to gain the acceptance of others keeps both you and them on the treadmill of mediocrity.
- \* Today's truth is not tomorrow's truth, so hold your present truths lightly. The only truth that never changes is that you are a child of the infinite.
- \* Masters do not rely on belief, but rather on effortless knowing. The greatest stumbling blocks to learning are belief systems and worldviews.
- \* A planned future is a closed future. Allow yourself to dream and plan, but leave enough room for life to surprise you.
- \* People feel insignificant when compared to the vastness of the cosmos. Because space does not exist, size is nothing to the infinite, and every portion is the whole.
- \* If tomorrow is forged by this moment, but this moment is spent living in the future, where will tomorrow come from?
- \* Many shun desires as ungodly, but desires are the seeds of the future. It is only when they are wholly self-oriented that they become unholy needs.