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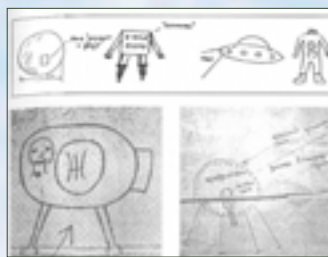
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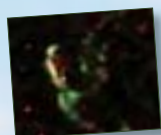


**Cyclops-like ETs, 9 feet tall with 3rd eye,
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and meet with Soviet Union officials.
Berlin Wall comes down 9 November 1989.**



Based on Wendelle Stevens' presentation at the 19th Annual UFO Congress,
February 2010, the "Gorbachev Contact."

Channeled commentary by Robert Shapiro



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CSETI Contact with ET Beings

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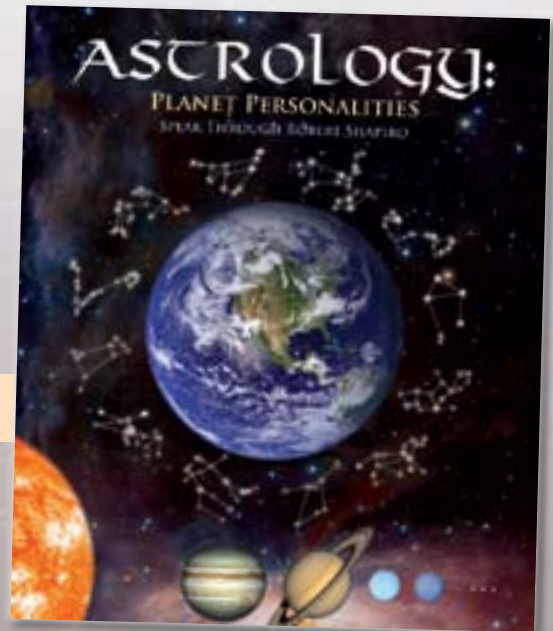
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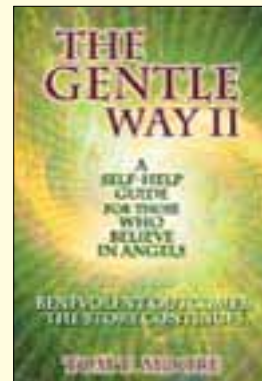
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JUNE 2010

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You Moved Earth Out of Phase to Test Your Creator Abilities. “Oops!” What You Can Do Now to Fix it.

Speaker One, Grandfather and Isis through Robert Shapiro

3 May 2010

All right. Are you there?
Yes.

I will state a name later. Now, you on your planet have been exercising a certain level of restraint towards progress—progress meaning your return to your normal cycle of your natural existence. In order for you to achieve that cycle, you have circulated your focus into an alternate reality. You are now, as a planet, functioning in what we would consider a half a degree off-arc. We do not have the same mathematics as you do, so this is the interpretation in your world. It means that all things that you understand are slightly out of perspective.

So science may have either an opportunity to make tremendous progress in some fields, and in other fields where tremendous progress was moving forward, as it does, it will suddenly hit a wall for no apparent reason, and even though the mathematics shows that you have every reason to believe things are to be working, they're suddenly not.

This is a temporary situation. It is your way, as a global human personality, of testing your own capabilities to reassume your natural arc of motion. You are doing this so that you can test your creative skills along the lines of creation. There are enough peoples on the planet now with at least a rudimentary awareness of benign and benevolent transformation—I think, in your case, you say benevolent magic, a useful term—to help assume that arc once again. I would recommend that you speak to those who can advise that pathway, so I will just speak for a short time.

KEY POINTS

- You set up the current shift while in the deep dream level as a test of your creator abilities. It was allowed to occur because you are far enough along in your progress now.
- It is important to know that this shift is now at its zenith, and is part of the reason for the increase in volcanic activity.
- You must use true magic to pull back into your own arc of progress and shift Earth back on track.



ROBERT SHAPIRO

YOU MUST PULL BACK INTO YOUR OWN ARC OF PROGRESS

You are partly barging into our world. We have had to shift our arc as a result, and for us, it is very uncomfortable. Most of the beings in our world have had to shut down fully half of what we do just to tolerate this temporary situation. We are doing all we can do to help you to move, but you must want to. My job is to let you know that you have done this to test yourselves. I recommend that you pull back into your own arc of progress. The alternate world you are occupying, even partially, cannot possibly work for you. If you were, theoretically, to shift into this world, nothing that works for you now would work. You would all be like babies, having to be shown exactly what to do, and since you would all be babies, you would die out as a population, since there would be no one to show you. I do not expect that you will do this, but I am anticipating your question.

So if you do nothing, it won't get any better. You must *do* something. It will probably take at least thirty people who want to do it. You have to want to help your world to begin to move back into its normal arc of existence. I cannot instruct you on these things, but there is a hazard. Your planet will not shift itself back, because you are testing yourselves. If you do not shift it back yourselves, your planet could become unstable, so there is reason to do this.

You have been gradually shifting into this position for the past twenty months or so of your time, and that is something you haven't been able to fully predict. There have been things that were expected to work that didn't, but they were considered anomalies since they were rare—in science and of course in other endeavors. But now it is happening all-too predictably, and there are those who are seriously concerned, though it is not largely put out into the general community yet.

So here's what you must do. For those who have the capacity to transform and are working on that and with that with some success—don't do it unless you've had some success—I will give you the instruction from my point of view, and you can get more from others. You must focus on your Sun, and what you do is this: You imagine the Sun, for those of you who use that—or for those of you

doing things more physical—you pull yourself toward the Sun. You as an individual, even thirty individuals, cannot possibly alter—there's no worry, all right?—your arc on your own, but you can help to put your planet back on the pathway so that the planet itself can resume, albeit maybe over three months, perhaps a little longer—its own natural arc of motion. This has nothing to do with your orbit—that is my word: “arc.”

So I feel this is essential. Don't just do it for us— it's a matter of your own survival. Now, you have other beings who will speak with you. I will simply say that I am a spokesperson for our planet—which, from your perspective now, mathematically, is an alternate reality of your own. My name is . . . I'm going to give you my title instead. My title is Speaker One. Good bye.

Thank you. Good life.



Grandfather. Greetings. Isis felt that it would be best to allow Speaker One to communicate, as there was just a moment when it was possible for that to take place. Isis will elaborate in a moment, but I am here to help those of you who are doing benevolent magic or true magic to help with this change.

Some of you who are doing benevolent magic or true magic or other things have noticed that some things don't work as well as they used to, and other things work fine. This can be changed so that everything works as it once did. I'm going to recommend the true magic first, for those who are doing these things.

True Magic

I recommend that you just glance at the Sun. It's not sufficient to have an imagination of the Sun. It is all right—perfectly all right—to do this through dark glasses, but when I say glance, I just mean for a split second. The Moon is not sufficient for this. It must be a body of light and heat that is profound for your planet.

It is all right to hold your hand up in front of your eyes when you glance at the Sun, but have your fingers at least slightly parted so you make the connection. If you are light sensitive, you may close your eyes and look toward the Sun, in which case you can hold that position for a couple of seconds. You will still get the impression of the Sun, but your eyes will be completely safe. So keep that in mind.

Go out on the land and do this. Where you go, make sure you have permission to be there. Try to do this at a time when you can be alone. If you need to have someone with you, have he or she stand at least thirty feet away and not looking at you; it would be best if the person had his or her back toward you. Stand and face the north. If you are unable to stand and you are in a wheelchair, then put your chair in that position and face the north and do the best you can with this work, adapting it to those circumstances. I'm going to speak as if you can stand.

Make one complete rotation to the left and hold your arms out in front of you, directly in front, meaning straight out from your shoulders, with your palms down and your fingers loose—not closed, just loose. Then as you straighten your fingers out slowly, turn your arms so that your palms are up. Then raise your arms up over your head, and while you are doing that, slowly turn your palms so that they are facing each other over your head. Then bring your palms together with your fingers not splayed out but close together, and with each thumb touching your hand and touching the fingers and thumb of your other hand as well.

Then bring your arms down so that your hands, in that position, line up with the plane of your heart. Then you may move your arms to the sides of your body, gradually, slowly, so that your arms are hanging by your sides but touching the sides of your body—left on the left side, right on the right side, to make that perfectly clear—and make one more complete rotation to the left, ending up facing north. It doesn't have to be degree-perfect north, just generally north. Say, if it's off by 10 degrees in either direction, it's still sufficient. And say these words — I recommend you say,

“I am asking that our planet now come to be on its natural path in its natural time and coordinate benevolently with our existence.”

Wait a moment; some of you might feel a strong surge of energy. If you do, then wait until it passes. It may not pass completely; there might be a slight residual. If there is a slight residual, that's fine to continue.

Then look down at the ground right in front of your feet and look forward again. Remember, all the time you do these true magics, you want to have, to the best of your ability, yourself looking at something that is not human-made. You may not always be able to tell, but just do your best. After looking down at the ground and then looking straight ahead again, you can make one more complete rotation to the left. Just let your arms hang loosely at your sides, comfortably.

Then take three sidesteps to the left. It is all right to look down at the ground to make sure you are safe and you're not stepping on anyone or anything that could be harmed, such as any creatures you might see on the ground or in the grass. Then make a one-quarter rotation to the left and take five or six sidesteps to the left, whichever feels the best. Then, rotating to the left, turn until you are facing the direction you need to face and go on with your life.

Here's what you can do for a benevolent magic. This is more personal, as you know. First ask for all the most benevolent energies that are available for you to be all around you and all about you. You might feel a surge of energy. If you do, wait for it to fade just a bit—not completely, just a bit. Then say,

Benevolent Magic

"I request that I now feel myself on Earth turning onto our natural path of motion and that I be able to note this now as things that can work and have worked resume working well in the most benevolent way for me, resulting in the most benevolent outcome."

If you are going to say a living prayer, which affects you and everyone else, then again ask for all the most benevolent energies that are available for you to be all around you and all about you. Then say,

Living Prayer

"I am asking that all of our planet Earth that is occupied by all beings here return to its natural pathway in the most benevolent way for us all now."

That's what I recommend. Now, for those who are doing work requesting gold lightbeings and lightbeings, I'm going to suggest that, during this time, which might last for another three to six months—hopefully no longer than that—that you make an addition. You're doing this perhaps for doing disentanglement or other things. Then you can add this after you say your request for gold lightbeings and lightbeings, etcetera, as you know how to say. Then say, ". . . and all benevolent spirits and energies who support me *beyond my knowing*." That's the addition you make. And then go on with what you're requesting or what you're doing if you're doing disentanglement or anything like that. All right? That's all, then.

Thank you very much.

Now Isis will come through and answer any questions you have about this. Good life.

Good life.



Greetings. Isis.
Welcome!

Now, this shift is something that you have actually set up—at the dream level, for most of you—and it's important to tell you about it now, because it's at its zenith. It's not likely that it will get any worse, but it could go slightly more extreme. It is part of the reason—not all, but part of the reason—there has been greater volcanic activity and

part of the reason that there has been as much earth motion as there has been. Curiously enough, it is also part of the reason that certain areas where earth motion was expected have been held in check. But by and large, as the planet shifts back onto its natural pathway, everything will be all right. Certain places, such as the San Andreas Fault, the famous fault zone where there were regular shifts—3.0, 4.0, that kind of thing—that has not been occurring as much, and therefore the tension is building. So there is every reason to bring it back.

For those of you who are not familiar with benevolent magic or true magic, just say your normal prayers, whatever you say. For those of you who do not pray or have that association with Creator, then here's what you can do if you would rather not do anything that sounds like prayer or magic or a prayer of religious connotation. I recommend that you look at any body of water. It can be anything—a river, a stream, an ocean. It has to be something naturally occurring, so it can't be a human-made lake or, say, a swimming pool. And while you're looking at it, simply say these words: "Resume your natural flow in the most comfortable way, with ease now for all beings." That's what I recommend. It's a gentle thing to say and will probably not conflict with any beliefs you have. Question?

Yes. This is an alternate Earth? Did I understand that right?

Only slightly. The being that came in initially, Speaker One, was on an alternate version of Earth. There are many alternates. But their planet is suffering, their peoples, because they are not used to discomfort. See, that's the issue. Here, you have a planet with polarity and discomfort that you are living in all the time. All the beings on the planet are aware of that—Earth, yeah? But in other places, they are not dealing with that. And while they are still veiled from it, what's occurring, since you are slightly into their field of existence—which, when Speaker One referred to "arc," that's what that means, a field of existence—it has created for them something that they don't understand, which is discomfort. And they have no preparation to deal with that.

So I don't think you realized as souls that when you were going to put things slightly "out of whack," as you might say, so that you could test yourselves to see if you could do something really significant that would affect the physical world in some benevolent way by putting it slightly out of balance—kind of like detuning a car and then tuning it up, okay, for those of you who understand that—then you see you didn't take into account the effects beyond Earth. And no one really stopped you because, for one thing, we all knew that it wouldn't have devastating impact on other worlds, but it would have impact.

YOU CAN EASE THEIR DISCOMFORT

Now you see your responsibilities—even now, while you are learning, while you are coming back into being your natural, native personalities—even now your responsibili-

ties stretch far beyond your own planet. Speaker One was the only one that spoke, but there are other alternate planets that are slightly off-kilter now too—and they are off far enough from the capability of this channel to communicate from there; plus, it would be uncomfortable for this channel to communicate—that are also uncomfortable, and it's really hard on them.

So Speaker One said it's going to take about thirty people to do that, but I would suggest that you have a hundred. Try to get a hundred people who might wish to do this. It needs to be done not instantaneously. Sometime over the next month or two would be best, because once the planet begins to shift, even slightly, back onto its natural, normal pathway, it will get back on its own. It's like you have to give it a nudge, and then it sort of finds its own way. Do you understand?

Yes.

So that gives you enough lead time, maybe, to put that out on your magazine?

Yes.

Good. Anything else?

If it's an alternate Earth, does every human have an alternate on that planet?

No, nor are you alternates for them. No, they're all individual souls. They're not human, by the way—they are their own type of being. Some of them are not even physical on the other alternate from your perspective of what is physical. Even if you were there in their world, they wouldn't look physical, and of course you wouldn't be physical to them, either. You might reasonably ask, "Why are they there?"

As you know, in the past, there have been other planets that didn't make it here and either were removed or, in some extreme cases, were nonsurvivors. So those alternates are lined up to take your place should something untoward happen. I am not expecting that to take place, but there is a tiny possibility that they might, that it could take place, in which case they would immediately, instantaneously shift into this spot and become more physical, as you understand it. When your planet and the peoples on it all achieve again your natural, normal state of being along with Earth, many of those alternates will simply move into other forms of existence, and a few of them will even go to other star systems. But for now, they're volunteers, and they'll be available "just in case," as you might say.

How many are there?

Oh, about seven.

Was this decision by humans, by all human souls meeting at once in another level of reality, discussing this and setting this up, or was this a challenge prepared by the Creator, or what?

No, you all decided it when you were in your deep dream level. You decided it on your own, and it was allowed because you are far enough along in your progress to become your natural, native personalities that it was allowed as a test of your creator abilities. So no, we just stood back. We didn't have to give you permission, speaking for the teachers at large. You just decided to do it on your own, and we just were quiet. You didn't say, "What do you think we should do?" You just said, "Hey, let's try this. We got this new stuff; let's try it out."

You also know that one of the ways even creators learn is by "oops." Your creator has learned by "oops" as well. And all beings who create learn that way, even if what they're creating is entirely benign. They might still do something and say, or you might say to yourself, "Oh, I want to do that differently," but once you've created it, there it is; you don't uncreate it. You might want to do it differently, and maybe you go ahead and do it differently, but you've still got the original "oops," and you've got to deal with that.

So you said twenty months ago.

That was decided then, on your own.

Oh, that was decided. When did the move start?

Oh, almost immediately.

So that was September in 2008, then. When we get everything back in natural order here, will the Earth changes be mitigated?

We'll see. It depends how Earth feels about it. You'll have to ask her when the time comes.

How does she feel about what we did now?

She's not too happy about it.

Ah. And no one consulted her?

She allowed it, so it's not as if she didn't know.

Ah. [Sighs.] Okay. Well, some of the, you know, weird climate may be due to this . . . it's the first part of May in Arizona, and it snowed yesterday, so it's . . .

Things are different, eh?

Things are very different, yes.

Well, it's a challenge that I think you can rise to. You have enough of a capacity to put out information about this, and you have enough of a readership, and if those readers are even in any way networked, which I think they are, then they'll put it out and it'll get around and enough people will do it. But it would be nice if it was done in no more than three months.

THESE MOMENTS ARE TEMPORARY

So that's the issue. If you have those kind of odd quirks, you know, something that normally works, but it doesn't. . . it's not going to be something catastrophic. Like, planes

are not going to fall out of the sky unexpectedly, nothing like that. But you could have things that don't make sense. Speaker One referred to science, because they are a scientific place, but for example, if you were a scientist and you were combining two ingredients that normally mix perfectly and predictably and they become something else, you might have something that doesn't make sense: "What happened?" It's like, for example, in the food business: "What curdled the milk?" So don't be too focused on blaming. Just rather say, "Oh, okay. Do-over!" Yeah? Do people still say that?

Yes.

Well, it's a do-over. It's a good time to be a little more careful, and don't assume, you know? You'll get through this. You just need a little guidance on how.

All right. You discussed the planet's reactions and some of the elements and chemicals. What about humans? Is that affecting interpersonal relationships and . . . ?

Yes, it is. Some things—points of agreement existing between friends and companions, lovers, all of that. Sometimes, for no reason that you can think of as an individual, you'll find yourself objecting to something with your partner, whatever, that you can consciously think in your own mind, "Why am I saying this? I know I agree with him," or "I know I agree with her. Why am I arguing about this?" And then, within a minute or two, suddenly it goes away, and you're in complete agreement. And afterwards, you might think to yourself, "Am I crazy or something?"

If you have moments like that—and I know that some of you have had such moments—you're not crazy, and it will pass. It's just an anomaly. It's as if your thought process goes off-track for a moment or your feelings, what you normally feel. Say a food, for instance, you love this food, and all of a sudden it doesn't taste right, or that last drink of water tastes kind of funny, but you know you took it out of the same tap you always take it out of—or you drank it out of the same bottle you always drink it out of or what have you—and then the very next drink out of the same bottle tastes fine.

What is it? What is it about? Sometimes it might even be a throwback to a different time in your life. For instance, it might have a flavor of something in your childhood, if you're an adult, and you'll say, "Wow, that water tastes exactly like . . ." and you'll say, for instance, ". . . drinking water out of a garden hose," the way you might do as a youngster. Or even if you're an agricultural worker, you might do that sometimes, because that's what's available, if the water's safe. So I'm picking those examples intentionally [chuckles] to show that it's an anomaly, but it quickly passes without harm.

YOU ARE TESTING YOURSELVES

So are those memories coming up, or are we traveling back in time or what?

No, it's nothing complicated. It's just jarred from another place. If something suddenly doesn't work or doesn't make sense, your brain immediately does its search, eh? And it comes up with a memory that connects, you know? "That tastes like that" or "Wait a minute," in the case of the scientist mixing things, "that reminds me of when I first started doing this work and didn't get it right in the lab, and the teacher said, 'Do it again.'" But don't assume that it's automatically going to mess up the batch. Wait a few minutes and check the batch again; then it's probably going to be fine. It's not necessarily going to be a do-over. The test would be a do-over, okay?

So how is the success of this—assuming that we are successful—going to affect us as souls in the future?

Well, that's why you did this. You wanted to test yourselves to see if you've made progress. "How's this going? Are we doing anything?" So you wanted to test yourselves to see how well you could do.

And the success of that will lead to what in the future?

Greater caution, as is appropriate. Remember that sometimes if you make an alteration of a reality, you have no idea of the consequences and you have no idea how far-reaching those consequences are. It might seem to be a tiny little thing. You can hear people arguing, eh? "It was just a tiny little thing!" But it affects other worlds; it affects your world in ways that you had no idea. So you will become much more appropriately cautious, as any good creator apprentice ought to be. And I might add, creators are quite cautious themselves. After they've had one or maybe even two "oops" experiences, they get really cautious—as you might expect. Not unlike backing your car out of the garage and suddenly bumping into something. You probably might say something a little stronger than "oops," but you're a little more careful next time.

I see. Certainly no one else has mentioned anything like this.

Pretty important, eh? The thing about it, nowadays, the world is so complicated, there are so many things going on and so many issues happening and so on that when something untoward happens, people have a tendency to say, "Oh no, one more thing." But this is different. And the nice thing about this is that you can do something about it.

Well, not only "can," but "have to."

"Have to" is good in this situation. You have to do it. Otherwise, "oops." You don't want that.

What would be the result if we can't get it back? Oh, the Speaker said: "We'd all be like babies and . . ."

It'd be the end, and the alternate reality would soon replace you. So I think it would be better to avoid that level of "oops." Now, don't get down on yourselves too much for making this decision. It's not at all unusual.

Many were the times when you were youngsters that you made such decisions, because when you're young, you're learning. And there are times when you learn things and you think that you've really got it, you understand it all and it's all so clear. But then, no matter what you do, if you try something and it doesn't work, you get confused, because you thought it was all so clear. And it was, up to a point. But what you didn't allow for was motion. You are not only getting older and getting more experience but the planet is in motion, your world is in motion—every atomic particle is in motion. And keeping those all in sync is not easy. So be a little more cautious with your experimentation in the future, and it's always okay to ask for help.

I don't understand—I thought you said humanity, en masse, as one soul, set up this test for ourselves. Why are individual humans being asked to put the Earth back in phase?

This is the whole reason you did it. This is why we allowed it, meaning we didn't get in your way and say, "No, no," we didn't try and stop you; we didn't try and counsel you. You have done this so that you could test yourselves to see what you could do to create a solution. Far be it from us to prevent you from making the effort to do just exactly that. It would defeat the purpose if we stepped in and said . . . you know? So no, it's not intended that you be able to simply change it all, make it all nice-nice. The

whole point is that you wanted to test yourselves, and now here's your chance to carry that through. You made the decision, and now you can do something about it, which is the whole purpose for doing it.

Okay, I understand that. But it wasn't clear that we were going to test ourselves individually. I mean, we did it as a group soul, but . . .

No, you didn't. You keep saying group soul. This decision was made at the deep-sleep state by every human *individual*—not at the same time. Everybody decided it was a good idea. You did it individually.

That wasn't clear. All right. Second question: If Robby hadn't noticed that something that he tried to do didn't work and asked why, when were you going to let us know about this?

When somebody noticed it and said something. Somebody would have to ask the questions. You get people that ask questions; they write and ask questions. If enough people asked, in short, somebody has to ask the question. If you don't ask the question, well . . . it's all about the question. Don't downplay the value of questions.

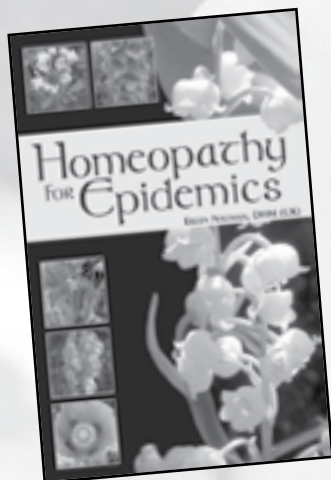
All right. Well, I would never have thought like that, so thank God Robbie did. Nobody ever wrote in or asked or questioned or anything.

They would have, eventually, to another channel somewhere on the planet. Good life. **Z**

Homeopathy for Epidemics

by Eileen Nauman

Homeopathy in Times of Crises



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Starlight to Illuminate Your Path

Kuthumi through Lynette Leckie-Clark

I greet you once more as I, Kuthumi, enter your presence. I ask you now to pause, still yourself, and acknowledge your soul light. This acknowledgment is essential for your energy centers as you experience the various levels of emotion from others around you. As you look, you will notice those who have opened, those who have prepared for the new energies, and those who vainly try to hold on to control and logic in their lives. My message to you today is to remember your starlight—the starlight within each of you, the spark of divinity you carry—for it is this spark that will sustain you through the turmoil ahead.

ACCEPT WHAT YOU CANNOT CHANGE

This year, 2010, will present two challenges to you. The first one is acceptance: acceptance of the transitional times you are experiencing, acceptance of your own soul energy, and acceptance of the process of change within your being. The transitional times of Earth have been destined for many of your years and cannot be changed. Some can be softened, but they cannot be altered entirely. You are not at the beginning of the Earth changes as many suppose—no, you are well into the cycles of transition. Therefore it is pointless to resent or fear what is happening on the planet. The emotion of fear will simply bring to you what it is you are using so much of your energy on through that fear.

You see, although it is what you fear, it is the thought of, it is the visualizing of, that one aspect you fear. The more you have fear, the stronger the energy. The universal energies are very obedient, and indeed they will obey your thoughts and bring what it is you are giving so much energy to in your thought and visualization processes. When you enter into a daydream state in your mind, it is what I refer to as a visualization—thought in pictures.

Acceptance of that which you cannot alter or change will alleviate your fear. I am hopeful my message to you will

assist in this. It has always been the way of humankind to fear that which they cannot control or understand. Just as you are changing within, so is the Earth. As you surrender to your inner need to seek peace in your being, to go within to find unity and direction, what you first sort begins to show itself to you. You connect to your starlight—the light within your soul. As you connect, that inner light grows brighter and stronger, connecting you to your soul energies. Old paradigms of thinking, of behavior and of attitude begin to fall away. You cannot deny what you feel—to try causes great inner confusion in the mental body. Only when you come back to your starlight do you once more feel peace and tranquility within.

ADJUST TO NEW GOALS

In your outer world, adjustments are required. This is the second challenge to you this year. A transition has taken place within you; therefore, goals also change. Things you once regarded as so important no longer hold prominence in your life. Some people may move away from your circle as you now look with different eyes. You see clearly now what was unseen before. Adjustments are required. New goals of deeper meaning are created; new people of like minds and understanding share your path. You now feel happier; the fear is gone. You may wonder why you created so much fear. My friend, often it is not the event itself but the mere thought of change—the thought of taking the first step into that which is unknown to you.

When you accept that transition within you, then you have no fear. You have experienced it and you now understand, so there is no reason to fear on any level. The Earth is also changing. Do not fear this; rather, focus within. Allow your starlight to sustain you. Connect to your center of light—your higher heart. I also refer to this center as your diamond light. It is food for your soul, and it now becomes food for your mental and emotional bodies as you awaken from a long slumber of darkness into a place of peace, of light. This is what many of you are experiencing: transition within.

KEY POINTS

- Connecting to your starlight will help you release your fears and enable you to traverse the changes ahead.
- “As you connect, that inner light grows brighter and stronger, connecting you to your soul energies.”
- “The energies join others on the planet’s etheric body to manifest a New Earth, a new way forward for humankind.”

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CONNECT TO YOUR STARLIGHT

In times of outer strife, pause, be still and connect within to your center of peace, of stillness. Here you are able to transmute the outer strife on your emotional body and to seek higher guidance on a correct path ahead. In this, you begin living a new way. The energies join others on the planet's etheric body to manifest a New Earth, a new way forward for humankind.

Those who choose to remain embedded in the mental body and lower energy fields will experience great anguish and turmoil within. Not as a punishment, no. They will experience this because their energies will not flow with the

light on the planet. They will feel this greatly. Also, due to their weakened energy fields, depression, darkness and illness will penetrate through to their physical bodies.

Of course, on their return to our realms, they will view their life experiences with great anguish and tears as they look from their souls at the life, at what they chose and experienced on Earth. We do not judge—God does not judge—yet I tell you, your soul sees all. Nothing is hidden—nothing. Therefore I urge you to connect, to look to your starlight within, your higher heart center. It is here you will find the answers you seek. It is here you will find the understanding to enable you to move forward on a new path of peace, of light. **Z**

Preparing the Physical Body to Hold More Light

Master Kuthumi through Rae Chandran

Greetings, beloved ones, this is Master Kuthumi. I bring you the essence of joy and peace, and I bathe you in the wonderful light from our side. It has been an interesting time during the first three months of the year, hasn't it? Many changes are happening on the planet—collectively and also individually. It feels as though time is speeding up, does it not? Your biological body must be prepared to hold more energy at this time, so how are you all upkeeping and maintaining your bodies?

Dear ones, it is very important that you take as much care of your bodies as you do your spiritual work. If you do not take care of your bodies, you will not be able to hold the high vibrational energy that is continuously coming into this world, and you will feel constantly tired and fatigued. What can you do to make your body a greater

vessel to hold this high vibrational energy? This is what I want to talk about today.

COMMUNICATE WITH YOUR BODY

Your present body has evolved over millions of years, and it is evolving still. The present body has been fully capable of holding the energy of the planet up until now. As you are all aware, with the great shift after 1987, the energy of the planet and also of yourselves changed considerably. But did your bodies shift with the shift of the planet? The body must be readjusted or rebooted with a higher hard drive to hold more of the higher vibration prevalent on the planet now. How are you going to do this?

Food plays a very important role in this, as you know. But what about talking to your body to raise its vibrational level to match and hold the higher energies of the planet? When people advance spiritually, there is a need to rewire their internal systems. This can be achieved by talking to the body in order to upgrade all the systems in the body. This is what the great yogis of the East did. Continuously talking to the body and giving intent for the body to be able to hold more high-level energy is one way to do this. When you take a breath, make a conscious effort to also communicate to all the parts of the body by sending the breathing energy to each and every organ in the body.



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KEY POINTS

- "It is very important that you take as much care of your bodies as you do your spiritual work. If you do not care for your bodies, you will not be able to hold the high vibrational energy that is continuously coming into this world, and you will feel constantly tired and fatigued."
- In order to make your body a greater vessel to hold this high vibrational energy, you can talk to your body, consciously giving intent for it to be able to hold more high-level energy and sending your breath to upgrade all the systems in the body.
- You can also focus on balancing your emotions, allowing the physical body to be more open to listening to you.

When you consciously send this breath, you are giving attention to your body, and in that consciousness, you can gently ask your body to expand to hold more energy. The word “expansion” is the key. You want to ask all your organs to expand to hold more light, and then they will begin to do so. Did you know that when you ask your brain to expand, you are gently removing all the discordant energies stored in the brain so that it can begin to hold more light? The same could be said for all the different organs of the body. When expansion happens, there is a release of the old energies.

The next step in preparing the body to hold more light is deep breathing. Practice breathing from the heart center and work on consciously breathing through the heart. When you begin to do this, you expand your heart chakra. Because the heart is the center that holds all other organs together, you will see that all the other organs also expand and open more fully when the heart chakra opens more fully, for the heart has a mind of its own, and it can override the physical mind. The first time you do this, you may have some discomfort or an unsettling feeling in the heart area, but this will pass quickly.

BALANCE EMOTIONS TO ALLOW THE BODY TO LISTEN

The next phase you might want to work on is balancing your emotions, which will have a great effect on the physical body. When the emotions are in a balanced state, the physical body is more open to suggestions and it listens more, because it is not continuously fighting to remain in a place of survival consciousness. There are a few exercises that can be incorporated to bring your emotions into a balanced state. In my previous lectures, I have given instructions for how to connect with the essence of your soul.

After you connect with your soul, ask your soul to bring forth four to six positive emotions. You will need them at this time to help you in your spiritual evolution and also to create a reality that is most benevolent to you and your family. These could be the emotions of anything: emotions of courage, emotions of tenderness, emotions of acceptance, emotions of deep peace and love, emotions of taking action or any other emotion. I would suggest that you first work with four emotions and then gradually increase them to six or more.

After the soul tells you the main emotions you need at this time, you may ask your soul when the first time was that you felt these emotions—whether it was in this lifetime or previous lifetimes. You might feel things or see images in your mind’s eye about the first time you felt these emotions. Immerse yourself in these emotions, and then bring that memory and those emotions back into your physical reality, projecting into your body and also into your aura.

Once you awaken to a memory, you will be able to bring the energy of that experience back into your present reality. You might want to work with one emotion for one full day or even to work on one emotion for one whole week. When you begin integrating emotions more and more into your physical reality and aura, you strengthen those emotions in your physical reality, especially in your mind. What is your reality? It is only a reality created by your mind and aura.

When you integrate more and more of your new emotions into yourself, you are then superimposing or overlaying this new reality holographically into your mind and the interpretations your mind has on any given reality. Thus when a thing happens—whether you call it positive or negative—you are able to consciously call forth the new emotions that you have been working on and overlay them onto the present experience. Then it does matter what happens to you; you are able to immediately go in and feel those new emotions. Can you feel or know that emotional freedom you have in this? You may also, during your daily meditations, give affirmations to ground these new emotions in your reality. You may say, “I am Om courage. I am Om compassion. I am Om peace and love,” and so on.

WORK WITH GUIDES AND ELEMENTS WITH HIGH VIBRATION

You might also want to work with certain high-vibrational metals and minerals. Gold is a good example. You can place gold on your physical chakras and ask it to expand and spin all the chakras at the highest physical level your body can handle at the present time. Slowly, you can ask it to spin faster and faster, for when the chakras begin to spin faster and faster, there is the capacity to hold more light, just as there is greater expansion—especially in the nadis and other organs.

After each session that uses gold, please take care to cleanse the gold. You might also want to be careful to not share the gold you use with another being, for you are creating an energetic connection with the gold each time you use it, and you do not want the energy to be disturbed by the way another being uses the same gold. During this time, you can call in your guides and angels to work with your physical body as it prepares to hold more light. This is especially powerful when you work with the great divine beings, the *elohim*, for they are waiting in service to you. You can call on the *elohim* to rewire your mind first by removing all the discordant energies. You can do this before you go to sleep. What they will do is they will go through each and every energy connection you have with your thoughts and begin to disconnect it from your reality. You might feel a sense of loss of memory when you wake up, but this will pass quickly.

This will begin the process of allowing you to stay in your present time more and more and not become caught up in the past where your mind operates most of the time. When you are in the present time, you are in a more emotionally balanced state. This is a good time to communicate with your body. You might also ask the great *elohim* to work on integrating both hemispheres of your brain, enabling you to operate more from the right side of your brain, your universal brain, with no fear—only peace and joy.

Most importantly, you can ask the *elohim* to work on integrating all your many dimensional bodies and all your existences into the many other realms you have at the present moment. You will see that you are in a more and more balanced state when you start doing this. I end this transmission with much love and many blessings for all of you. **Z**

Physical Transformation

The Energy of Edgar Cayce through Bente Hansen

You are all grappling with many concepts and perceptions of how you feel life is meant to be. And, as always, there is great curiosity about what will be. This is not the time to focus on that. Can you not feel the shifting vibrations within? Can you not feel your body, day by day, shifting and changing? Many, many small cellular changes are taking place second by second within you.

Take a look at your body. In what ways is it changing? You talk about feeling the intense vibrations due to astrological configurations. And, of course, there is no doubt about this. The planetary alignments are absolutely spectacular right now, and the reason you are feeling the energies from the planetary alignments that occur with regular progression—as you finish one, there is another one and then another one—is that each of these planetary alignments are working with the harmonics of the universe to create the vibratory shifts that are necessary for each and everyone to make this massive and magnificent transformation.

HEIGHTENED SENSITIVITY FROM VIBRATORY CHANGES

There is no doubt that this transformation is happening with or without your explicit agreement. As you also have awareness, the more you align with these vibratory changes—the more you honor them and work with them—the greater the ease for you. Is this not what I have been speaking of previously? Many times I have spoken about the importance of accepting the new frequencies into your vibration. The more you do this, the greater the ease.

This is not to say that there is not discomfort, for you know full well that there is. These vibratory changes are bringing up embedded memories from deep within, memo-

ries from all times. These memories are merely energy, but they no longer resonate with the new frequencies that are being directed into your bodies. Because there is a lack of resonance, what is old and no longer serves you must in some way be released. What I encourage you to do is to not focus overly much on the discomfort. By all means acknowledge the discomfort and work to ease it, but do not focus unwarranted attention on it. Instead, be in a state of gratitude for the changes that are occurring.

With these vibratory changes to your body, you will find heightened sensitivity. This heightened sensitivity will take place in many different areas of your life, depending on your unique biochemistry. I can guarantee that anything that does not resonate with this new vibration you are holding and the increasing vibrations you are shifting into will feel uncomfortable. Take the opportunity to look at every area of your life in which you are beginning to feel the changes, and then work with those changes.

HONOR YOUR PHYSICAL BODY

This shift is not just about becoming more spiritually evolved. If you chose to have that as a focus, you might as well go sit on top of a mountain and spend your days in meditation and prayer—and you would still not achieve what it is you came into this body to achieve. This is the lifetime to have a spiritual awakening and, along with that spiritual awakening, to match that energy by raising your thought vibrations, by healing emotional vibrations and, in particular, by shifting your physical vibrations.

Shifting the physical vibrations is the one area that many on the spiritual path have difficulty with. Reflect on the world around you. It is easy to observe those who are deeply engrossed and mired in a lower vibration. If you observe their interests, their conversation, their lifestyle, you might say, “That is no longer the lifestyle I choose to be in.” But look closely at yourself: What aspects of that lower vibration are you still attached to? What are the psychological cravings and addictions you still hold for those lower vibrations? It is likely that you have one or more psychological addictions or cravings that no longer have any resonance for you but that you cling to because you like them or they feel good. In order

KEY POINTS

- Although your focus may be on spiritual work, remember that throughout this shift that it is your physical body that will take you through this change and that your physical body itself will experience changes as well.
- As your body makes the cellular transformation into a more balanced and healthy crystalline structure, honor it and work with it, exercising, resting and nourishing it as needed.
- “Come to know your physical body intimately rather than just trusting that it will take care of itself. . . . This is your responsibility.”

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for this shift to occur, the physical body also has to resonate at a much higher frequency, so it is important for the physical body to be viewed and to be honored as a sacred temple—not to be abused, not to be neglected or overlooked, but to be honored.

How do you honor your physical body? First of all, listen to it. What is your body telling you when you have discomfort or pain? What is your body saying when you continually exert yourself and it needs rest? What is your body saying when you continue to ingest foods and substances that are not of a high vibration? What is your body telling you when you know full well that there are many toxins in your environment but you choose to not remove them and replace them with safer alternatives? I could go on and on. Getting the physical body to a higher vibration is critical during this process. If you do not, then there will be extreme discomfort experienced, again and again.

What is happening within your physical body as the DNA expands, as all those “junk” pieces of DNA literally light up and spread the light through every cellular pathway of your body? You become a lightbody. You hold higher frequencies of light. These affect your cellular structure. They impact the genetic programming you hold. The light changes everything. The light is so strong that it literally clears away the debris that is stored within the cellular level. As your cellular level changes more and more into a crystalline structure, your tolerance for the lower-vibrational densities—the chemicals, toxins, additives, sugars and artificial sweeteners, all those things that your body is sensitive to—diminishes, and your body says, “No more, no more!” You will turn away from all that is harmful to your body.

During this time of great cellular change, exercise is important. Here I refer not only to simply exercising the mind but to actually exercising the physical body on the days when you have the energy. I stress this: *on the days when you have the energy!* The changing of the cellular structure requires great energy from within. There is every likelihood that you will have days, possibly weeks or even months, when you will feel very tired and when your greatest desire will be to do very little or even nothing. If that is the case, honor your body and ensure that your intake of pure water is of regular consistency. In other words, drink a lot of pure water and avoid those substances that are unhealthy for you. Take the rest when it is needed.

When you begin to feel as though you are ready for exercise, take exercise that stretches your body, and allow yourself to breathe in such a way that circulates life-enriched oxygen through your bloodstream. You are no longer in an age of your evolution that it is necessary to exercise to such an extent that you become drained and excessive strain is placed on the organs. That is another form of abuse of the body. Gentle, harmonious exercise that ensures copious quantities of oxygen circulating in

your blood is of vital importance. This will help you during the change. And for those who enjoy rambles in the woods, that is perfect. It is the ideal exercise. Being outdoors is preferable to exercising indoors.

DEVELOPING A CRYSTALLINE CELLULAR STRUCTURE

It is indeed quite a transformative process that you are undergoing. I urge you to pay more attention to your physical body's functioning. Do not do it so that you become neurotic around every little pain or discomfort, but instead learn to come into a state of awe at the process that is taking place within you. As your cellular structure changes into a higher crystalline form, so too will you find other changes occurring. The crystalline form within will become dominant. In cases in which you undergo medical assessments, that crystalline structure will be apparent on medical testing equipment.

What does this mean to you as you change in your physiology? The factors that put stress on your physiology will no longer affect you. Your body is undergoing a process of rejuvenation. Regardless of your physical age, you will find yourself actually becoming more youthful. The years you have spent in your physical body will begin to fade away as you begin to recover a spring in your step, a strong vitality and a youthful outlook. In addition, many of the common ailments that have plagued society will no longer affect you. The common cold, influenzas, virus, bacteria, fungi—they will not cause you harm when your body is fully crystalline.

As you find there is no need to go to doctors so frequently, your focus will then shift from a disease-based model to one of health maintenance. As you are going through this process during this time, if you are not overly tired from it, be as active as is possible. Undertake as many physical activities as you can. Allow your body to feel the joy of being more youthful. Allow your body to have the experience of muscles moving as they are meant to. Feel your lung capacity once again expanding rather than constricting.

Through all this, in going into a crystalline structure, there is a process of blood thinning that takes place. The blood thins rather than the viscosity becoming denser—it actually thins—thereby allowing the circulation of the cardiovascular and lymph systems to be as healthy as those of a person many years younger. There is much to look forward to in your physical body during this time of change.



While you may aspire to do spiritual work, the scope of the information I provide today encourages you to take particular heed to the physiology you hold. It is your physical body that will take you through this change. Work with it. Come to know your physical body intimately rather than just trusting that it will take care of itself. No, it will not. This is your responsibility. I thank you. **Z**

Following the Ebb And Flow of Light

Simion, the Evolutionary Collective of 7th-Dimension Lightbeings, through Jill Mara

Your lives appear to be a series of ups and downs, like riding in a roller coaster. Some days you are on an upswing and others bring you down. Just when things seem to be going well, you are hit with an unexpected crisis. You finally think you have it all figured out, and suddenly nothing makes any sense. You are reeling in motivation at the start of a project, but the monotony slowly weakens your resolve and the momentum slides. You love your spouse with all your heart, and then you cannot stand him or her. You rise and you fall. Sometimes you do not get back up again, and other times you are on a winning streak that never fails.

Life is full of falling and rising events, emotions and relationships. Mostly, you are busy fighting the falling and painstakingly forcing the rising. Yet life need not be so dramatic, and the ebb and flow can be appreciated more fully. When you learn to have respect for both the highs and the lows and the process of being within the flow of expression, your flow with the ebb of light will become effortless and rewarding.

It is largely a matter of shifting your focus and intention to a state of enhanced awareness of the fluidity of existence and of falling in love with the creativity of it. Following the ebb of light is a matter of dissolving the self-created veils that hide your way. It is not a matter of fighting evil but rather of seeing the falling and rising in your life as energy flow and choosing what to flow with based on your soul's inner knowing and true identity.

ACT AS IF YOU ARE ENLIGHTENED

Always remind yourself that you are already a being of light and that you chose your journey of challenges for your own unveiling. If you can grasp and appreciate the importance of this truth, then you are already on your way.

KEY POINTS

- Each soul has movements designed for its own symphony of expression.
- Start to envision that you are already enlightened.
- You need to look for the spark of pure source light in others.
- Although you each have individual paths, remember that together you have a greater path.

This is one of the most difficult realizations, as it requires you to accept complete responsibility for every nuance in your life and to seek the messages and revelation potential in each happening.

To truly accept that all external occurrences are your energetic doing and that nothing is either bad or good is progress for your soul. This does not mean that you should not have compassion for yourself and others who are in a bind or are experiencing serious obstacles and pain. It simply means that you must take a closer look at why these occurrences exist and what they have to teach you or what they may reveal about the nature of your soul.

Following a path of light is possible when you can more fully see the potential in instances as they unfold and can make decisions based on conscious insights instead of programmed emotional reactions. In order to view the happenings of your life this way, you will need to approach everything with a degree of consciousness and intention. This is a skill that takes daily practice. It does not happen to you—you make it happen. However, with the use of your emotions and imagination, again you have more power than you know.

We ask that you spend a week using your gifts of visualization and mental focus along with your higher emotions, and trust that they will work for you. Sincerely trust in your abilities for one week, and see what happens in your life as a result. We see so often that you do not trust yourselves and that to which you are inherently connected. You tend not to believe that you connect to higher frequencies when you attune your thoughts and emotions, so you flounder around and end up back in the muck again. Rather than distrust, try one week of believing that you are already an advanced being with highly attuned sensitivities. This will take some practice, and you will likely need to constantly remind yourself to step up and view your circumstances from a higher angle.

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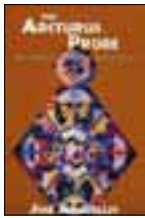
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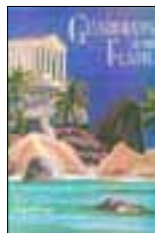
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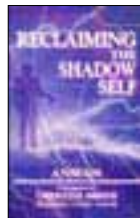
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First, take a few minutes to envision and preferably write down how the elevated and aware you would act throughout the week. See the internal beauty of your potential. How would your integrated five levels of soul confront your daily activities? If you were in the presence of the messiah of your age, how would you spend your waking hours? Where would you find and share your true inner bliss? How could you transform those pesky annoyances or daunting tasks into joyous light-filled blessings? This is a big job, yes, and you will not be perfect out of the gate. But is the efforts that count, and the very act of trying puts you in a state of intention that elevates your frequency.

Find inspiration from others who have walked paths of light or offered tools to assist your adventure. Music, art and nature all have sacred vibration to synchronize your soul. Listen to what stirs your heart and desires. Listen to all thoughts, and ask your soul where they are coming from in your being and how you can share more of your internal spark of creativity within these thoughts.

Never put yourself down, as that is denigrating to the spirit of the One. If you find your thoughts being hurtful to yourself or another, simply observe with detached awareness and determine a finer approach. Putting yourself and others down is denying the divine expression that each one of you is. Every time you catch yourself and reverse your low vibration, a new spark of unity and regeneration is born in the universe that gives strength to overcoming the same hurdle next time, until it ceases to be a problem at all. Take notice of such success and see how you dissipate the need for the lower energy over time. Allow yourself to feel the joy of your spiritual accomplishments, and appreciate that you took another step toward the light.

EACH JOURNEY IS UNIQUE

The steps to be taken are unique for each spirit. Therefore, there is no way you can judge another's journey. You can guide and make observations, but each soul has movements designed for its own symphony of expression. What appears small or insignificant to one person may be a huge leap for another. Much of your journey takes place in your thoughts, so there is a lot happening in others and yourself that may be regarded as miniscule but is actually large. Your journey of enlightenment does not need to be characterized by what you deem to be great feats or masterful external accomplishments. Some of the most masterful developments come in quiet moments when you shift an age-old thought pattern. By altering old thought vibrations, you open new doorways through which your soul can express more of its inner being.

Being aware of your veil of darkness and clearing away the debris allows you to gain a wider perspective from which to begin altering your thought patterns so that you are prepared to make choices as to which ebb you will follow. It is important to take notice of your dips in frequency so that you can make an educated choice to continue downward or spiral yourself upward. The choice is always a thought away.

However, you must be aware of this ability to alter your frequency and practice it.

Many of you allow external stimuli to govern your thoughts and emotions, and hence your actions. You can learn to take control of your every sensation by transforming your thoughts and vibrational output. When you choose to synchronize with particular vibrations instead of randomly accepting your previously programmed responses, you are suddenly able to decide to what and whom you will connect and how you will interact on a deeper level within the material grid and beyond. The greater your acumen in this regard, the more elevated your choices will become.

The paths of light will literally present themselves before your eyes and ears. As you are confronted with external situations that challenge you, give your ego a check. Begin to notice if it is taking control of your soul vision. Always check back with what you know to be divinely connected to the life force of creation.

You can train your thoughts to create circumstances that emerge from your ethereal soul by keeping your ego identity in check. If you perceive something as good or bad, right or wrong, you are allowing your protective ego to govern your decisions. Try to take an eagle-eye view and ask how your higher-level soul perspective would enable you to assess the situation. Where would your higher being flow, given an energetic observation of the dynamics surrounding the event? Believe it or not, your soul can see far beyond the limitations of space and time if you practice allowing it to do so by learning to trust your imagination and extrasensory intuitive knowing.

As you continually clear away the overgrowth in your path to your dream world, each traversal gets less cumbersome. Then, seemingly miraculously, new paths to that vision will be revealed and will already be cleared. Next time the trail may be in a completely different octave. It is not required that you master the art of using your higher faculties now. All that is needed are the intentions to become balanced and to let go of the illusory identities and beliefs that are holding your soul back from seeing its true path.

TUNING IN AND SYNCHRONIZING WITH PATHS OF LIGHT

Your soul is held back from flowing with the ebb of its destiny by any belief that does not encompass your eternal light and inherent divinity as a creator. Each time you are able to see yourself as a being of light who is integral to all creation, you can spread this energy, see with your soul mind's eye, and know which ebb to flow with and which to let go of.

When faced with a decision, stop and imagine a bright source of energy at the center of your being. Allow that light source to radiate outward into the physical scene. Picture the light finding its way toward one direction or another. Which direction does your spirit choose? Or allow your light essence to flow to all the possibilities and see which

one is the brightest. Which one becomes predominant or gives you the highest emotional response?

Sometimes it is not the path we expect to be the best that our soul actually desires. There are always unseen results coming from situations that you may not perceive in the present moment, but your soul senses the potential therein. This appears to be a simple exercise; however, it is a powerful action that can activate your higher consciousness and spirit-level soul involvement in your decision-making process. If you practice this method, you will gain aptitude in sensing and interpreting your imaginations and emotional responses.

Following the ebb of light is much like following frequency modulations or deciding what radio station you wish to broadcast in your life. If you can preview the programs offered on each station before committing to a full day of play, then you can make a decision that is most pleasing for you and others. You are, after all, living in a world that is made real by the vibrating strands of energy. If you can see and feel these strands and choose which to materialize, you are more able to create your day and life for ultimate long-term satisfaction.

The ability to sense frequency can be called "tuning in." Once you tune in, you must interpret what you are detecting and synchronize with a chosen path. In this way, you are in control of the rising and falling tides that affect your being. As you become less instinctively reactive and more tuned in spiritually to the tones of the universe, you become a director of energy flow in your environment. In directing your paths, you influence those on your wavelength and vice versa.

APPRECIATE THE PURE LIGHT IN OTHERS

It is also of benefit for you to make a habit of recognizing that all other human beings have a spark of pure source light within them as well and that they are part of the same oneness as yourself. No matter how disagreeable certain individual ego portrayals may be or how much they trigger your own ego reactivity, they are also divine light sources. Train yourself to view the internal radiating source light within each person you come into contact with every day. Acknowledge their light sparks, and offer your love and support to those internally perfect beings before you.

Appreciating the light within others will encourage that ray of purity to shine forth. Seeing their pure potential gives that aspect of their souls an energy boost. They need know nothing and may feel nothing as you imagine their lights, but it will somehow make a difference in your relationship.

By doing this, you are raising the potential for your relations, no matter how insignificant the act may appear superficially. Seeing the inner spark in others elevates your interactions on a soul-connection level. By elevating your consciousness about their beings, you open a new pathway for your souls to follow together. This simple exercise can release tensions and make it possible for you

to flow down a new fiber of light on your journey together, no matter how short or long the relationship lasts. You can open doorways of higher potential for each other in this way.

Does this appear too basic to be true? We urge you to try this strategy for one week and see for yourself. See the inner radiating light in every person you meet. If you meet the same people several times, see their lights each time you come into contact with them. Have no judgments about how much light each person has; merely recognize that they each have the same core source as you, and it is utterly pure, no matter how they act.

Your journey in this life is not alone. All interactions with others offer potential light-filled paths. Seeing their light and your interconnectedness to them gives you an opportunity to glean the messages and assistance you can offer one another. Within your interactions are gems waiting to be discovered. The more open your soul is to your mutual core being, the more likely you will see, feel and be guided to raising the bar of your connection in any given moment. This may very well be one of the most important steps to master in strengthening your ability to find the well-lit path. Each soul is a link in your journey that can be squandered or fulfilled.

Even if you never see any outcome of your elevation of another's spark, there will be an unseen effect that ripples through both of your lives. As you train your mind in this way, you will have an even stronger sway and may notice miraculous things occurring as a result. When you see another's light and even imagine it getting brighter, you are making a connection on a soul level that creates an energy bond and increases both of your connections to the web of light.

If all humans were to elevate one another in all associations, then your species would ascend. The interconnected flow of your consciousness would reach a higher vibration, and awareness would rise to a new level of knowing. Therefore if you can do only one thing toward your spiritual progression, see the spark of light in others and in yourself, and know that you are linked and united in strength and ability.

You each have personal paths, but together you have a greater path. Through all the trials and tribulations of your lives, there is a singularity that contains the ebb of light. As you connect with that light in others, you access the wiring of conscious energy that is creating in unison. Once you sense this flow, you can add to its direction with awareness. Therein lies the biggest secret to spiritual connectivity and movement.

We congratulate you on every small step you take toward becoming spiritually enlightened beings with true awareness of your light and its connection to All That Is. As your soul makes these realizations, its choices of frequency modulation rise to higher levels and you become a greater participant in fulfilling the creative process of pure consciousness. **Z**

Moving Ahead With New Energy

The Council of 12 through Selacia

Your human life is like a flower. You exist in a field of energy, surrounded by other flowers and by other living things. You are alive!

You are also changing continuously. You may look similar to other flowers, yet you are also unique. You are a creation of the divine! There is no separation between you and other living things. There is only oneness.

Today, as you go about your day, think of yourself as this beautiful flower. Imagine the oneness and the connection you feel with others who are similar and yet different. Allow yourself to feel your own aliveness. Make the choice to welcome change and to allow shifts in energy to be catalysts for your spiritual advancement.

DECIDE WHAT TO DO WITH YOUR GIFT

There are energy shifts now on an ongoing basis as the revolutionary paradigm shift moves into the next stage. You may feel these more tangibly when there is a change of seasons, a full moon or an eclipse. That is normal. Do not be concerned—you are not losing your mind.

In order to move ahead in the most positive way, you will need to become skilled in finding your balance, finding your inner voice, and finding your heart's truth. It will become easier, too, when you can begin to live your life as though it is a gift. This is different from intellectually knowing that your life is a gift. When you learn to live fully from this perspective, you embody the gift. There's no need to question it.

The next step is your decision of what to do with your gift. When you take that step, you have decided to use the gift of your life for good and to create a more love-filled world. When you view your life as a gift, you also see these times of great change as an opportunity. You remember that it was for this opportunity that you came to Earth. You want to use it fully, as you desire to fully embody your role as divine change-maker.

What does that mean? It means that you are on Earth to be at the forefront. You, in fact, have a front-row seat dur-

ing these times of shifting. You have that seat because you are energetically encoded for it. This is in your DNA. This is your energetic destiny.

YOU ARE PIONEERING THE CHANGES

The ones like you in the front seat are those who pioneer the changes. The divine change-makers are making the changes required to transform the fear-based world into a light-filled one. To create something new involves experimentation, and to experiment involves risk and trying things you have never attempted before. It can be scary.

Fear can stop you in your tracks. If you have tried something before and it did not lead to success, your fear can stop you from experimenting with a new vision for the same task. Do not allow your fear to be in charge. Face it head on, and choose what your heart is telling you to do. Your heart will not lie—allow it to guide you into the unknown and unproven territories.

When you meet fellow lightworkers on the path, remember that you are joined in a collaborative effort to birth a brand-new type of world. You are not meant to do this alone. Reach out to others, including those you are meeting for the first time. Make your best effort to connect at a heart level and to be supportive. Remember, it is often the simple things that will guide you and help you to feel more comfortable with being at the forefront.

Experiment with smiling. To smile costs you nothing. What you receive back from a smile is priceless. Experiment with smiles today, giving them to others and also taking a moment now and then to smile at your life and at the beauty around you. As you continue the journey of rediscovering your divine nature, we surround you with our love and blessings. We are the Council of 12. **Z**

KEY POINTS

- Energy shifts are now occurring on an ongoing basis.
- You are on Earth to be at the forefront of the shift.
- Remember—you are joined in an effort to create a new type of world.



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ETs ON EARTH

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THE 19TH ANNUAL UFO CONGRESS CONVENTION THE GORBACHEV CONTACT

Wendelle Stevens

February 2010

The following excerpt is transcribed from a DVD recording of Wendelle Stevens' talk for the 19th Annual International UFO Congress February 2010. www.ufocongress.com

Good afternoon. My name is Wendelle Stevens, Lieutenant Colonel of the United States Air Force, retired.

Now, I wonder how many of you remember this picture or similar [shows black-and-white printout of newspaper picture of UFO craft with the title "Soviets Take UFO"] that appeared in your newspapers way back in 1989–1990 (Fig. 1). This is a painting of a Russian landing at Voronezh, Russia, a provincial capitol 500 miles south of Moscow. Now, this is what appeared in the Phoenix newspaper [shows black-and-white printout of newspaper article titled "Captain Prisoner," Fig. 2]. This was printed on the front page. It says "UFO Captain taken prisoner by the KGB." We couldn't get the whole thing—the original microfiche had been destroyed, and we can't get copies of it anymore; we'd love to have them. But everybody in the Arizona area saw that headline and read those papers. Here's another page from the same [shows another page of article]. And this was describing a landing that took place by this silver sphere in the provincial capitol city of Voronezh in Russia in 1989, but there was a considerable preface to this that we're going to get into in a little bit here.

Now, the beings that got out of that craft when it landed: A nine-foot-tall being got out of the craft in a red coverall

suit [shows drawing of very tall being next to a human], and he talked to the crowd in the local Russian dialect, perfectly expressed. And he talked to 400 eyewitnesses around the park there and asked them to bring a leader to the park, and they did; they brought the mayor of the city.

While the mayor is standing there, talking to the giant in the native dialect of Voronezh, a KGB truck drove up. Officers got out, arrested the giant, started loading him into the van—a big van. And one of them hit him on the back with a baton as he was getting in, but he went in with no resistance at all—probably could have picked the truck up, if he wanted to—and went aboard, and they drove off with him.

When he left, two more came out of the craft dressed in silvery suits. They talked to the crowd in perfect local dialect also and discussed things with them. They talked to various of the stronger members of the crowd. There was a twelve-year-old that began screaming something, and they turned a beam on him and he disappeared, vaporized away. And the crowd was aghast at what happened to him, and they thought that the beings had killed the boy. But half an hour later, the boy appeared, walking around in the crowd again. He was now calm and happy, and he was in good health. So whatever they did was a temporary thing to get control of him and put him back in a normal state.

This caused a big upset. The reason it got in newspapers all over the world was because there were approaches



Fig.1: Wendelle Stevens shows printout of news story "Soviets Take UFO."



Fig. 2: Stevens holds up printout of "Captain Prisoner."

six days in advance. There were approaches on the city of Voronezh by the same craft that came in at the same altitude, the same directions. [Reads from paper]: "For the six previous days, it came in from the same approach, the same direction, the same speed, the same angles—six days in a row. And groups all over the world were waiting, including the Russian military, with helicopters, camera equipment and ground surveillance teams," all waiting.

Newspaper people had gathered from all around the world, and there was pool reporters from UPS there that took pictures and put it on the news wires, and that's why it went all around the world. There was a substantial publicity organization there on hand when this landing at Voronezh took place. So we have to wonder if it was staged for a particular reason or not.

[Continues reading]: "On the seventh day, the approach continued, and the pulsating ball of plasma light dimmed down to a silvery metallic sphere about thirty meters in diameter and landed in the central park in the middle of Voronezh before the astonished gaze of over 400 eyewitnesses. A seam opened up around the port in the side of the big craft, and a ramp slowly descended to the ground. The

ramp had ridges across its surface, and a giant human being, some three meters tall," that's nine feet tall, "and a meter across the chest, came down the steps in a red coverall one-piece suit and addressed the crowd of onlookers in perfect local Russian. He asked to speak to leaders, and the mayor of the city was brought."

I'm pulling up the artist's sketch of the alien being [shows the picture of the alien being next to a human again]; here he is again—a big guy, nine feet tall. And if you'll notice, he has a third eye, a physical eye, in the center of his forehead in addition to the other two. [Continues reading]: "All of the giants had disproportionately small heads for their size—about the size of a normal Earth human's head, but it was small for their size—and they had a third physical eye located in the center of their foreheads, which seemed to be articulated independently of the other two.

"Strangely, within the hour, the KGB came back and brought the first giant back to his ship and let him out with his fellows. And they stood there at attention while he and his fellows reentered the big ship, and it took off with a whistling sound and rapidly disappeared. It is known that

Vladimir Putin was a rising KGB functionary in that area at that time, and so one has to wonder just who authorized the release of their prize prisoner so soon.

Could it have been him, Putin or President Gorbachev himself? Putin did, in fact, succeed to the presidency of Rus-

sia after Gorbachev, who single-handedly took the world out of its cold war stance and thus saved it from its head-long rush to mass suicide for the entire planet and all life on it? We wanted to invite Mr. Gorbachev to come here to this conference, but were unable to make contact with him. **Z**

MEDIA ARTICLES REGARDING THIS CASE

TheBlackVault.com

By BJ BOOTH

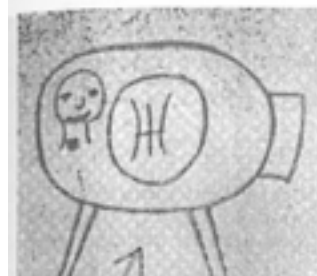
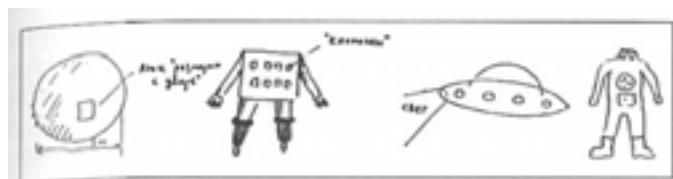
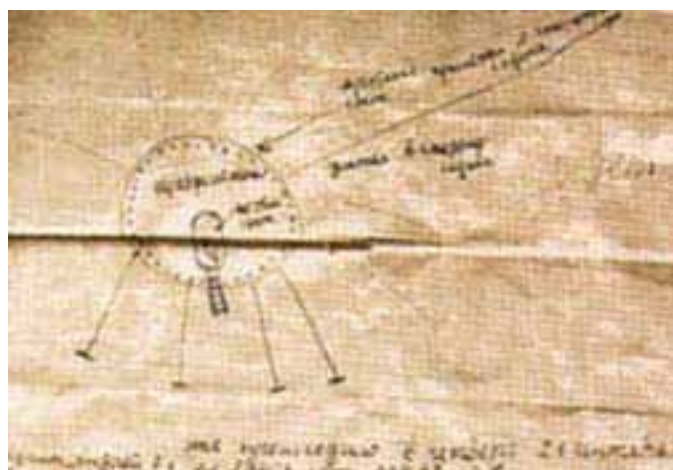
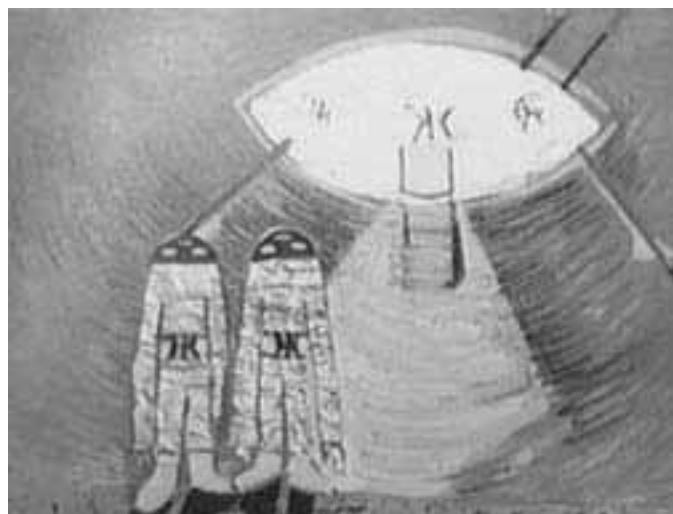
The following information was accessed from TheBlackVault.com on April 23, 2010. To read these articles in their entirety, go to: http://www.theblackvault.com/wiki/index.php/Voronezh,_Russian_Federation_%2827-1989%29

One of the most bizarre accounts of UFO folklore involves an incident that allegedly occurred in Voronezh, Russia. This case was reported in the United States by the *St. Louis Dispatch*. The story was originally published on October 11, 1989, in America, but its origin was the Russian newspaper TASS. . . . The original details of the case were brought forward by Genrikh Silanov, head of the Voronezh Geophysical Laboratory, who gave details to the TASS agency. . . .

The agency had informed the entire world that Russian scientists had confirmed that an alien spaceship carrying giants with tiny heads had landed in Voronezh, a city of over 800,000 people located about 300 miles southeast of Moscow. They stated that as many as three of these giant creatures had emerged from the alien ship. The ship was described as a large, shining ball. These strange creatures were said to have walked in a nearby park, accompanied by a menacing robot. Ironically, TASS was the only media member to print the story in Russia. The newspaper Pravda declined to print, or comment on the strange tale.

In defense of the TASS account, Soviet reporter Skaya Kultura said that the agency was following the the golden rule of journalism” The reader must know everything. The TASS account stated that the UFO landed in Voronezh on September 27, 1989, at 6:30 PM. Young boys playing soccer witnessed the event, stating that a pinkish glow preceded the descent of the unusual flying craft. The pink glow became a deep red as it touched down. Most witnesses described the object as a flattened, disc shape. A crowd quickly gathered, and peered through a hatch that opened. They saw a three-eyed alien about 10 feet tall, clad in silvery overalls and bronze-colored boots and wearing a disk on his chest. . . .

Several drawings were made by some of the children who supposedly witnessed the events of Voronezh. A couple of these are included at right. One of the drawings showed the Cyrillic alphabet character “zhe” on the side of the UFO. . . . Voronezh residents interviewed later claimed they had observed this UFO not just during the above incident but also many times on September 21, 23, 29 and October 2, between 6 and 9 PM.



STRANGE TALE OF THE 3-EYED ALIEN THAT ZAPPED A BOY!

The St. Louis Post-Dispatch

October 11, 1989

The daily quoted witnesses as saying that the UFO flew into Voronezh on Sept 27. At 6:30 PM, it said, boys playing soccer saw a pink glow in the sky, then saw a deep red ball about 10 yards in diameter.

The ball circled, vanished, then reappeared minutes later and hovered, it said. A crowd rushed to the site, Sovietskaya Kultura said, and through an open hatch saw, a three-eyed alien about 10 feet tall, clad in silvery overalls and bronze-colored boots and wearing a disk on his chest.

SOVIETS REPORT ALIEN SIGHTING

John Iams, Associated Press

October 9, 1989

MOSCOW (AP) — The Tass report, which did not give the date of the purported landing in Voronezh, said onlookers were “overwhelmed with a fear that lasted for several days.” Genrikh Silanov, head of the Voronezh Geophysical Laboratory, told Tass that scientists investigating the UFO report found a 20-yard depression with four deep dents as well as two pieces of unidentified rocks.

“At first glance, they looked like sandstone of a deep-red color. However, mineralogical analysis has shown that the substance cannot be found on Earth,” TASS quoted Silanov as saying. “However, additional tests are needed to reach a more definite conclusion.”

RUSSIA'S ALIEN IDEALS—UFO LANDING

Patrick Huyghe

Westerners were intrigued back in 1989 when the Soviet news agency, TASS, reported the claims of some school children from the city of Voronezh. A spectacular UFO landed in town, the children insisted, along with its ten-foot-tall occupant toting a tube-shaped gun. . . .

In January of 1990, Jacques Vallee, a computer scientists regarded by many as the world's major UFO

researcher, held a week-long series of meetings with the Soviet Union's leading UFO lights. He met with a scientist who'd studied the mysterious explosion that had rattled the Tunguska region of Russia in 1908 and with an ex-Soviet Naval officer who detailed his UFO sightings by Navy personnel. But according to Vallee, the most compelling sighting was the one in Voronezh itself.

In his new book, *UFO Chronicles of the Soviet Union* (Ballantine, 1992), Vallee describes the cast of dozens—adults as well as children—who reportedly witnessed the spherical Voronezh craft, its three-eyed giant, and an accompanying robot. He also cites engineers who examined an imprint allegedly left by the craft, an object they claimed weighed 11 tons. . . . Why does Vallee believe the Soviet sightings are for real? The weight of the craft, he notes, was “in the range of estimates reached by French scientists studying physical markings left by UFO landings in France.” And though the beings bore no resemblance to the familiar, short, Hollywood-style UFOonauts, they were similar to aliens reportedly seen “in a very similar case in Argentina in 1978.

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UFOs: THE PSYCHIC DIMENSION; THE VORONEZH, RUSSIA CASE

David Pratt

At about 6.30 PM on 27 September 1989 in the Russian city of Voronezh, 3 schoolchildren and about 40 adults saw a pink or red light in the sky, which turned into a dark red sphere, about 30 ft in diameter. It flew away but returned a few minutes later and hovered over a park. A hatch opened in the bottom and a being appeared. It was about 10 ft tall, had no neck, and wore silver overalls and bronze-coloured boots. It had 3 eyes; 2 were whitish, but the middle eye—or lamp, as one witness called it—was red and had no pupil. The being scanned the terrain, the hatch closed, and the sphere descended, brushing against a poplar tree, which bent and stayed in that position. The object, which measured about 45 ft wide and 19 ft high, then landed. The tall being was accompanied by a small robot. The being said something and a small luminous rectangle appeared on

ANDROMEDA

By the Andromedans and Zoosh through Robert Shapiro

Now 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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the ground. It said something else and the rectangle disappeared. It then adjusted something on the robot's chest, causing it to walk in a mechanical way.

One of the boys watching cried out in fear. The being, whose eyes seemed to emit light, looked at him, and the boy froze. When the witnesses started shouting, the sphere and being vanished on the spot. But 5 minutes later the object and being reappeared. It now held a 4-ft-long tube at its side. When the being pointed it at a 16-year-old boy, the boy became invisible. The being then reentered the sphere, and as the object flew away, the boy reappeared. After taking off, the UFO almost instantaneously became a mere dot and disappeared in the sky. An investigation revealed that the radioactivity level at the landing site was double the background level. Traces were found where the craft's 4 legs had

stood. There was an area of flattened grass, and the soil was found to have turned to the consistency of stone. It was calculated that an object weighing 11 tons had stood there.

Thousands of Voronezh residents observed several appearances of UFOs between 23 and 29 September 1989, and at least 3 landings took place, witnessed by over 30 people. As in other cases, many of the sightings occurred in polluted areas: the park used to be a garbage dump, and UFOs also visited the electricity plant and the site of a future nuclear plant [19]. **Z**

Credits & Sources for the above:

- * *Flying Saucer Review*, 34, 4
- * *MUFON UFO Journal* 259 and 260
- * *UFO Chronicles of the Soviet Union*
- * Special thanks to BJ Booth

ETs LAND IN SOVIET UNION SEPTEMBER 1989

Zoosh and Overseer of Cyclops-Like Beings through Robert Shapiro

8 March 2010

This is Zoosh. Are you there?

Yes!

I'm going to act as a filter. That being's energy [the extraterrestrial being who had landed his ship in Voronezh, Russia, in 1989 in front of witnesses] is not compatible with Robby's body. So it's possible that I will be talking at times, but when we educate that being as to how to communicate in this fashion—for that being has never done this, which is not unusual—then we will see. It's not a problem as far as the communication goes, what would be said, but with the energy of the being, there is a serious problem there. I know you'd be perfectly happy to talk to me, but that's not the process here, is it?

What I would prefer is to expand on things that were visits from a benevolent future rather than something associated with the past timeline. Do you understand what I'm trying to say? That thing there, the event you refer to, is associated with the past timeline, and it's thoroughly entrenched in that. It's up to you—do you have an alternative?

No, but I can understand what you're saying. It's just that a nine-foot-tall being with a physical third eye in the middle of his forehead sounds kind of interesting. He talked to the people in that city in Russia in their own dialect. Newspaper people were there from all over the world. It was in the Phoenix newspaper and many newspapers around the world. But if it's not possible. . .



ROBERT SHAPIRO

A moment. [Pause.] We may be able to do it as long as there is absolutely no political reference. This whole thing about the then leader of the Soviet Union and his family is out. Do you understand? But we may be able to comment. Let's see. [Pause.] No, that being's energy is just not compatible with Robby. We connected to the being there for a moment. He's on a ship someplace. But the energy is not compatible nor is the being able to perform this way, to channel through another being, so that's out. You're going to run into this again. Also remember Robby's health, okay? You know Robby has always said he can channel anyone or anything that is . . . what?

Compatible with him.

This situation and being is not compatible, so that's that. However, there's another way around this. [Pause.] All right, we have a solution. Someone has reported that he is the overseer of these beings—which I would be inclined to assume is a teacher or guide or something like that—and I feel his energy will be compatible with Robby.

You're wonderful.

So mark that up to a chat that you and I just had, and let's try again.

Thank you very much. I'm really curious.

[Long pause.]

Greetings.

Greetings!

I will say a few things, but I am also trying to soothe the channel's body, which was damaged from that attempt. You must be careful. In the future, you will have to add to your requests on an ongoing basis that the being who comes through be compatible with the channel. This is not a living prayer; it is a setting of the intention. That has been a need of long standing, but it has not built up to that point until this time.

THESE BEINGS AND YOU ARE NOT BIOLOGICALLY COMPATIBLE

Now I will say a little bit about these beings. These beings are quite tall, but there are a few folks, Earth people, who are almost that tall on Earth at this time. The famous story about the Cyclops is very loosely based on a sighting of these beings and an illustration of them. It was a story built up on that. You have to remember that authors from the past or the present, however famed they are, are inclined to take an incident and build it up into a story that will entertain, especially if such stories written are intended to have a greater meaning.

In those days of the famous writer, it was not typical for human beings on Earth then to be much over five feet tall. If they were to suddenly meet someone who was about nine feet tall, they would certainly consider that being to be a giant—just as if you were to meet someone who was four feet taller than you, you would think of that being as a giant, would you not? So the incident that did happen in those Homeric times was simply a real thing. The beings visited in those times as well. I thought I'd bring that up because you might find old references to such a thing, and everybody assumes it's associated with that story [chuckles]. But some of those references are associated in and around that area with the actual visitation of these beings, you see? So that's a very interesting aside for your readers.

These beings come from a distant planet, and they do not recognize political boundaries. So they'd be just as inclined to land anyplace where they felt that they would not be attacked. Their appearance, as you would see them if you were in their presence on Earth, is not exactly the way they look when they are not around human beings. They look a little different, and their physical makeup, biologically, would not be compatible with yours—meaning that their physiology, the way their bodies work, is different.

I will give you an example that you can completely and readily understand. Understand this in terms of your bacteriologicals that would prompt a disorder of the intestines—not permanent, but say, for a few days. You would call it some sort of a . . . what would you call that?

Oh, maybe a stomachache, which could give you a headache or intestinal discomfort or maybe diarrhea.

Yes, something like what you would call a stomachache. But a bacteriological like that would promote a symptomology in your physical body of malaise, discomfort and upset with the stomach, intestines and so on. That is essentially the inner mechanisms of their digestive systems, so you can see how there is an incompatibility. So in order to simply get off the ship and be around the human being, there has to be an alteration in their appearances, having nothing to do with the way the head looks, and a significant amount of shielding beyond that that the being itself would need in order to protect any and all human beings while visiting the planet.

Generally speaking, these beings do not visit planets with human beings but will come if there is some political need. They are very good at understanding politics universally. They are very understanding—very analytical, mentally—and they can grasp innuendos. If you had one of these beings in your state department—you couldn't, but theoretically—you would be able to engage diplomatically all over the universe, because they're very good at that. They cannot interact, however, with you directly, and I think they've come to that conclusion.

Partly what goes on is that if you're communicating with them—say, on Earth; it's been done—generally speaking, everyone who is present hears, meaning understands, because sometimes you hear something you don't understand. So you would hear/understand what the being is saying in terms that are completely compatible with you. Even if your language was all the same, you might come from different walks of life, you might use different slang or dialects, and all of that. Or if there are other completely different languages and so on, you would hear/understand them in your own manner of speaking and understanding. This is very helpful as a political go-between.

It's fantastic.

THE ET'S PASSION WAS PERCEIVED AS A THREAT

So the visit [to Voronezh, Russia] was made at that time [1989] because of the pending change coming for that part of the world and the belief by these beings that it could be done without too much bloodshed—perhaps none. The discussion with the leader of that group of countries did take place—and I am not going to refer to that person by name—and the request was made that any change in their system be bloodless, meaning no battle, no struggle to maintain control, all of that stuff. It wasn't made with a threat. However—and this is important—keep in mind that the nature of the emanation from the extraterrestrial visitor that shielded the human being was, if that ET being would speak with any passion at all . . . these beings always try to dissuade peoples from fighting and harming each other, and they're passionate about that. You know yourself, as a human being, that when human beings get passionate about something they are speaking about, their energy levels rise, and you can feel more emanations from

them, even if they're not near you. Then you respond in kind if you agree with them—or also if you don't.

So when that being would speak passionately about something, the radiations from that being would actually go through the garment, the thing they all wore to insulate and protect the human being, and I don't have to tell you what happened. This being was speaking passionately about something, and suddenly all the human beings felt bad; they felt uncomfortable. Some of them almost felt sick. So when the being was saying something he passionately believed in—and these beings are not violent—everybody suddenly felt sick from what they were saying, even though their words sounded perfectly fine. What would you think if your body suddenly felt like that when somebody—looking like that, different from you—was talking? You would be scared.

Everyone was certainly scared, because they felt that there was a threat implied. See, this is part of the problem that occurred in the past in Homeric times as well. That's why there was such a gap in their visits in years, because they went there and the same thing happened: speaking passionately about battles of the time, trying to talk people out of such things, and the moment they speak passionately, everybody starts to feel sick and fearful, like they are being threatened. The upshot of that—I like that word—is that it made people more frightened when the beings went away, and they were more inclined to build up forts and walls and so on.

So sometimes fortifications and armies happened not only because of interactions from one warring group of humans to another but because of the unintentional radiation of energy from an otherwise peaceful extraterrestrial who forgot for a moment that if he got passionate and spoke about something that way—in Homeric times, okay?—that people would not feel good. This didn't have anything to do with the visitor's feelings toward them but was simply due to the biological fact of incompatibility between species.

I'm bringing up all of this medical stuff partly because—and now I'm going to refer to it within this article—the initial attempt to channel this being or a contemporary caused the channel to feel temporarily sick.

I understand now.

That's important to know, because there may be times when your astronauts travel to other places where you'll see beings you really want to communicate with. They may look like the visitors we're talking about today or they may look different. But I'm suggesting right now to the astronauts that if they get that feeling, to immediately just make some diplomatic disconnect with that group of beings, indicate why—a preprogrammed message would be useful—and move on. Others will be able to give you the same kind of information that you may have gotten from these beings, so don't try and fight it, okay? If there's an incompatibility, you can be sure there's a good reason.

THIS IS WHY THE WALL CAME DOWN WITHOUT MUCH OF A BANG

What followed the visit of these beings—who are the origin of the Cyclops stories—was the bringing down of the Berlin Wall. So obviously the leaders in Russia did not react to the fear in the sense of putting up more barriers or building more fortifications.

Go back a step. What did they react to? They reacted to the *felt threat*. You have to think about that. This is a conglomerate of countries with a fearsome army and military—at the time, a world power, militarily speaking, and in some circles, diplomatically speaking—and with a whole way of government slightly different from other ways (in some ways more compassionate and in other ways not). The core belief of the system was to try and create a more equal distribution of well-being, but it did not always work that way. Then, in their communication with these ET beings, they felt that there was some terrible threat, not just to the parties involved in the communication, but to the country as a whole.

Remember, if you as an individual were to speak passionately about something that you strongly believed in, you might be inclined to feel things that you didn't say. How many times have you done this or experienced it? But when you have beings who can instantly communicate to all around them what they are saying, they also instantly communicate what they are *feeling*—and all the beings around understand it in their own concepts of communication, as I mentioned before. If you have someone who feels profoundly passionate against violence, then that's one of the things that is immediately broadcast—if you are against something, if you are for something, it doesn't make any difference. The thing that you are against in that case, as the visitor, is still broadcast as the heading. The heading would be "Violence"; the subheading would be "Against." Do you understand?

So the heading, so to speak [chuckles], would be what is broadcast. Then people are suddenly sick with the fear of violence that must be way beyond their capacity to struggle against—because look at the vehicle! Look at the way it was able to land, no matter what they did. I can assure you [chuckles], in those days, when a vehicle came in for a landing in your country . . . can you imagine for a moment if a foreign vehicle [chuckles] came in for a landing in the United States today? Do you think everybody would just say, "Oh, howdy"?

Nope. War planes and weapons.

That's right. There would be some resistance and at least an attempt to escort the vehicle to some place as secure as possible.

Oh! See, I didn't hear that in this talk. So the visitors just came down in their craft despite the best efforts of the Russian military!

Exactly. So the point is that the people felt, "There is nothing we can do to combat these individuals." We're talking about people who are strong here; I'm not talking about strictly diplomats. We're talking about soldiers

all over the place. We're talking about military people of high rank with much experience in battle. Everybody felt sick, just that terrible feeling a person might get when exposed to violence that is absolutely out of his or her control. The human being tends to get a nauseous, sick feeling within.

So that is why when the Berlin Wall came down, you'll note at the time that the soldiers—the border people representing the Soviet Union on the other side of the Wall—had kind of a blank look on their faces, a “What do we do about this?” look. If you read the reports—some people will, and some people who read this might even have been there—one of the initial things that went on was this sort of blank look, this “What do we do?” look, and a sort of shrinking back. Then after that moment passed, there were other things. But that initial look at people tearing down the Wall was one of shock, fear and “What shall we do?”—as one might normally go to ask a question, spoken or otherwise, in some branch of the service. So that's why the Wall came down without much of a bang.

In his presentation, Wendelle Stevens said the ET craft had come in six days in a row with the same altitude, same direction, as if they were going to land, but they didn't. So there were newspaper people there from all over the world, there were military people with weapons, there were children and all sorts of people watching when they did land in the park on the seventh day.

I'm just going to say that every single time they came in, they were greeted [chuckles] as one might expect.

Ah, they were shot at as the military attempted to keep them from landing.

I think there was a little alliteration going on there on the seventh day. Hmm? What does that sound like?

[Chuckles.] *Like you can't touch us, so quit trying.*

No.

Oh, creation.

That's right. It sounds like the Bible. So let's just say that I'm going to gloss over that one.

All right. Then in this report, it said that the KGB came up and arrested the captain when he got out of the ship. But the captain came back in an hour, so it was a very short meeting with the Russians.

It's not unreasonable to [chuckles] put somebody under arrest. It would be like, “Would you come with me, sir?” and if they didn't come, then, “You're under arrest, please come with me.” [Laughs.] As any good diplomat might do, it's like, “Oh, certainly.”

THESE BEINGS SEEK RESOLUTION THROUGH COMPROMISE

Can you say where these beings are from: what galaxy, what planet, what part of the universe?

I don't want to say anything that would make it possible for a people as curious as you are to seek them out and say,

“Well, let's go and find out!” no matter how much going and finding out will just cause problems for any member of the human race.

Okay. You have always been their guide, their teacher?

Not always. I am one of their main guides, but they have others. I was brought in as a consultant.

On the subject of what?

On the subject of purpose. The people wanted to have a purpose, and they needed a purpose beyond their own capabilities. So I came in, and I observed who and what they were, what they were able to do. I realized that they could start a program of diplomatic training because they were very good at helping people resolve their disputes. It just turns out that they're not very good when they get passionate about something—because of the biological incompatibility—only when speaking to the human being.

Oh, but with everyone else, they're fine?

With everybody else, they feel fine, but as with any species of human being anywhere in the universe . . . human beings are profoundly receptive, even more so than some other species, so one must be very careful communicating to human beings because their receptors are always up. Even if they're shielded in a steel box, so to speak, the receptors are always up, because the core physical attribute of the human being is instinct. Instinct requires a radiated receptive field that can go out from a matter of feet or meters, you might say, to yards or kilometers or beyond. It can go out for miles and miles. A human being's instinct can actually reach to other planets. Though you don't use it that way, you could.

If the astronauts use it that way, they will know what to avoid and where to go. Just a little tip for your space travel times: no machine or mechanism can ever substitute for the sense or the sensitivity of a human being's receptive instinct. So astronauts, cosmonauts, whatever you call yourselves, train to use your instincts more, and you will know where to go. Even if you're ordered to go someplace because “Oh, that looks interesting!” to people on the ground [chuckles], if it doesn't feel good to you, then . . .

Don't go there.

Don't go there. That's right. It might very well look wonderful and not be so wonderful *for the human being*.

Do these beings go to other places and diplomatically bring peace or get people together? What are some of the successes they've had?

Since wars are not much of a factor in the universe, the way that works in other places is that they really help to establish trading partners, partners who might not normally consider trading with each other. Even though there is something about the products involved or the services perhaps that is interesting, there is still a feeling of, “Well, I don't know about them,” and so on. That does exist. [Chuckles.] So that's what they do, mostly. But if there are even what

you might call slight misunderstandings from your perception, which to other places in the universe might feel like a major problem, they'll go in and they'll help to resolve it in the way diplomats have been resolving these things in time-honored ways on your own planet: through compromise, getting people together, finding common ground, the common principles. These principles work universally.

Obviously, their craft have the ability to deflect anything that the human beings on the planet at this time can throw at them, right?

At that time, yes. And believe me, exotic things were attempted.

[Laughs.] Okay. Are the beings themselves that impervious also?

If they're wearing the shielded garment, which is especially shielded to protect the human being, they would appear to be invulnerable.

Now, you talked about humans being receptive, but in our understanding, a third eye is a form of being receptive. How does that work with them? Why do they have it? How do they use it?

I can't say that, but I will say that it helps them to take in and understand the slightest nuances, even though they would be shielded. Keep in mind, if you were wearing a garment that would shield you on this planet, at least somewhat . . . say you were inside a tank and you had all this thickness of metal around you. It might be more difficult to understand those who are standing on the outside of the tank. You don't see them, but they're out there, and you know they're out there and you're trying to understand their feelings. So say you're out of the tank and you're one of the beings, the visitors, but you have a shield around you that is even stronger than that tank. Then there needs to be something extra by which you can perceive. So that's how they use it.

Do they travel all over, not just this universe, but other universes?

No, just this universe.

People were so amazed that these beings could get out of their craft and speak to the audience in a way that everyone understood in their local dialects. How did they do that?

It's not that difficult when it comes naturally to them. On their home planet, the reason they all get along so well to the point of the tiniest nuance—aside from the fact that that is typical in the universe [chuckles]—is that this is a natural capability on their part. And just like everywhere else in the universe—which is kind of funny, but true—they naturally assumed that everyone was like that.

That's why I was called in. They wanted to do something, they wanted to go someplace, they wanted to have a purpose, and I'm pretty good at purposing. So they called me in because they assumed that the way they were was the way everyone was. I informed them that not everyone is like this and perhaps that could be used for diplomacy, and they said, "What? Everyone isn't like this?"

That is almost universal. I've consulted with beings on other planets at other times, and unless they've been established for a long time in interacting with others, which everyone isn't, it's just amazing how everyone has that attitude. It's really quite charming. It doesn't matter what species we're talking about—everybody has that attitude.

"I feel this way; therefore, you must. We're alike." Yes.

Well, and that's the assumption because it's all you've ever known.

Well, it's your perception and your experience. I mean, how can you know anything else than your own experience?

It's really rather sweet.

So you consult with them, but what do you do the rest of the time?

Well, I find that to be satisfactory. Do you mean, do I roast chestnuts over an open flame and put my feet up on the barrel and swap stories? No.

[Laughs.] You know Zoosh! [Laughs.]

Yes, I devote myself to whatever I am doing. I do not need any part-time activities.

Okay, but before you worked with these beings, what were you doing?

Oh, this isn't about us. It isn't about me, okay? (I am more than one.) This is about the beings. So let's keep it to the focus.

THE RUSSIAN LEADERS CHANGED THE HISTORY

So what else can we say about these beings? I mean, this is awesome! They come to the planet, and they change the entire history of the . . .

No, they didn't change history. They had an idea of what was coming, and what they did is that they softened things. They had a chat with the then head of the country, of the group of countries, and they said, "Look, this is going to happen. Your country's system is going to change," and so on—a little glimpse ahead. They said, "This can happen gently and you can allow it to happen gently, or it can happen harshly and it can go in a terrible direction."

If someone tells you that you're going to have terrible losses and great suffering in your country and other countries as well because of atomic warfare, you're going to pay attention. Remember, we're talking about a country that suffered terribly during World War II. The United States was spared that—granted, there was the loss of soldiers and so on and civilians, to a degree, but we're talking about a catastrophe.

There were many people still alive in this country the aliens visited who could remember that, so the idea of millions and millions of people suffering . . . it was an easy decision to make. "Well, let's do it gently, if possible. But we'd like to make sure that our peoples have an improved style of life, quality of life and so on." "Oh, yes. Absolutely. Why don't you try it this way, like that?"—I'm glossing over it a bit. So the head of the government was informed, and of course, he had other people with him there too. We're talk-

ing about a group of people informed, and the head of the government was there, where the visitors said, "And it can be like this or it can be like that."

So let's just say that the people in that part of the world, they changed history, not these ETs. They wouldn't want credit. They said, "This is what's going to happen, but it's up to you. You can change it by reacting in a way you might not normally react." A lot of people seem to think that the Russian peoples, the military, the authorities just threw up their hands and said, "Whatever," when the country changed over gradually from one thing to another thing, now sort of patterned somewhat in the Western style. But it's because they had heart for their people and, to an extent, for others. They're the ones who changed it and need to be given all the credit.

But truly the Cold War would have ended up then in an atomic war? That's the way it looked to everyone outside the planet?

It wasn't strictly between the then-assumed competitors of the U.S. and the Soviet Union. Others were involved, and I'm not going to go into the scenario. It doesn't make any difference if the result is the same. It's just that one thing would lead to another, certain things would happen, some of them surprising, and before you know it, boom. But the result is the same: misery, suffering, unendurable pain, death.

"Or you could try this instead" would be the diplomatic solution. Since the Soviet Union had heart for the people, they tried that instead. So they are to be given the credit.

Wow! I mean, this is really big! I never knew this.

The visitors went to that country and those people because they felt that those people would be the most likely ones in that country to make the most benevolent choice. And they did. Now we need to stop.

I thank you very much for coming in. How did that happen? Did you volunteer when we were casting around for ways to do this?

Yes. Not immediately, because I was busy.

Ah. I thank you very, very much.

I'm going to make a closing remark.

Please.

I'd like you all to consider—and study if you're in school, or read about it if you're not—the fine art of diplomacy. This is a wonderful thing to know and can be applied on a day-to-day basis between friends, family and even people you don't know. I think it is something that could be of great benefit to you all. May you have the most benevolent life.

Good life to you. Z

Overseer of Cyclops-Like Beings Continues through Robert Shapiro

9 March 2010

Greetings.
Greetings!

I'll be slow today. The route by which the energy comes is circuitous, and we'll do as much as possible. But you can speak at your normal pace.

I didn't understand how important this was yesterday until I did some research. Did the Cyclops have the idea to come here, or was it your idea?

I do not give them ideas or even advice at this stage of their being unless they ask. They did not ask, so I believe it was their idea and perhaps slightly impetuous on their part—but still, all and all, with a good effect.

I did not mention perhaps that once they leave—say, within fifty feet of proximity to any human being, even when moving laterally, to say nothing of moving up and away with the ship or simply away with the ship—the discomfiture because of the incompatibility of species immediately disappears for the human being and leaves no residual energy. I think that's important to know. It's a little different here with the spiritual connection, but we're doing a . . . oh, I'm going to get a chance to say a word I like of yours! We're doing a "workaround." That word is very visual, which is why I like it. Did I say that these people are very visual?

No.

They have a tendency to see what they communicate. Part of the reason they enjoy interacting with human beings is that human beings are often visually expressive when they communicate—moving the hands, moving the eyes, moving the head. In other words, there is a visual demonstration going on, aside from simple . . . "translation" is the word we use, meaning the communication is moving from one to another.

Do they use universal translators, or do they have the capacity within themselves to express in the language of the hearer?

They use a device, which I'd not prefer to call a universal device, but it is adequate for their purposes. This does not mean that the device itself can do what they can do. The device merely changes the pulses so that the connection between the brain and nervous system and visuals—essentially what the beings see, say, feel, like that—makes a safe connection from one to another so that regardless of what sounds come out of their person, if you could hear them speaking, you would hear it in the sounds that are the most compatible and comfortable with you. In the case of some beings, it would not be sounds but an awareness. Some species on this planet do not communicate in sound; there are a few that do not communicate in any sound whatsoever.

Oh, have they at times talked to some of what we call animals on this planet?

Certainly. They are easy to communicate with for visitors from all over because, as you know, they are not devoid of their natural spiritual skills that you would have yourselves as souls if you were someplace else. They are not here to learn anything, so those abilities are not removed from them. Of course, there are certain species that are particularly helpful between worlds and can access different worlds and sometimes bring energy from those benevolent worlds to your world.

ETs WHO ARE PERCEIVED OF AS A THREAT AREN'T ALLOWED TO COME

Now, these beings had to get permission to come to this planet, didn't they?

They were given permission, because more was understood about their visit than even they knew. Going back to the visit in Homeric times, they felt that there could be some assistance in those times, and there was greater assistance than there was problem, but they were also allowed to come so that they could learn. The thread, you might say—it is like a doorway and compatible only to them—was still available. Did you know that beings—including, of course, their vehicles—that when they come and when they go, or even just when they come, it opens. It's like a thread that connects to your world that's permanent, and that's how they come and go regularly. They'll come and go through that thread, once it's been established. So after that, they could come and go based on their perceptions of the value that they were contributing.

If at any time it is perceived by those who oversee your planet and generally look after you that they represent a

threat—whoever, not just them—then they're not allowed to come. They're not harmed; they just can't find their way. It's like they get lost temporarily, and then they naturally do what beings always do: they retrace their steps. That's how they get away from that, and they very quickly realize—or the mechanisms in the vehicle might recognize the pattern and know they're not supposed to go that way and simply say that it's dangerous—and they don't come that way again. But that's only for beings who are not being allowed. In this case . . .

The thread was still there.

If you were to be able to look at your planet from a distance and see those things, it would remind you of a ball of twine with many different cords jumping up from the surface—though they are very tiny, if you were able to see them. It doesn't create a weakness in the energy field; actually, it promotes greater strength, because only those are allowed to come in who can benefit you. If there is no benefit or the cost-benefit ratio is harmful to you, then there is no allowance. Sometimes beings are allowed to come even if they represent a partial challenge to you, because those who work with you or protect the planet are aware that you will find a way or that there is some challenge they bring that is instrumental in your growth.

In your case, it might have been . . . yes, I can see a couple of instances. It was because you would be using that challenge or those challenges to speed your avenue toward becoming your complete selves again, which is what you are doing. Sometimes, if there are challenges, then in situations like this, rare though they may be—a learning place like this for souls—the natural tendency of the soul, when it is cut off from knowing, is to return to knowing in the

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quickest and most benevolent way. This is exactly what you are doing—which is exactly needed at this time. I am understanding this as I am saying it, because I have not studied this matter before.

THEIR APPEARANCE EXPRESSES MULTIPLE FOCUSES

When people see them, they say they have these tiny heads. They have these huge bodies, which is described as between nine feet and thirteen feet tall, but they say they have these tiny heads. Are their heads really disproportionately small compared to their bodies?

Yes, because aside from the various functional features of your head—you know, your eyes, your nose, your mouth and so on—you also have a container for your brain. But their brains, so to speak, are more largely distributed in the rest of their bodies. You might say that if it was like that for you, then your “brain” would be distributed throughout your nervous system.

Is that how theirs are?

That would be how the brain would express itself in those beings. So the head does not need to be a container for a brain. Of course, it is just that much smaller.

But it has the two regular eyes, plus the third eye, yes? Then does it have a mouth and nose and ears or no?

It depends on . . . I don't think exactly like that, but it's adequately . . . it does not look frightening. The only thing really kind of ominous, as people might take it because of the Homeric literature and also just because of the difference, is the extra eye. Other than that, the face might look a bit odd. It's something you can't exactly focus on. Have you ever seen a blurry picture, where it's shifting? It's like that. That's what you would get—and there's a technical reason for this.

When everybody hears things in their own . . . “lingo,” do you say that? Thus, they hear/see the individual, especially if they are close. But that broadcast creates multiple focuses at all times. And that focus—remember, these beings are visual—expresses visually as well as on the heard/felt/seen level. So there's a tendency to say, “Well, they kind of look like this,” and then if you asked twelve or thirteen sketch artists and they were able to draw a sketch, you'd notice distinct differences.

Fascinating. Yes, there are sketches on the Internet that were in the newspapers—that were made by children who were there and witnessed the beings.

And there are distinct differences. Well, that's because of hearing/feeling. Now, you understand, you could have a person or persons who speak and understand exactly the same dialect—to use your word—but their feelings in their bodies are going to be different based on their unique experience of life, no matter how young or old they are. Thus you get the differences. There are many different moment-to-moment focuses, so it's hard to describe it.

If you were to see them, they would appear to have small ears. The ears wouldn't look human, but they would be

placed where human ears were. They would have a slightly conical look to them, but only part of the cone—the top, the back. They don't look like a cone; they're just the shape. The substance would remind you of something slightly conical or flared, you might say. Then the nose would shift so that there were two holes and then sometimes a mass that would remind you of a nose, but there would be a certain amount of flatness between the two eyes.

And a mouth? Do they eat?

The mouth would sort of come and go. They do not eat the way you understand. Remember, this is not their actual appearance. You perhaps have forgotten that from the first session.

I have!

But it is an adaptation to their actual appearance—so it's like they are stuffed inside this outer shell.

Is the outer shell the protection, the shielding, the garment that keeps them . . . ?

The outer shell is what allows them to be reasonably acceptable to those they are visiting. The outer shell . . . this is getting way too technical for me. I'm a spiritual adviser.

So what do they look like when they're home, then?

It's hard to describe them, and I don't think it's safe for the channel.

Okay. The reports said that the beings had a robot escort. Is this a normal thing? Can you say anything about that?

Partially that has to do with security, because the beings are somewhat vulnerable. But the other being would command a certain amount of respect, you understand—wariness, you might say [chuckles]—because this was perceived to be something that as a species you might find fascinating. Remember the times. Remember what movies were out then, that kind of thing—what was popular ten, twenty years before the visit and so on. The whole idea of having a robot seemed . . .

Star Wars! Yeah.

. . . seemed to them to be something that might make the people feel curious, safe, surprised, amused . . .

Oh, so it was like a stage set. [Laughs.]

Yes. Still, the beings do exist, but they do not have quite as prominent a role as it seemed to those on Earth.

Okay.

[Sighs.] I may not be able to go on too much longer.

All right. It said that there was a Cyrillic alphabet character on the outside of the craft: “Z-H-E.” Is that their character, or was it there because they were going to that country?

It was because they were going to that country.

IN THE TIME OF HOMER, THEY CAME TO ENSURE THE CULTURE PERSEVERED

Now, when these beings went to the time of Homer—which was like 800 something B.C., 900—what did they perceive? What was the situation when they came at the time of Homer?

Keep in mind that the population of Earth was much smaller then, and what might not seem like a massive battle in your times would have been overwhelming in those times, considering the population. It also was perceived that if one side or the other were to lose, it could be the end of their civilization. These beings do not feel good about civilizations that have many things to offer being ended and their influence largely being “disappeared.” So that’s why they came.

That’s why they came. So what was the effect of their coming? What was the outcome of that? How did they affect the battle or the people?

There were survivors who were able to continue the culture for a time until the culture was able to leave traces of its existence not only in certain artifacts but also in cultural things that they developed—science of the time, spirituality of the time and so on—passing it on to others. In other words, they were able to leave their mark in a way that would outlive them. So as it turned out, the attempt was so that the culture from Troy was able to leave its imprint. So there were some results of what they came to do.

This was so that Troy was able to leave a visual imprint and, more importantly, able to influence others so that all they had done and accomplished was not lost. It was passed on to others to be perpetuated, even though the culture as you know it—as you might know any culture of your time, for instance—seemed to disappear for a time.

What exactly did they do? They landed their ship, they went to talk to the participants? What did they do?

I cannot say that or it could be misused in your time.

Did they spend more time on the planet than the hour they did in Russia? Did they spend time at that place?

No longer than in Russia.

See, there’s stuff in the mythology about the Cyclops giving them thunderbolts and invisible helmets and tridents. Did the ETs give the humans weapons on one side or the other?

No. See, the cultures of the time had capacities, and sometimes people, because of the beliefs in your time, are resistant to believing the obvious. If someone seems to have a weapon that is a thunderbolt, could it simply just not be lightning? Could it not be an influence with lightning? Could it not be, as you might say, magic? Not evil but benevolent. You could think that the thunderbolt would not land on the other side—whatever the other side was, depending on your perspective—but that it would happen between, thus allowing those in battle to cease their battle. In those days, it was not unusual that if somebody lost the battle that there would be no . . . I’m not going to go into it. It’s too brutal.

You mean that there would be no survivors?

Well, on the side that lost. But it was not allowed this time. There was a series of lightning bolts and the survivors of both sides retired. They took that as a sign from the heavens that they were to cease, as anyone might.

This was influenced by these beings?

No. That was something that the culture of Troy had developed, a relationship with natural magic—“natural magic” being something that is part of the nature of the planet upon which you live and perceived of and applied as benevolent, since no one is harmed and the outcome is something that is good for all beings. So that would be natural magic: “natural” having to do with something that is natural to the planet, and “magic” having to do with the unexplained in the logical terminology of your time, meaning mathematics, science (although science on the leading edge and some older aspects in your time do acknowledge natural magic as the unexplained).

You see, that’s the acknowledgment scientifically, at least socially scientifically. I have to be slow again now. The culture of Troy was able to utilize that, and survivors were allowed to escape, including some wounded who didn’t quite make it back to where they needed to go but were able to pass on certain wisdom to those who were helping them.

As their guide, you were able to view what they were doing? You knew what they were doing, right?

You asked whether they were able to accomplish what they came here to do. That’s the way I perceived that. They didn’t do that thunderbolt thing. That was something that the people of Troy, certain people in Troy, had been able to accomplish. They felt it would be good for such abilities to survive, for such knowledge and wisdom to live on, since it is a benevolent reality to be able to interact with the elements of Earth in a safe way.

Is that the only other time they came to the planet? You mentioned that they were here twice, I thought, before Russia.

They came another time, but I won’t mention that at this time.

THEY GAVE THEM THE GIFT OF LONG-LASTING ARCHITECTURE

That seems to be the important things, then: the landing, the influence on the Russian people, and then the origin of the myths of the Cyclops. They never built anything, did they? I mean, there are a lot of references to Cyclopean masonry. Did they ever build anything? Did they ever land long enough?

I believe they may have shown the people of the times how to create a specific type of joint . . . joinery? They may have shown them how to create a specific type of joint so that the architecture they were putting together might last longer. So it’s not something that they built, but they consulted, you might say—kind of a gift. It was felt that this gift would not be interfering. It was really a way to show

them how something could survive, even if part of the support structure were to collapse. I believe there are monuments to that effect here and there in the world, where you'd say, "How can that still stand?"

This was on that second visit that you can't talk about?

No, that was in Homeric times.

Oh! They gave them advice about building while they were fighting a war?

Oh no, they didn't talk to the people who were fighting the war. They talked to the people before the war was fought. Not the soldiers, not the military—they didn't build the buildings. It's no different than in your time. Well, perhaps some fight building goes on by the military of your time, but they are not generally architects.

They came to the Homeric time before the battle?

Yes, but it was going to happen at any moment. As a gift, they went to people, showed them the structures, the architecture, and said, "Well, why don't you do this?" And the architects of the time said, "Oooh!" It was so obvious once they saw it. It was like "Oh!" because they understood architecture, structure, machinery. If someone points out something you could do, suddenly—because your mind works that way—you look at it and you say, "Oh!"

You see, it was a gift. It wasn't any intent to influence; it would be like an offhand remark you would make, and then you realize later, "Oh! That really made a change!" The change was that the structures have lasted a lot longer than you might expect.

Well, it's so odd that they have affection for humans and they're so biologically incompatible. It's sad.

It's a good thing, in a way. Then they don't come very often. Until you are fully able to communicate comfortably on a cultural basis with visitors from other worlds . . . then maybe they will return. But they would have come and gone regularly if you were . . .

Compatible with them.

Yes, and they could have interfered, because they are helpful. Sometimes they don't realize that their help could change things, such as the sharing of that type of joinery. It changed things, but it was not such a big influence—meaning it didn't change things, it didn't harm anything, and it didn't create such a great help that you are stuck with structures that won't fall down.

THEIR EXISTENCE ALWAYS HAD PURPOSE

What were they doing before you gave them a purpose for their lives? What were their lives like?

They were perfectly happy, but they had purpose. Their existence had purpose. They were open to traveling someplace, but they were not looking to travel. They wanted something else. Haven't you ever wondered, "There's

something missing. What's missing?" Haven't you ever had that feeling?

People have that feeling on your planet all the time. They had that feeling. The feeling is often filled by inspiration, you see. You have that too, as a people. They were given this inspiration of how to help people other than their own kind, other than those they normally visited—how to help groups of people create a more comfortable life for everyone—and they said, "Oh, let's do that!" That's certainly a worthy thing to participate in.

But their technology was very advanced, then. I mean, they had the ability to ignore the U.S.S.R military response.

From your perception, yes. Just as the technology you have today might be considered very advanced to people of several hundred years ago or even one hundred years ago. Think about a hundred years ago: What would a modern automobile be? It would be considered a device from some science fiction place.

Yes. But we got so many of our advances from ETs, you know. That's how we moved so fast. I can't get the image out of my mind—the way they're kind of squashed into that container. Are they not . . . ?

They're slightly uncomfortable. That's part of the reason why they can't stay too long. It would be as if somebody told you to sit in a position that was not entirely uncomfortable but wasn't really comfortable. After an hour or so, you'd really want to get out of that position.

So they are not humanoid with two arms and two legs?

I'm not going to say. There's no point in asking it in a question fourteen different ways—I'm not going to say what they look like. I cannot go on much longer. Ask what you need to ask, and then we must stop.

Well, what have I left out? I've been trying to focus on those three things: the landing in Russia, the origin of the myth of the Cyclops and the fall of the Berlin Wall. Is there anything else to do with that?

No, we've covered that sufficiently. Also, it is not your job to be the reporter. You must allow that other people will fill in other details in time—channels, writers, speculators—and it's good to allow them that. You can give them a landmark, you can give them a street map, so to speak, but it is really not your job, from my perception, that you should build every house and make certain the corners are all true!

All right, my dear. You've been extremely helpful, and I thank you for coming back and making this work in a way that doesn't hurt Robby.

LEARN AS MUCH ABOUT INSTINCT AS YOU POSSIBLY CAN

I will give a closing statement as far as the session today. One of the things I must say to you all, especially considering the light banter between the questioner and myself, is that it's very good to have curiosity. Granted, sometimes your curiosity leads you to do things that you will sometimes regret. So it is all right to use your instinct. Don't mistrust it.

Very often in your times science does not understand instinct entirely, since it is not something scientific and quantifiable on a universal basis but is different from being to being as well as among different human beings—it's different and it changes. Thus not being quantifiable on a scientific level and reproducible with the same results on a scientific level, at least within certain parameters, it is not pursued. But I must tell you that your curiosity and your instinct are inseparable partners, and I do encourage you to learn as much about instinct as you possibly can—and not just in books.

Support and urge your children and grown-ups, as you say—charming term—to learn about instinct. Study in benevolent ways the instinct of animals. Don't cut them up to understand what instinct is. Needless to say, they get frightened of you when you do that. They do communicate among themselves, but the reason they still will approach you is that they are here to help you. When you are there in a place to help someone, you might be frightened, but you approach anyway because your job is to help them. That is why they are so often brave. Please, learn about instinct. It is everything for you. May you have a most benevolent life.

Oh, thank you! Good life to you.

Message from Zoosh: Cyclops-Like Beings Support Civilization

This is Zoosh.

Okay, Zoosh. Go ahead. [He is responding to a comment the questioner made to Robby after the above channeling that the Cyclops beings caused the fall of the Berlin Wall.]

THEY WERE INTERESTED IN ENCOURAGING GOOD THINGS TO SURVIVE

You have a misperception there. That would be interference. That would never be allowed. They didn't cause it. They saw it coming, and they came to support that culture. I think one of the things they do is when they see a culture changing, they will sometimes be attracted to encourage that culture to leave the wisdoms that they have developed—to leave it, to put it someplace so it will survive. Putting it in a book is not sufficient. It has to be told to people, and the people have to be taught the good things about the culture.

There were good things about the system in Russia that were not really spoken of very much in your country because your country, your system, was competitive with the other system, even though there are certain things that happen in your country—co-ops and so on—that do bear a similarity. But your country was particularly sensitive to communism because in the 1920s—and to a degree in the 1930s—your country almost went that way. So those who are of the status quo would feel particularly sensitive

to that. I don't know if you know that about your past. That's in your time.

No, I didn't know that.

Well, there was a movement in your country to go socialistic. Certain things developed in that regime that they wanted to be encouraging to people of that time to pass on as verbal teaching to young ones. That's something you may have noticed—just from your talk with the guide—that inspires these people.

Yes.

They are interested in, "How can we encourage the good things to survive?" and they do not consider books to be sufficient. The communication has to be one-to-one. There needs to be passion. See, they're passionate people. There needs to be passion—not violence but feeling. They would consider just speaking with hand gestures passionate. It moves a person's energy who is speaking; it moves his or her energy out. Have you ever heard people talk who are dispassionate in their communication? You don't really feel anything moving energetically. Whereas if somebody is passionate—not yelling and screaming, but . . .

Gesticulating, yes.

If there is something they are moved by, their energy is moving. You can feel it like that.

Well, the being didn't say they caused it.

You said that, and that's why I'm here.

But the point is that they influenced the benevolent change. Isn't that true? It could have gone on to war, and it didn't.

Yes, but what they did was not that striking. It wasn't just because they came, were unusual and they left. They came, they spoke and the people who heard them believed them. It was really that simple. It wasn't that they performed any magic.

No, but they were influential.

Yes, exactly. They were influential.

So you feel that if they had not appeared to Gorbachev, that the Soviet Union still would have made that change?

You mean if the ETs had not appeared in that country, that what they saw was going to happen in the future? Then the minefield of diplomacy—and all diplomats know it's a minefield—could have been more explosive than it was. So the people the ETs talked to—those of the Soviet Union—had heart, and they had suffered terribly during the war, World War II. They had heart for their own people, though they're not pictured that way in the times and the literature of the times. They're pictured to be where the capitalistic system is the saints and the communistic system is the devils, but it's never like that. There's always something good on both sides—or usually. There may be a few exceptions. **Z**

CSETI CONTACT WITH ET BEING

Steven M. Greer, MD

Each year since 1996, CSETI has conducted an intensive training event in Joshua Tree National Park to contact extraterrestrial civilizations. From November 15–21, 2009, CSETI staff and a group of forty national and international students spent six nights deep in the park, learning and practicing the contact protocols.

Late on the night of November 17, 2009, a series of remarkable—and historic—events transpired, including the visit of an extraterrestrial being within a few feet of the contact team, who was photographed by a senior team member.¹

SOME BACKGROUND INFORMATION

Since 1996 we have had an increasing level of contact at Joshua Tree. In 1996, while conducting a similar expedition in Joshua Tree, we were visited by a very large, disk-shaped ET craft that descended quickly from space and merged into the earth. This craft was 200+ feet in diameter, flat on the bottom and rose to a tapered point, much like a Hershey's Kiss. It was teal green in color, sparkling and not fully materialized, but very brilliant and visible. As it approached the earth, the desert was illumined very briefly as if it was daytime, and the craft rapidly entered the earth.²

We noted the exact spot of entry, which is very deep in the center of the nearly 800,000-acre Joshua Tree National Park, and have conducted our contact expeditions at that site since 1996. This site is also where the Orion Transmissions occurred. These are a series of electromagnetic signals downloaded through the CSETI radar detectors that began in 2007 and continued intensely during our 2008 and 2009 expeditions.³

On the night of November 17, 2009, a series of remarkable events transpired. Upon setting up at the site, the Orion Transmissions recurred with full lock-on of electromagnetic devices, including magnetometers, trifield meters and radar and laser detectors. During a break, a group of us walked east from our contact site out onto the high desert plain where the craft sighted in 1996 had entered the earth. We observed a strange, scintillating light in the shape of a circular craft associated with soft, nuanced areas of vertical moving lights, which we knew to be ET beings. Suddenly a brilliant white, laserlike light emerged from the ground and shot into space at a 45-degree angle. At this point, we knew a vector had been set up for further contact.

TRANSDIMENSIONAL VOICES

After some time, we turned to go back to the contact circle and suddenly there was an emerald green burst of light in the north that illumined the entire park area. It appeared to emerge from the ground and go upward like a fountain of light, evolving through a number of beautiful colors: gold, pink and magenta. Around this time, a meteor was reported over Utah, but it is not known if this light was associated or coincidental with that meteor.

As we walked back to the circle, I observed a soft white orb, about 3 inches in diameter, appear to the north of the path about 10–15 feet from us. It blipped into linear space-time briefly, and then it vanished. But while it was present, it was moving with us back toward the group.

We returned to the group, all of whom were remarking on the brilliant display of light in the north. As we reestablished order and were about to re-form our circle, a number of team members heard three or four voices speaking from the direction of the path where the white laser light and orb had been observed. I distinctly heard one male and two or three female voices myself. These voices were not speaking a known language and

were emanating from an area where no human team members were standing!

At this point, we knew that there were ET beings very close to our contact circle. It was then, at 11:31 PM, as I was asking people to begin to be seated, that Raven Nabulsi took a remarkable photograph of an ET being floating above our chairs to the east, looking directly at the camera (See Fig. 1). She also took several photos before and after the one that showed the ET being, but all the other photos were completely black.

Those who have followed our research are aware of reports of transdimensional manifestations of ET crafts and beings. We have had countless such encounters, but to my knowledge this is the first time that an ET has manifested so completely in a photograph. It is one of the most historic events in the history of the UFO/ET subject.

Any civilization capable of interstellar travel will have, by definition and requirement, transcended the light barrier and mastered the sciences that allow for dematerialization, rematerialization, teleportation, levitation and, most importantly, the interface between consciousness, thought and technology. Such sciences, while studied extensively



STEVEN M.
GREER, MD

within compartmented, classified projects by humans, seem mysterious to most people. But they are rather common by extraterrestrial standards.

Indeed interstellar civilizations require full competency in faster-than-light travel and with all that this implies. They do not speed up to the speed of light and go through it. Instead, by using very advanced physics and electronics, they create resonant frequency fields that allow for an object or person to easily phase-shift beyond the speed of light into a form that is transdimensional.

The closest analogy for humans would be the lucid flying dream, wherein the subtle, astral body leaves the physical body and flies in the dream state. But in the case of ET technologies, this is accomplished electronically and technologically. Think of it as a type of electronic astral projection—highly reliable, well controlled and specific.

AN IMPRESSIVE APPEARANCE

For nearly twenty years, CSETI has reported on such strange manifestations of ET craft and beings during expeditions, but in this case, an actual ET being has been photographed. The provenance of the photograph is not in doubt. Raven Nabulsi is a long-standing, trusted member of the CSETI team. Moreover, in 2009, she had asked the ETs to allow her to photograph them even if they could not be seen with the naked eye. It was at such a moment—

after the Orion Transmissions began, after the white laser emerged from the earth, after the 3-inch orb floated up the path with us and after the ET voices were heard—that Raven took this picture.

You will note that the ET is suspended in a cone of light, which is originating from a small orb to the left of the bush. This is precisely the orb that we had seen that followed us up the path, and it is in the location where the ET voices were heard just before the photo was taken.

The ET appears to be a male wearing a type of vision-augmenting goggles and having a very large head with an indented area demarked by ridges in the forehead. The hairline, ears, eyes, mouth and chin are clearly visible. Both arms can be discerned, as well as a torso and both legs with boots on the feet. He is hovering a foot or two above the chairs that make up our contact circle, and he is just east-southeast of the circle. His size is estimated at 3-5 feet in height. Note that he is leaning forward with his torso and head twisted to look directly at the camera. His right leg is bent behind him.

The equipment used was a Fuji S7000, 6-megapixel digital camera set on ISO 400 and an exposure of 3.5 seconds—without flash or tripod (See Fig. 2). The camera was handheld. Neither the orb nor the ET being was seen with the naked eye. The fact that he allowed himself to be photographed during a CSETI Ambassador contact event


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is remarkable and historic. Indeed, a crescendo is being reached where increasingly close and intimate contact is occurring between the ET civilizations concerned with Earth and the senior CSETI Ambassador team.

ON THE EQUIPMENT AND THE SCIENCE INVOLVED

It might be asked why nothing was seen with the naked eye but was captured by the digital camera. CCD image sensors are used in digital cameras to provide high-quality images and excellent light sensitivity. They can sometimes pick up ultraviolet and other spectra not visible to the naked eye. For years we have observed unusual light forms, discharges of light and areas of scintillating light around the contact site, and then suddenly a being or craft might materialize and then vanish.

This can be understood if one considers that, even when hovering, an ET spacecraft can be resonantly shifted beyond the crossing point of the speed of light, and the only manifestation of it may be unusual electromagnetic discharges, tones or subtle light-energy emissions as the object (or being) interacts with linear space-time.⁴

Hundreds of times during CSETI events, we have observed electromagnetic and magnetic field flux events (measured by detectors) while subtle, scintillating light forms move around the contact group. Not infrequently,

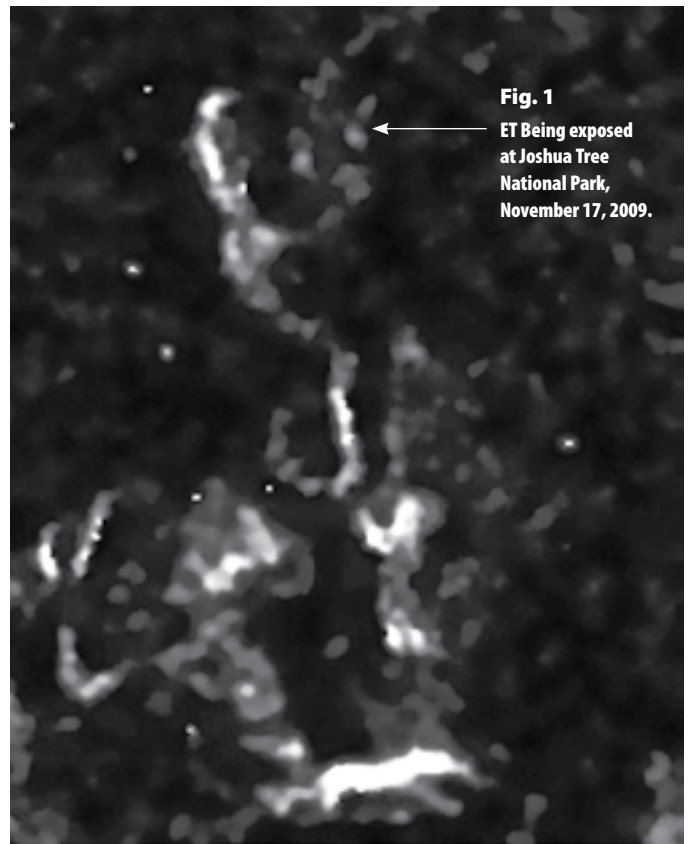


Fig. 1
ET Being exposed
at Joshua Tree
National Park,
November 17, 2009.

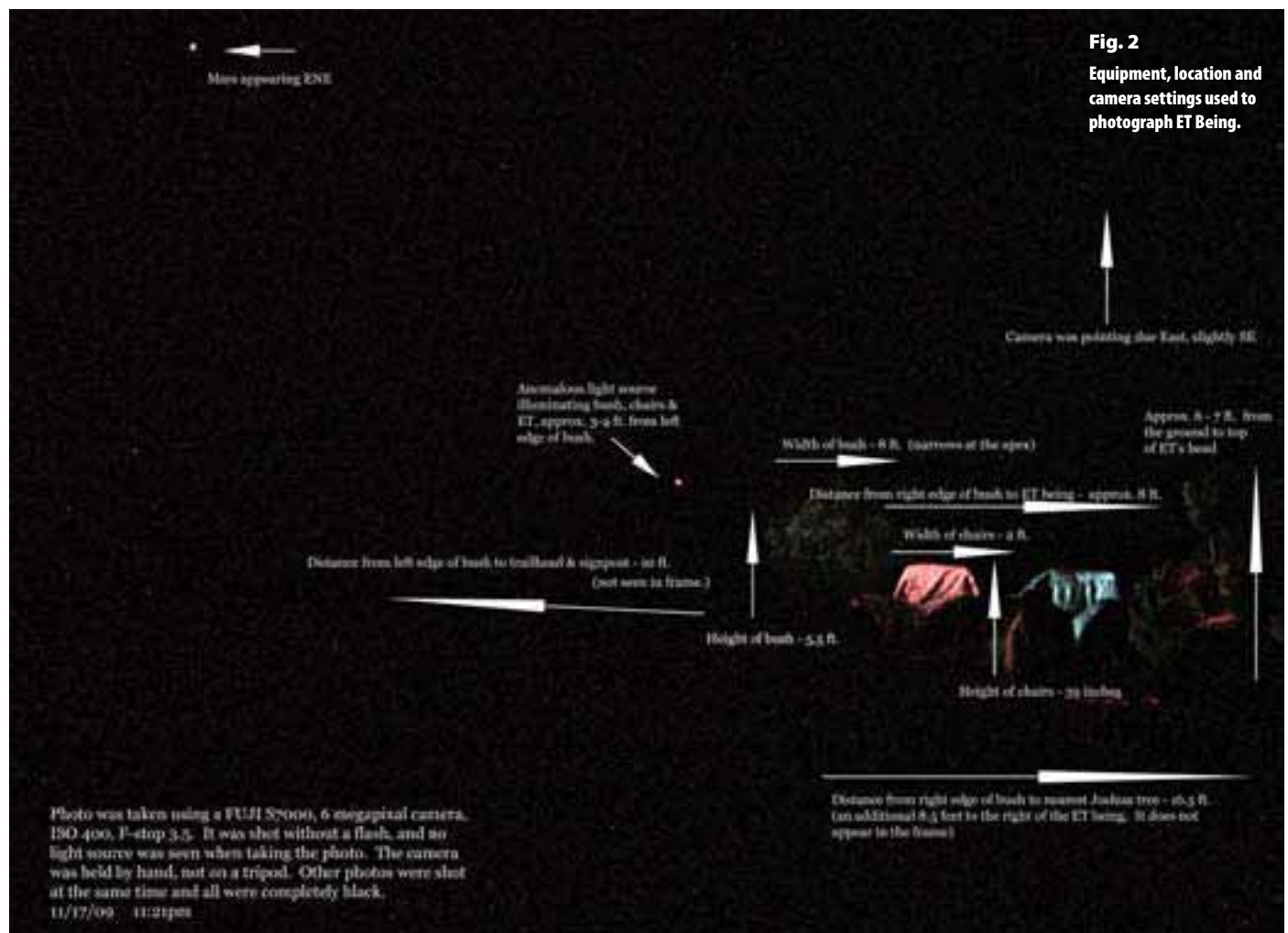


Fig. 2
Equipment, location and
camera settings used to
photograph ET Being.

members of the team have been physically and palpably touched during such events, but when they look to see what is there, only thin air is observed, perhaps with some subtle light movement or field fluxing.

From observing this photograph, one can discern that, given the 3.5-second exposure with a handheld camera, the chairs and bushes are extremely crisp and clear while illuminated by the orb. This indicates a very brief bleed-through transdimensionally of this orb and ET being—the duration of which was most likely a fraction of a second, making observation with the naked eye unlikely. Neither the human eye's optics nor the neurological system in the optic nerve and brain would detect such an event, except perhaps as a very brief flash of light. Indeed such flashes of light and rapid fluxing of magnetic and electromagnetic fields were being observed and recorded during this time period.

Understanding how interstellar civilizations travel among the stars or may appear around us requires a complete rethinking of conventional physics and cosmology. Transdimensional sciences that include transluminal (faster-than-light) travel, communications and interactions are the specialty of CSETI and are at the core of the CE-5 contact protocols.⁵ By way of analogy, think of an old-fashioned radio on which you can turn a dial and go up and down the radio frequencies to find various stations. One might go to one frequency and hear a station clearly and then go up the frequency scale to another level and hear another station clearly. But one might also be between distinct stations and hear both, or several, stations at once but not clearly. Similarly, the advanced physics and electromagnetic sciences associated with ET travel,

communications and interactions may be completely beyond the crossing point of light and not visible at all, or a craft or ET being may be fully materialized or, in this case, quasimaterialized—between stations, if you will.

While conventional scientists may scoff at such ideas, those in the classified intelligence and aerospace community with whom I have met take these concepts seriously. Moreover, some scientific humility is required: Any civilization capable of reaching Earth from distant galaxies or star systems has, by definition, mastered transluminal and transdimensional sciences. And why would they limit themselves to early twenty-first-century human sciences? Perhaps part of the challenge of the UFO and ET subject is to expand human awareness of what is possible: of contact in multiple dimensions, where thought and machine are one, and where the limit of what is possible exceeds even the sky and space and reaches to the farthest limits of human consciousness. **Z**

1. See: <http://www.cseti.org/reports/joshuatree09pictures.htm> for a full set of photos and measurements.
2. See *Contact: Countdown to Transformation* for a full history of CSETI contact experiences, including many at Joshua Tree.
3. See *Contact: Countdown to Transformation* and accompanying DVD for interpretations and recordings of the transmissions.
4. See <http://www.cseti.org/position/greer/crossing-point.htm> for an explanation of the crossing point.
5. See <http://www.cseti.org/ce5.htm> on the CE-5 Initiative.

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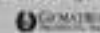
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Santa Fe: Vortex of the Golden Pax

Archangel Metatron through James Tyberonn

Greetings, beloveds. I am Metatron, lord of light. I greet you all in unconditional love!

THE HERALDED ASCENSION IS NOW IMMINENT

The world quickens and re-forms itself now. All aspects of creation are renewed within your plane and beyond as time now accelerates into the heralded ascension. As time reshapes itself, it will also ameliorate the consciousness of humanity, of tangible and intangible forces of nature and that of the face of the Earth itself.

This is indeed the epoch of miracles within the age of radical transformation, and whether or not humanity en masse is supportive of expansive change or against it, it is truly a nonissue, as the effusion of progressive evolution speeds past more quickly today than it did yesterday, for the heralded ascension is now imminent.

Many of you feel that the crystalline age and its dimensional expansions are just around the corner. In fact, it has always been here, and you are not closer today in distance than you were a year ago. That is because distance is not a factor in dimensional reality. Masters, the energies of the ascension arc are in full dynamic swing. The Earth is being transformed at an incredible pace, and in kind, the changes are affecting humanity en masse.

The ascension is defined by two primary factors:

- expanded dimensional access
- transferal into the unified crystalline field

As the Earth transforms itself, masters, so then will certain areas on the Earth become specialized portals of prominence. Santa Fe is one such area. This area has long been recognized for its unique and potent energy. It is enabled within a very unique grid. It is why the areas between Santa Fe and Crestone have drawn spiritual groups and guardians for centuries, including Buddhist, Carmelite and Hindu monasteries, as well as several Tibetan and Zen centers and an array of spiritual communities.

KEY POINTS

- Time is now accelerating into the heralded ascension, and Santa Fe has become a specialized portal of prominence.
- Santa Fe is now transitioning within the Golden Pax, becoming a point of manifest creation.
- A major node of the Golden Pax is its living waters.
- It is time to join together and fulfill the cosmic plan.

The significant power nodes are Crestone Needle, Mount Trucha, Mount Wheeler and indeed the sacred springs of Ojo Caliente. Yet the grid of place is evolving, changing into greater complexity. The energy is transforming into the Golden Pax.

The “pax,” as we will describe in this essay, is then a vortexial portal of extremely high life force, exponentially more potent than even the most prolific of power nodes on the planet. This is an area of akashic force so concentrated that unified thought within its parameter is capable of changing, of creating, of manifesting chosen reality through combined theta thought. That termed a “pax” is a creation point, and they have been absent on your planet for many millennia.

The last paxial point was removed eons ago by the Syrian-Pleiadian alliance of ascended masters as the light quotient of the planet sadly declined. But we tell you in joy that the energies of the ascension will soon reactivate the Golden Pax. Indeed, this is another milepost in the graduation of humanity and of the beloved Earth. The Golden Pax of Santa Fe is the first to be reactivated.

UNDERSTANDING THE PYRAMID OF PEACE AND RECONCILIATION, THE GOLDEN-RHOMBIC LENS AND THE GOLDEN PAX

In the golden age of Atlantis—approximately 25,000 years ago as measured in linear time—an enormous pyramidal complex was erected in the region of Santa Fe, near the base of present-day Mount Trucha. It was of Syrian and Atlantean construct as were so many others in that prolific era of pyramids. It was called the pyramid of peace and reconciliation, and it was constructed in this precise location due to the unusual crystalline mineralogy of di-octahedral and tri-octahedron eight-layered mica, pegmatite quartz and crystalline gold that remain indigenous to this area of the Sangre de Cristo Mountains. The octahedral mica is mineralogically and geometrically quite unique. It is a silicate with highly perfected basal cleavage forming hexahedral and octahedral crystals. Sacred geometry, indeed.

JAMES TYBERONN
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This living geometry combined synergistically with the pyramid to create a dynamic Earth grid, or Metatronic Reshel, that is cyclic in nature—something of a moving kaleidoscope. The pyramid of peace and reconciliation served the purpose of receiving and amplifying crystalline harmonics in synergy with the rare octahedral crystals. The complex technology of the pyramid enabled an emission of refracted light from the octahedral mica to form a pulsing grid matrix.

The pyramid of peace and reconciliation projected a rhombic lens over the Sangre de Cristo region that, when paired with concentrated theta thought vibrations, altered the very density of both Earth and humankind within its scope of influence. It communicated with other pyramidal paxial points on the planet at that time in order to modulate the harmonic resonance and desired manifestation of humanity through what is termed the eighth octave wave. A pulsing amber-gold light pervaded the rhombic grid. It was called the Golden Pax.

As we have told you previously, pyramids are eternal. Once constructed in place, they exist in all dimensions relative to the area of their etheric placement. Pyramids placed on precise cosmic/planetary grid points with specific geological matrix serve, among other functions, to stabilize higher energies and feed them into the physical dimensions. This is truly one of the primary reasons why pyramids were strategically placed on the Earth.

The pyramid of peace and reconciliation is now reactivating and re-forming the Golden Pax in New Mexico and Colorado, just as the Toltec Mound Pyramids are etherically re-forming the Emerald Pax in the crystal vortex of Arkansas and other key locations on the planet for a similar purpose.

Accordingly, Santa Fe is the first and is now being juxtaposed into greater and greater frequential relevance. It is a vortex-portal complex that is changing and quickening in greater aspect and purpose as the ascension approaches. It is the Golden Pax. It is quickening to become a point of extreme manifestation of thought and an area of crucible cleansing. Over the next three years, it will activate all the others in sequence, one by one.

SANTA FE IS REPLACING SEDONA

Now, in a manner of speaking, we can tell you that the living sentient vortexial-portal complex of the area of the Golden Pax (Santa Fe) is assuming some of the responsibilities that were previously held by the Sedona complex. The energy within the portal of the Golden Pax is even more embellished in its etheric geometric complexities than that of the magnificent Sedona vortex. Until the present, both Sedona and Santa Fe have spun in a counterclockwise pattern.

Santa Fe is now transitioning within the Golden Pax to induce dual vortexial spins of both clockwise and counterclockwise torque. This adds a much lighter density, something of an antigravitational attribute. The energy effect is a pulsing of octahedral light that compels the

visitor and resident alike to find healing through harmony. It is quite impossible to remain in this energy unless equilibrium is found by the individual there.

The Golden Pax formulating over the rhombic region centered around Santa Fe is finalizing in 2010. It is evolving into an extraordinary energy amplifier with concentrated dimensional influx that is transforming the very density of the Earth within its sphere of influence, and in so doing, it becomes a point of manifest creation.

THE GOLDEN PAX IS NOW BEING REACTIVATED

Paxial grids are infinity points. Accordingly, the Golden Pax has occurred in this region previously. It is now being reactivated into physicality again through the pyramid of peace and reconciliation. It has been in preparation phase since the Harmonic Convergence and is being assisted, monitored and regulated through the Syrian-Pleiadian Alliance in combination with the blue-race Lemurians, both of whom exist in hyperdimensionality below the area within the vast labyrinth of tunnels and chasms of the intra-Earth, networked intricately below the areas between Mount Trucha, Santa Fe and Crestone Needle.

The more sensitives in this area often hear a barely audible humming or, more precisely, an Oming sound throughout this region. This is because crystalline harmonic octaves are emitted from the pyramid and modulated purposefully by the Syrians as the pax and pyramid become “primed and rebooted” synergistically into tangible functionality.

IDENTIFYING POINTS OF CONCENTRATED LIFE FORCE

The functional application of the Golden Pax is, among other utilities, an accelerator of crystalline thought manifestation within the merkanah field. It operates in two primary modes:

- As an antennae, a receiver and an amplifier of life force pixel of that termed akash or consciousness units. Theta thought in this concentrated matrix is quite capable of altering reality, of manifesting chosen probability.

- As a holographic multidimensional insert in an anti-gravitational field within a golden rhombus that enables an atypically accelerated access to simultaneous time holograms and parallels of omni-Earth.

Yet it is a double-edged sword. It is literally the “forbidden planet” scenario in which thought is manifested into reality. But fear not—it comes with a safety feature. Those not in merkanah will not be able to achieve the harmonic required to manifest, and no one can achieve merkanah who has not purified the multidimensional thought-wave resonance of the oversoul.

The pax enables an accelerated access into merkanah by enabling a fast-tracked requisite clearing of obstacles. Blockages must be removed before the merkanah light-body is accessible. The pax forces obstacles to the surface and creates an urgent need for resolution. This is why some who reside in the area will now chose to either clear the static in the multidimensional oversoul hologram into

a harmonic crystalline merkanah or, if not, will find themselves in such a state of imbalance that they will inevitably choose to vacate to another less intense locale. You see, dear ones, the extraordinary energy in paxial nodes is extremely powerful and intensely so—such that not everyone can withstand its subtle yet robust fortitude. This is the double edge.

So what does all of this mean? In lay terms, this vortexial pax can:

- Allow a human seeker of sufficient light quotient within the merkanah field to proactively choose and more readily manifest the life and attributes desired via clear theta thought octave.

- Ensure that work and discipline are required to accomplish such clearings.

So in the prerequisite merkanah crucible of the pax, each person within the vortex is compelled into fast-tracked intense effort into achieving a crystalline lightbody by forcing up all remaining issues much faster than might occur in a lesser embellished area. For the many of you seekers who want to clear the remaining obstacles before 2012, this is a profound asset. Yet be informed, it can be quite a roller coaster ride in process. It is a vividly clear example of the living Earth re-forming to assist humanity.

POWER NODES ARE CYCLIC

To explain how a vortex portal can become a paxial point, it is important to first discuss some of the mechanics of the operation of Earth nodes. You see, vortex-portal complexes are dynamic; they are sentient, cyclic and ever-changing, shifting in accord with the requisite needs of the Earth and humanity to retain equilibrium, expansion and greater creative control of destiny in the micro and macro.

All vortex-portal complexes operate in somewhat similar function but not with the same mechanics. This is primarily due to the living Earth that defines them and the cycle of the succinct mineralogy within certain power nodes or Earth chakras. You see, there is an additional synergy dynamic between mineralogical density and the light energy received within from without them, and it would be helpful to understand this as well.

As such, there is a constant communication, a give-and-take shifting between the power centers of the planet as these sentient nodes read the level and needs of humanity. In addition, we tell you that earthen cosmic power nodes are defined to a large degree by the mineralogy present above and below them. You see, the crystallization of the minerals within power nodes determines their qualities of sentient receival and transmission of light codes. These communications result in shift, and merkanah-level humanity can influence these shifts.

So know that vortex-portal complexes are a network of tonal energetic movements joined into symphonies and not separated by silence. They overlap and border each other in the succinct waves and distinct cyclic seasons, in the same ways that nature presents the seasons to you. Accordingly,

such vortex-portal complexes operate in recurring cycles according to the cristo-electric dynamics of the planet and the light-quotient requisites of humankind.

THOUGHT-WAVE ACCELERATORS ARE BEING FORMED NOW

Within the next three centuries, humankind will learn how to consciously alter its own density, as well as actively influence the relative dimensional density of specific power nodes on the planet. In the creation of paxial fields, it has a proactive role in manifesting its chosen reality and destiny. Certain cultures in the past—including the Atla-Ra, Egyptians and Tibetans—were aware of how to directly influence further transformation of that which you term power nodes into specific radiant energy fields that became something of metamorphic acceleration generator. This was termed, as described, as a pax.

Several of these are being formed now. It is for this reason that we direct the channel to specific areas for gatherings. Some such areas include Emerald Mountain in the crystal vortex of Arkansas, the Moody Pyramids of Galveston Island and indeed the rhombic area of the Golden Pax in New Mexico.

Masters, the density of all things and all beings occur in more than one expression. Matter occurs, like light, in various spectral states. These can be influenced and indeed can be measured. But humankind has forgotten how to influentially transfigure and morph dimensional density in order to benefit itself and its very future.

The importance of this is that the stimulus of pure theta thought upon your physical matter and etheric matter is what closes the consciousness chasm betwixt your existence in matter and the much wider realm of antimatter and etheric matter. This is indeed crystalline merkanic in function and is the crystalline distillation of pure thought pattern.

It is the final step. It is a quantum leap, and it is the “magic wand” that requires great and greater responsibility. Paxial points are the control buttons for those who know how to use them responsibly by achieving theta thought, or crystalline frequency thought.

DISCOVERING THE ALCHEMY OF ASCENSION

This level of thought is the alchemy of your ascension. It occurs in clear mind and indeed is exponentially accelerated by the pax construct of both the merkanah and of merkanic power nodes.

The Golden Pax is entering a cycle of renewed vigor, and the very dimensional densities of the mentioned mineralogical receptors are the receiving and transmitting catalysts of this metamorphosis. Just as light exists on a spectrum, so does matter. Matter has vibrational layers that can be cyclic, and these cycles can be activated into higher spectra by theta thought. This is occurring now and will culminate in the ceremonies we have directed in Santa Fe in May of 2010.

Yet we must acknowledge that many who reside in the areas of Creston and Santa Fe have been knowingly and unknowingly working with and preparing these energies for many years. Indeed the Golden Pax vortex portal extends through the Sangre de Cristos Mountains of New Mexico into Colorado to the parallel apex center of Crestone Peak, and this is why so many have been drawn to live in this etherically embellished region.

OJO CALIENTE SPRINGS: THE LIVING WATERS OF THE GOLDEN PAX

A major node of the Golden Pax is its living waters. The quad-springs at Ojo Caliente are quite unique in their role. When all four are utilized, a very beneficial clearing and expansion of the auric field occurs that in fact reinforces the 13–20–33 circuitry of the field. Attachments are removed, and optimal energy flow is obtained. Energy is amped to its highest potential. These assist greatly in allowing the auric field to maintain integrity within the increased energies of the paxial points.

The very energy received has the ability to heal illnesses and rejuvenate the body physical. The waters are alive, carrying extraordinary life force, or akash. The waters flow in excess of 100,000 gallons per day in four distinct geothermal mineral pools from an ancient subterranean volcanic aquifer that was indeed known to the Atlanteans and is utilized beneath the surface by the blue-bodied Lemurians.

The indigenous and the predecendent explorers recognized the revitalizing and healing effects for those who soak in the sacred living waters. The subterranean civilizations in the area are indeed very aware and quite active in their utilization and maintenance of the springs. We will tell you that the Atla-Ra initiates utilized the springs in auric fortification and for ceremonial cleansing before visiting the pyramid of peace and reconciliation located near present-day Mount Trucha.

The areas of the Golden Pax are teeming with subterranean tunnels and life. Within this area, the lauded and mythical labyrinths of the Atlantean Age are still quite functional within the hyperdimensional inserts of this area. The benevolent blue-skinned beings and those of Sirius A are based below this area and are indeed involved in the reconfiguration of the Golden Pax. This is why so many sense a hum vibration in the regions near Santa Fe, Trucha, Crestone and Ojo.

The combination of a quadriplex of iron springs, arsenic-bearing springs, sodium springs and lithium springs is extremely rare and mutually synergistic in their effect. There is no other such mineral combination of geothermal natural living springs on the planet. The waters are thermal, between 85 and 108 degrees, and this is also an important factor, as indeed the temperature increases the absorption both physically and etherically. These are then to be taken in a spirit of reverence, honoring the living spirit of place and the living spirit of the waters.

Go into the waters only after seeking permission and in quiet meditation—not as a splash in the pool or spa but

rather in honored ceremony and prayer. Ask for that which is desired, for that needed in highest good, for you are indeed in a living cathedral, the ritual cleansing of sacred baptism.

Iron Red Springs: The iron-rich thermal red springs is the blood essence of that termed the sacred and divine feminine energies. Indeed, the red spring is in axialtonal alignment with the Chalice Well red springs and the Mount Shasta (Stewart Mineral) red springs of the goddess. The energies are magnetic and carry the crystalline essence of the ruby. Assistance is given in the strengthening of the immune system, of enriching the magnetic balance within the circular system and bloodstream. It is especially effective in restoring auric and hormonal balance to postmenopausal women and injecting feminine balance in overmasculine expressions within those in male biology.

Soda White Springs: The sodium springs represent and carry the energy of the balanced divine masculine and work in harmony with the red springs. In fact, it can be said that these two are in divine union within blending the male and female aspects into whole integration. The ionic characterization of the white springs is also very beneficial in removing auric attachments and reducing emotional imbalance. The sodium waters are likewise capable of aiding stomach maladies, digestive issues and hormonal imbalances. An axialtonal connection here is to the swan springs of Glastonbury and to the silicate white springs of Mount Shasta.

Arsenic Springs: The arsenic water works in the removal of negative or toxic characteristics that are projected within the mental bodies of the individual seeker. The arsenic is also very physically benevolent in the healing of skin conditions such as lesions, eczema and skin irritations. Additionally, the long-term utilization of the waters is helpful with issues of rheumatism, joint inflammation and arthritis. Lubricity through its electrical properties is added to the muscular and skeletal frame of the body physical.

Lithium Springs: This spring is in axialtonal alignment with the lithia waters of Delphi in Greece. These waters open the third eye and increase that which is termed psychic awareness. The lithium waters clear and open the heart, throat and third eye centers. The waters also assist in the development of well-being, serenity and tranquillity within the individual.

The cumulative effect of all four: As the minerals blend to various degrees between the four pools, the order of utilization is best in the following sequence. Those in female biology should begin with the red springs, follow with the white and then the arsenic, and finish with lithium. There should be a minimum of thirty minutes in each pool, and a five to fifteen minute wind/sun drying between each is recommended. Do not dry with a towel; rather, allow the wind and sunshine to dry the body for better absorption of the minerals.

It's the opposite for male biology. Begin in the white (sodium) pool, and follow with the red, arsenic and then lithium. The cumulative benefits are the clearing, resta-

bilization and balancing of all twelve chakric centers and the optimal adjustment of 13–20–33 circuitry. The integral wholeness of male-female balance is obtained within the water rituals. A sense of calmness, serenity and balance is obtained from the bathing ceremony. The blending of the lithium into the arsenic springs is also quite significant, and the waters do indeed merge within these two pools. Masters, this process indeed will heal and rejuvenate in triad: physically, mentally and spiritually. One ritual cycle will indeed assist, but we recommend repeating the process two to three times daily for a period of three to five days for optimal effect. This regime should be enacted in three to four visits per year for those seeking increased vitality and rejuvenation. Such optimal and repeated utilization can remove illness and indeed prolong and enrich life in bodies both physical and spiritual. The regular use of these springs will also assist residents of the area to better incorporate balance and harmony into the subtly intense energies of the crucible pax.

THE PAX AS AN EARTHEN LIGHTBODY

Masters, in order for humankind to move into crystalline merkanah, the Earth must first become crystalline—and so it is within the paxial-grid matrix. These are forming in key areas and are tantamount to the new crystalline lightbody of the Earth. They are the result of the 144 grid in its earthen expression.

For the North American regions, these are the areas of Santa Fe; Asheville; Lake O'Hara; Herkimer, New York; Galveston; Mount Alban in Oaxaca, Mexico; and Mount Magazine in Arkansas. These then become dynamic pax structures that will draw certain seekers to their energies and accelerate the merkanah process in all its preparatory complexities.

Many others are emerging globally within the areas previously noted for the crystalline phase of the recent cosmic trigger. Some are not yet recognized, but that will occur—all in time and all sooner rather than later in the quickening matrix. Paxial points of the now that are reappearing on the planet were not recognized yesterday by humanity. But for those in merkanah, it will be today, and today not as much as tomorrow in the forward and quickening inertia of ascension.

All are merkanic in construct as a key matrix of the crystalline age. Keep in mind, the merkanah energies and portals are enabled and activated through the 144 crystalline grid. This is one of the attributes of the triple date portals.

KEY FACTORS OF THE ASCENSION

Understand that the ascension complexities are nonlinear realities that are received into the Earth in linear time. In that context, the ascension is exactly where it has always been, figuratively and factually so. In terms of nonlinear movement, it is not closer today than it was a decade ago. That is because the ascension always has been and always will be. It is a cosmic requisite for the Earth and thus for

humanity. You pull this omni-event into your reality at the time your collective vibration triggers it.

Within the omniverse and omni-Earth, there have always been ascended versions of the Earth, and indeed of humanity, within the torus of time, without bias to belief. When the collective thought resonance of humankind en masse is inspired to the frequency of divinity, the distance to ascension becomes, in a manner of speaking, closer to your physical reality. But again, the ascension has ever been the ultimate inevitable reality, no closer now than from the beginning in merkanic overview. Do you understand?

So the distance between the duality realms of the physical polarity dimensions (1 to 3) and the nonpolar realms is without distance, without measure, yet the chasm can be traveled substantially faster than previously, due to the integration of crystalline thought. In other words, dimensions are not fixed in physicality; rather, they are bridged by and oscillate within defined frequency. The crystalline celestial frequency integrates into the Earth via the crystalline grid and by the paxial formation of earthen grid portals that allow for interpretations of crystalline portals upon the Earth—each within a cyclic mission to assist in the transformation of both Earth and humankind.

The initial two such paxial formations are the Golden Pax of Santa Fe and the Emerald Pax of Mount Magazine in the crystal vortex of Arkansas. These have existed in physicality before and are recycled now onto the Earth by the cosmic trigger and potency of collective akashic thought. Theta thought in clear collective mind is your final step.

Santa Fe is juxtaposed into great and greater frequential relevance. It is a vortex-portal complex that is changing and quickening in greater aspect and denotation as the ascension approaches. Gather, then, in the pax grids, and project the future you desire for this planet. Manifest your life!

UNITY CONSCIOUSNESS IS THE KEY

Humankind has ever pondered through the ages the purpose of life. That purpose is to learn to responsibly create. You are here to learn how to be gods, to create in love! Unity consciousness is the key!

Unity consciousness is the key to managing paxial creation points. When you gather en masse within these centers, you will be able to exert a theta wave of creation thought that will alter the future in amazing measure. You will understand the higher purpose of the Earth and of your role therein. You will move providence, as thousands become millions in creating collectively the higher purpose of duality life as it manifests into crystalline zero field.

It is time to join together, and in doing so, fulfillment of the cosmic plan will be initiated.

The baton is being passed to humankind, and indeed it is a wand, a magic one. Wield it well, masters. It is your final step for ascension. One of your wise sages stated that whatsoever a man thinketh, he becomes. That is the law of the pax. Create well within them! I am Metatron, and I share with you these truths. You are beloved. And so it is. **Z**

A New Spin to Earth

The group through Steve Rother

Greetings from home. We visit with you this day to tell you about what is taking place on planet Earth. First, let us share with you, dear ones, that you have already changed the outcome of planet Earth. You have already shifted the highest potential, for humanity is no longer limited by what you used to call your highest potential. There are opportunities now to find passion in ways that you only dreamed were possible.

Each and every one of you has come with a part of home that you need here to put this grand puzzle together in order to create home on Earth. Some of you think you do not have anything. What do you have to say that has not already been said by someone else? Every one of you has a very unique piece of that puzzle, and all of those puzzles are needed right now. Yet it is becoming difficult. Not only are you transitioning and evolving incredibly fast, but so is the Earth.

Most of the changes that have already happened have set some things into motion that will affect all of you over the next 100 to 200 years. So let us explain a little bit of what is ahead in a couple of different areas and how this will affect each of you personally. Let us go back and talk about the earthquake in Chile, which was one of the largest earthquakes you have had in this millennium. Not only has it changed the face of Earth, but it has shifted more than you know and has actually confirmed a few predictions previously made.

INNER EARTH IS GROWING

One of these shifts is that the atomic clocks on Earth will soon need constant adjustment. Your atomic clock is no

KEY POINTS

- Recent earthquakes have shifted the Earth to a new rotational axis that has changed the experience of time and gravitational pull.
- This is like waves of energy that come in, rearranging everything in their path, both individual emotions and experiences as well as global economies and politics.
- The effects of polarity thinking in politics as well as in personal relationships are severe. You are challenged to search for these beliefs within yourselves and to begin to look for ways that you are alike instead of separate.
- "It is time to get serious about what you wish to do on this planet. It is time to know that you have the power to create your reality."

longer accurate on planet Earth. The inner core of Earth is what you call metal. It is actually an iron core. The next level, which is actually a very good part of the Earth, is what you would call molten or liquid metal. This liquid metal has always allowed the inside of the Earth to travel at a different rate of speed than the outside of the planet.

Although the inside of the Earth is actually spinning faster than the outside, recently it has sped up and is moving even faster. It could even be said that the inside of the Earth is pulling the rest of the Earth into its orbit. This has been known for a very long time. However, what we wish to tell you is that this energy is now changing and has been speeding up. Your sciences do not agree with this yet, but we will tell you what they do agree with and what they do not. They have not found this to be true, but we are telling you that it is absolutely true.

The other thing that is happening is that this ball of molten metal has been growing. As it reaches certain levels, it hits pockets of emptiness, or pockets that have formed through volcanic activity. This is what you are starting to see as the eruption of the Ring of Fire. There is much more to come. You are going to see activity in the middle of the Pacific Ocean. You will also see further activity in the Atlantic Ocean, but it will be less at this point. These are triggers and things we spoke about so very long ago. Now they are happening, and your world is changing on a regular basis.

NEW HUMAN TEMPLATES

Understand, dear ones, you are at a similar point at which the dinosaurs disappeared from planet Earth, but that is not going to happen to humans. Two things are happening: First, the Earth is changing to house a higher vibration—not only of herself but of humans, animals and every other part of her. The entire game is changing to begin a new game at a higher vibration.

Secondly, your physical rewire—your own physical bodies—are changing so that you can carry more of your own light and your higher self. Only a very small portion of your higher self is housed within the body for the temporary duration that you call a lifetime. Literally, only a small

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piece of it is there. It is easy for you to see that you have one higher self and eleven aspects on Earth. So eleven parts of your higher self go into each one. However, the vast majority of your higher self does not fit into any of these aspects, including all of them together.

That is about to change. You are now going to be able to carry more light than ever before in your physical body without having to go home and without having to rid the Earth of the human race. You will make this evolution while you are standing, walking, sleeping, playing and loving on planet Earth. This has never been done before, and this is the reason that all eyes in the universe are upon planet Earth right now.

The six parental races that helped you form these physical bodies you hold right now are back again to help. The interesting part is that they are fighting over who can help the most. But they are all here to work with you, because you are no longer limited by the same 500 human templates that you had in the beginning. You are no longer limited to those things, which is part of the reason why your physical bodies are changing and your emotional bodies are growing.

DOES ANYONE REALLY KNOW WHAT TIME IT IS?

We wish to tell you that the Earth has changed its relationship to time. Your relationship to time will also change, and what you do not know about it at this point is that you have control over how that changes. If you do not take charge in any way, the default answer is that time will shrink. Time has a natural tendency to shrink anyway. It is the nature of humanity, because everything is relative. If you go back to when you were one day old, that one day is 100 percent of your lifetime. If you go back to the time when you were one year old, that one day is only a very small percentage of your lifetime—it has a tendency to naturally shrink as you age.

Now we tell you that even the atomic clocks are noticing the difference. Big changes have happened as a result of the shift in Chile. The first change is that the Earth has changed axis; it is not on the same axis it was before. It has already shifted, and your scientists are scattering frantically, trying to figure out by how much and how we can measure it accurately, as they have noticed a major difference. It has been reported all over the world because the Sun used to enter a window at a certain time of day, and it now it is on a different schedule. Those times have changed throughout the entire world. Your scientists are looking for answers to describe what has taken place, but let us give you the short answer so that you can see what is happening.

We told you that the molten part of the Earth has become larger inside the Earth and that this part has been growing over the past few hundred years—especially over the past sixty years. As that has grown, the Earth itself is not as solid as you thought it was. The earthquakes in Chile and the earthquakes around the Ring of Fire, including the one in Haiti, have caused a shift of the planet, not only on the



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axis. It has actually elongated the planet a little bit, almost as if it were squished in the middle and got a little bit longer. Again, this is a point your scientists do not agree on, but we tell you that the process of making the planet just the slightest bit longer has also made it smaller around the middle. This means it rotates faster, which is changing your relationship to time as we speak.

We encourage all of you to play with this concept you call time. Go back to some of your basics, for you have all studied ways of controlling time and learning how to project time into the future. You know that so much of it is held within your own belief systems. You believe it is accurate and you must live by this. The atomic clocks will not work for much longer, because they will need so much adjustment for what is ahead on planet Earth and some of the changes that are taking place. Embrace these changes. Do not fear them, for your reaction is actually what the Earth needs to settle. Your reaction is the stability that you offer as lightworkers, not only with the Earth, but with other people around you.

A NEW "WOBBLE"

These changes and the ones to come may create great fear throughout many different places. You are the ones who can hold that energy, the ones who can help to make it a very positive evolution. Let us tell you this as well, that because the planet is changing her axis slightly, what has happened is that there is now a wobble. There has always been a wobble in the Earth's rotation; it is nothing secret. It has always been known, but now that the wobble has changed, this can create a circumstance for you that we wish to tell you about.

As we mentioned before, you have these up-and-down periods that you are all going to be experiencing. But now they have become much stronger than we ever thought possible. Some of the physical reactions to this new wobble will be experienced as emotions. At times, it will be uplifting—such as joy or exhilaration—while other times you may feel depressed, as if you cannot seem to get out of bed.

Those are simply normal cycles, because you are a part of the Earth and she is a part of you. As she is going through these changes, they mimic and mirror themselves in your

bodies. This is part of how you can help to ground this change and center this energy with her. Know that this has affected you, and find the ways it can affect you positively.

RIDING THE WAVE

There are points on this planet where you can now launch yourself. This has been done before by using astronomy and astrology to help find the perfect time to start your new business or a new project. You would always know the rotation of the Sun around different planets, their alignment, and how that could or could not support you. Now, in addition to that, there is an entire wave of energy that slides the rug beneath your feet and shifts it in such a way as to send a wave down its length. The pull of that carpet will create high and low spots, as well as spots where you can launch yourself very effectively or be wrapped up in it and shut down.

Once you are aware of these highs and lows, you can learn the timing needed to make the highest use of it. We ask you to be very aware of how you are feeling, where that passion is, and how you get this in the outside world, as well as your effect on other people around you. That will tell you whether you are doing your work or not. Position yourself so that instead of being wrapped up in this carpet as the big wave comes through, instead of being overwhelmed and having to protect yourself from it, you are in just the right spot to be launched by it. That is why you are here.

You are the ones who carried the secrets from home—from Lemuria and Atlantis—in hopes that humanity would reach a stage at which you could come back and do it again. You are here. You made it. Each one of you has this opportunity right now to step into this energy and to position yourself at that launching point. We will tell you, dear ones, that it takes tremendous courage to do that, for you can see the energy moving. Some of you might want to put your little toe in, but you are not so sure about jumping into the water completely. We will come along and push you if you only try to put your toe in. It is time. Each and every one of you came with specific timings, and you wanted to be here at this exact time, because this is the time of the big shift.

This is the time when it is said that the “shift is really going to hit the fan.” It is the time when you are going to be finding things changing in every place, a time that you have been talking about for centuries on this planet. You find yourself in a position to put yourself on that curve. This is on a personal basis for each and every one of you, for if you try to use the normal standards that you have used for your own evolution, they are not going to work the same way. In other words, you cannot count the vibrational lines of your evolution in the way it used to be done. During these times, we ask you to be kind and understanding of each other, as tempers can flare easily.

ECONOMICS OF EARTH

We also wish to speak of economics on planet Earth. You have many systems in place that have allowed you to exchange energy and to exchange money. You have a sys-

tem called the stock market. We are so fascinated by that, for is so interesting to us that you have built an entire system based on the perception of perception of perception. We would never have dreamt to do that. It took humans to invent this entire process, and because of that, you have a perception of perception that is what your economies have been based on.

You have gone through one of these ripples, dear ones, and it has affected the entire planet. You have had an economic event on planet Earth that is one of these ripples. We tell you, there are more of these ripples coming. In fact, there is a big one that is liable to come very soon. We cannot tell you when it is, because you are the ones who have the perception that determines when it is going to be. We also tell you that it does not need to be negative, for it can be a positive event. It is entirely up to you, but what we do tell you is that change is imminent in this area.

You had opportunities as this wave came through that took the air out of the balloon. All of a sudden, this over-inflated balloon shrank down to practically nothing. Now you are perceiving an economic recovery. You are seeing it because you perceive it. That is the way your system works—because you want to perceive it. That is exactly what is happening, yet the underlying fundamentals that had a chance to change during that explosion did not actually change. For that reason, until you see some fundamental changes in the way you do business on planet Earth, you will experience more difficulties in these areas.

We also wish to reach into an area that the Keeper loves to stay away from; we are going to talk about politics for just a moment. You are seeing a very interesting thing happening. It is occurring all over the world, but you can see it in the United States very clearly. It has happened since the incredible pull into polarity. As the new field of triality starts to come in, however, you have three positions from which to view things instead of just two. You have a new perception to see everything from. Yet it is difficult to truly grasp that new perception, to trust it, to understand what it means and how it works.

We tell you that many of you are going through a time where your own perception, ideas and relationships are going to change, but this will also happen on an economic level throughout the world. One thing you have all learned from this recent economic stretch is that all of your economies are connected. That is incredibly beautiful, dear ones, because it really means that you can no longer have a world war. Who would you be bombing? Yourselves? That is perfect, because the blending together is what will change all of this. There are many high-level officials who are now looking for this to happen, but the changes on planet Earth are occurring very radically and very quickly.

Not only does this include the changes in the planet, but the changes in you, as humans, are also happening very rapidly, and because of that, the economic systems that have supported you are likely to experience another one of these ripples. However, if you know about it and are aware, you

can put yourself in the highest position to create something positive instead of something negative.

There will be difficulties with your systems on planet Earth. Now, how do you fix them? How do you change them? We can tell you what it looked like in the days when these systems worked, when you had empowered societies and that was the essence of the society. The focus was not, "How do we make money? How do we support ourselves? How do we live better?" Instead, it was, "How do we empower the people around us?" That was the key element that existed in the days of Lemuria. It happened so clearly that there was no need for laws and you only had customs. It was incredibly beautiful, and those days are returning.

THE SOUL OF BUSINESS IN THE NEW ENERGY

You have a challenge in the way you define business so far, so let us speak first of the challenge, because each person who makes up one of these collectives that you call a business has a soul. The overall corporation—whether it is made up of one person, five people or 500—makes no difference, for that company has a soul because it has an energy that acts as one.

The moment you identify that place in the world, you can change the whole prospect of the company from the top down—all the way. What we are telling you is that companies that have only been in business for the purpose of making money will no longer be able to do that, because you are finding out that it is an empty shell. There is no soul there. In the future, we see a time when, in order for governments to issue a permit for starting a business, they will also require that the company has a consciousness and that the company will do the best for humanity, even if it is against their own profit. The company will bear the same responsibility that each and every one of you has as you walk down the street and past other people.

That has not happened at this point on planet Earth. Now is the time to consider what you can do at your individual level—wherever you work, whatever companies you own or in whatever structures you operate, whether it is in government or religion. These are the collectives of humans that will have to evolve very quickly.

GROWING OUT OF POLARITY

This is a time when you can make a lot of these changes to result positively rather than experiencing the cycles of fear and challenge. When you had an election in the United States, dear ones, you could not decide who was going to be president. One moment, you found an extra vote over here, and the next moment, you found an extra vote over there. That started a stretch into polarity that was almost as if you were grasping for it. You started to move into a field of triality but instead grasped for that old, familiar part. You hung onto it so tightly that the whole world was laughing at your election and what was happening with it. Did it make any difference who won? Not really, because the reality of

it showed the duality and the difficulties. In the United States, you have not evolved past that, but now is the time to start doing this quickly.

Dear ones, especially those in the United States, you have a very short time frame in which you can take hold of this and make something of it. We pray that your leaders can hear some of this message, because you have stretched so far into polarity that you do not know where the middle is any more. It is very important to come back to a point where nobody is right and nobody is wrong. It is a time to start figuring out how you and your neighbors are alike instead of how you are separate. It is time to start figuring out how you can empower your people instead of spending your energy trying to lead them. Re-member, you have some of the greatest spirits on Earth, and they are just waiting to go to work and spread light on this planet. If you make a space for that to happen, you will see great changes throughout all of planet Earth. It is happening now. It is taking place in many cultures, very quietly for most. Make your voices heard.

Now, how does each one of you deal with it? You say, "What can I do? I am not a leader of a nation. I am not a politician." Dear ones, every one of you has a strong hold in the field of polarity. Every one of you believes something is right or something is wrong. It is so interesting to watch your news now, because the fight has gone on for so long that no one can even remember what the original argument was all about. So much fear has been intentionally created to dissuade all of the information on planet Earth that you are all in danger of losing your grip on reality, because you are believing and buying into the fear.

Enough! You can see what is happening. There are no more secrets on planet Earth. Trust your heart. Do not allow yourself to get wrapped up in fear, for that is a luxury you can no longer enjoy and no longer afford. It is time to get serious about what you wish to do on this planet. It is time to know that you have the power to create your reality. It does not matter where you are in this ripple, what is taking place with planet Earth, what is happening with your relationships, your job, your home life or your work life. You have an opportunity to put yourself at the pinnacle and to actually do what you came here to do.



We are behind you 1,000 percent, because our job is not to be here to tell you which way to turn or what to do. Our job is to help you re-member who you really are, because you came here with a very specific purpose. We love you more than you could ever know. It is not easy taking your wings off and pretending to be a human. You walk into many walls that way, and we love you for it, for this job can only be done in the way in which you will do it. We leave you with three little reminders: Treat each other with the greatest respect you have. Nurture one another, and empower each other every chance you get. Play well together. Espavo. **Z**

~ Channel Schedule ~

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Kryon Seminar	June 6, 2010 Moscow, Russia
Kryon Grand Canyon Tour	June 16, 2010 Sedona, Arizona
Kryon Summer Light Conference	June 18–20, 2010 Sedona, Arizona

Steve Rother • www.lightworker.com



5th Dimensional Living	June 5–6, 2010 Adelaide, Australia
Being an Empowered Human	June 12–13, 2010 Sydney, Australia
Virtual Light Broadcast	June 26, 2010 Las Vegas, Nevada

David K. Miller • davidmiller@groupofforty.com



Intuitive Healing Seminar	October 8–10, 2010 Mount Shasta, CA
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Miriandra Rota • www.prettyflower.us



Monthly Magical Classes with Merlin & Expanded Consciousness	www.prettyflower.us
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Pepper Lewis • www.PepperLewis.com



Mystery of Mastery Cruise	June 25–July 3, 2010 Venice to the Greek Isles
What's New & What's Next	July 9, 2010 Germany
Mid-Life Spirituality	July 10–11, 2010 Germany

Kahu Fred Sterling • www.kirael.com



Kahu & Kirael: Shifting Dimensions	June 19, 2010 kirael.com
Signature Cell Healing, Levels 1 & 2	July 9–11, 2010 Honolulu, Hawaii
Signature Cell Healing, Levels 1 & 2	July 23–30, 2010 Moscow, Russia

Judith Coates • www.oakbridge.org



The Jeshua Advance	July 19–23, 2010 Leavenworth, Washington
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James Tyberonn • www.earth-keeper.com



Grand Canyon Raft Trip	July 21–26, 2010 Grand Canyon, Arizona
10-10-10 in the Crystal Vortex	October 8–11, 2010 Mount Magazine, Arkansas

Drunvalo Melchizedek • www.drunvalo.net



Living in the Heart/EarthSky Workshop	July 5–9, 2010 Sedona, Arizona
	October 4–8, 2010 Sedona, Arizona
Advanced Living in the Heart	August 16–20, 2010 Sedona, Arizona

Tom T. Moore • www.TheGentleWayBook.com



MBO Workshop	June 21, 2010 Sedona, Arizona
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DNA Revealed

Kryon through Lee Carroll

13 March 2010, Melbourne, Australia

Greetings, dear ones. I am Kryon of Magnetic Service. This is a family gathering, at least that is the way I see it. It's a precious gathering, for if you really truly understood what was happening in this moment, I think you would be surprised. However, it seems so linear: A man sits on a stage, the music plays and Spirit comes forth, and there is reverence, blessed energy and respect. That's the way you see it.

What is really going on here is so much bigger, for this day there's an allotment, a permission that you have given for this energy to visit you from the other side of the veil. This doesn't happen without people in front of my partner. He cannot do this alone. He cannot speak out loud with the voice of Kryon unless you are here, and he never has. This should tell you that there are some attributes in the process that require a give-and-take, and there is.

You see, from my perspective, the entourage comes in and waits for permission. It's not a man on a stage. It's not necessarily a presentation. It's a reunion. For in the chairs in front of me, and reading and hearing, are ones I have known for eternity. All of you are eternal in both directions. There is no beginning of you. Think of this! That should tell you the essence and the core of what is inside.

In this moment, in these times, in this brief thing you call channeling, there is energy given. It is information in English, but while it is given and while the energy is there, the third language is above you all. It visits every chair and asks the question, "Do you remember?"

Human Beings are not built for total spiritual recall of who they are on the other side of the veil. If we offered empirical proof that this channeling was true, there would be no test at all. In addition, the crowd would be so much larger, you know? If there was proof, everyone would be here. No. Instead, it requires individuals to go inside and ask for discernment: "Could it be that all that is being presented here is accurate and true? Could it be that it's exactly what

Kryon says it is?" This is the discernment we have spoken of often, which the Human Being has available.

THE PROPHET IN YOU

So in these moments, there is indeed energy flowing from this crack in the veil that you have given permission to open. From that crack pours the energy of home. Just for a moment—with this third language—let it fill your hearts. If you're paying attention, it ought to fill you up with the truth that you're more than you think.

All around this planet there is an awakening going on. It doesn't make a big noise, for there are no advertising campaigns or television shows that announce it. Slow, it is. Since 1987, it has been growing, and you feel it. Humanity is more aware of this shift now than ever before. Many around you are starting to accept what you in this room have accepted. Oh, they may not believe what you believe, but they are seeing who you are. They see a peaceful Human Being sitting among those who are in turmoil. They see the way that you handle life and others around you, and how that makes a difference. There's a prophet inside each of you, and we want to talk about that tonight. It may not seem like we're going to talk about a prophet inside when I tell you the subject, but there is. The subject is again DNA.

So we would like to explain some things and continue the teaching of only a few weeks ago that we gave in the top part of Earth [in the Northern Hemisphere], which we now bring to the bottom [Australia]. But, of course, that's if you look at Earth in a linear, popular way. For who is to say what "up and down" are? Perhaps it's even left and right? [Kryon smiles.]

DNA TEACHING CONTINUES

DNA—the very letters ring with the complexity and chemistry of high biological science. In actuality, there is a lot more to it even than science sees, for it is doubtful that science will ever see what I'm about to tell you. There are components of your DNA and attributes that are simply unseeable in 3D. I have told you in the past that what is missing at this moment in scientific endeavor—which would literally change everything—is an instrument that

KEY POINTS

- "DNA contains all that you have ever done and the spirituality of what you've learned in every lifetime."
- "Instead of thinking in a linear way that there is a compartment or a box in which your higher self is, think of a doorway. If you could go there and you could see the quantum state of it, you would enter a pipeline that takes you to everything that is."
- "All you have to do is speak to that which is the quantum part of you, and it knows what you need."

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could measure an interdimensional field. Once that instrument or scenario is developed, and it will be, it is the closest thing you'll ever have to proof of all that we speak of. For the instant that instrument is turned upon the various things of the planet, including Human biology, there will be revelation in science everywhere. Energy that is invisible will appear, or will at least show its shadow. It will then be real—while at the moment, it is only conjecture.

Interdimensionality is here today in so many ways. Gravity is an interdimensional force. Magnetism is an interdimensional force. Even light has components of this—all invisible and unexplainable to you at the moment. But like so many other things, you use it every day, and your bodies are also part of it.

Let me explain some things to you that enhance what I've already given. In order to do this, I must review. I will briefly review what I have given before so that I may expound on it and give you things you have not yet heard.

THE REVIEW

To you and science, the very premise of DNA is biochemical. This is—what you have in your body, what you believe is responsible for the blueprint of life—totally explainable by science through the chemistry and biological processes. But there are attributes within DNA that I wish to again discuss. There are interdimensional spiritual attributes within DNA that are quantum. The actual majority of the chemistry that you can see in the Human genome is in a quantum state. Although your science cannot measure a quantum state at this time or the field around it, there is evidence of it within the puzzle of the Human genome.

We have told you that the DNA in your body carries with it a tremendous amount of unseen information and energy. We speak of DNA as an entity, not as a chemical double helix. That is to say, one hundred trillion loops of DNA all work together as one energy in order to be called your DNA. This group is unique. It has to be, for it is absolutely 100 percent you. Due to the quantumness of DNA, it can contain a huge part of your spirituality. This will be defined in the publication that my partner is working on now [*Kryon Book XII*]. Not only does DNA contain the record of all that you have been on the planet but it contains your relationship to Gaia as well. It contains all that you have ever done and the spirituality of what you've learned in every lifetime. This information is literally imprinted within it.

Now listen to me: Over eons, no Humans ever lose any spiritual revelations they have ever had. Do you understand? With intent, all Humans can awaken to the point at which their DNA holds what they've learned over all lifetimes. You awaken the DNA itself with your intent and epiphany of God inside. All the spiritual things you have learned will come flying back and be yours again. How could they not? You opened the door originally, and you own them. This has to be good news to the individual who wonders what it's going to be like if he comes back. Will he have to start over? Will he have to go through the things again that he's

gone through this lifetime? The answer is no. It remains free choice, and many lifetimes might go by without any kind of spiritual quest. Yet in this shift, many are beginning to remember who they are and what they know.

Some of you have actually said that you do not choose to come back again, for it has been difficult this time. There is an intrinsic, innate feeling to some of you that this is your last time. Yet I will tell you, dear ones, that this is what you said the last time! Here is what happens: The first thing that masters and old souls want to do when they arrive on the other side of the veil is come back—and that's you! Most of you will, and when you do, you will pick up where you left off, not restart. That's in the DNA. It's beautiful. The wisdom of the ages is imprinted within the DNA. It's quantum and therefore huge. The crystal in the cave of creation stores this for you and activates your DNA when you return within a different Human body.

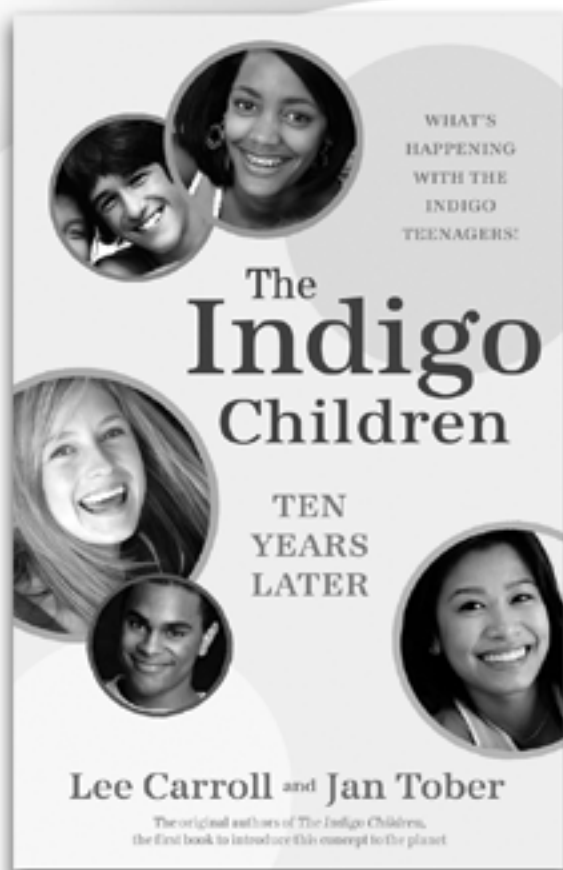
Isn't it interesting that now that Humanity has seen the Human genome, it sees how unique it is? Isn't it interesting? DNA is totally unique. Not one Human Being has DNA like the other, not even identical twins. Only a fraction of it is identical in twins—less than 5 percent—and not the nonprotein encoded quantum parts. They are absolutely unique to each Human.

IT IS 90 PERCENT CHAOS

There is more. Within the DNA are attributes of the piece of God that you are. The imprint of the higher self is there. The angelic name that I call you is there. That name is not a name in linearity or one spoken in the air with vibration. Instead, it is a name that we sing in light. And when it is spoken, it vibrates with majesty. That's the truth! Feel it. The imprint of who you really are is in there. You carry with you pieces and parts of the lineage from other planets and other areas of the universe. The energy of those who helped seed you with Humanity's spiritual portion are there as well [Pleiadian]. Appropriate, it is. Beautiful, it is. Loving, it is. All of that is there within your DNA, and in order for it to be there, it has to be quantum energy.

Now let us again speak of the 3D biology: When the Human Genome Project was finished, all the chemicals in the double helix had been identified. In that very, very small double helix, three billion chemical parts were then known and identified. It is so small that this DNA molecule must be seen through an electron microscope. So complex it is that it has three billion in chemical parts. Then the task began of identifying what the parts did, and science began to study the enormity of what was there. It was looking, indeed, for that which creates over 23,000 Human genes. Science looked for the coding, the linear protein coding, so that it could understand how these things worked.

Science had waited a long time to see the blueprint in action, and it has. But the shock came when less than 5 percent of the DNA created genes. Indeed, science saw linearity, and it saw the coding in the protein-encoded portion of the DNA. This small portion created the genes, but



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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the rest of it seemed to be random, even chaotic. Over 90 percent of the DNA seemed to be scrambled and useless.

My partner talked about that today [in lecture]. He talked about how a quantum state appears to be chaotic. It appears to be random, for there is no linearity to be discovered in a true quantum reality, none at all. One of the things that keeps you from seeing a quantum state is the linearity bias that you have in your 3D reality. So you indeed stare at that which is quantum, but to you, the concept of what it might be is invisible. This DNA attribute of randomness could not be taken lightly, for science was looking at something that was unexplainable. Imagine that 90 percent of DNA seemed to do nothing at all! The biologists knew better, but there simply was no explanation at hand.

ON TO NEW INFORMATION

So we start from that point in order to reveal a few things that you need to know, many of which will be eventually confirmed. When it is, you'll remember where you heard it. [Kryon smiles.]

DNA is far larger than you think, and even today science is starting to acknowledge that the 90 percent of DNA that is seemingly random may not be a language or code at all. Instead it may be what they would call "influential chemistry" that somehow modifies or configures the 5 percent that is the engine of the genetic blueprint. The irony here is that this is exactly what's happening, but not in the way science is looking at it.

The 90 percent of DNA is a reflection of your spiritual-ity. The akashic record, the higher self—that which you seek that you call a portal to the other side—is there. In a quantum state, these things are not actually in the chemicals at all. Think of all of those chemicals together as a bridge or somehow a pipeline, a portal or quantum pointer to everything. Instead of thinking in a linear way that there is a compartment or a box in which your higher self is, think of a doorway. If you could go there and you could see the quantum state of it, you would enter a pipeline that takes you to everything that is. So understand that this 3D, quantum, chemical bridge is a sacred influencer of the genome, and it's very large, containing most of the information in the Human blueprint of life.

DNA IS MORE THAN YOU THINK

Now let us speak of DNA as you've never heard us speak before. We desire that this is published and is part of the compilation that my partner is putting together. We present it almost last in the three-year series of teaching, in the year of the three, for Kryon Book XII (a three in numerology). So there is 333, which represents the completion of the information this year. It is time you knew the rest of the story.

Science considers your brain to be the center of consciousness, but it is not. The brain is the highest-ordered neurological group they can see filled with complex synapses; therefore, they assume it must be responsible for what is called Human consciousness. It is not. The brain is only

the 3D engine that responds to the 90 percent quantumness of DNA. It is the engine of synapse, and it's vastly complicated. But the brain is only the receiver of information to create electrical signals that do as they are instructed, as influenced by the DNA.

One hundred trillion parts of DNA working together communicate as one. Did you realize that? Science doesn't know how this happens, and the communication link from your head to your toe somehow has one purpose. Is that your brain? No. It's the DNA all together, creating the Human Being. DNA *knows*. It all works together. This isn't something you are going to find in the medical books, but it completes a large missing link that science gives no credibility toward. DNA communicates with itself! It has one "mind," and it *knows* what is happening in every part of your body.

The new information is that DNA provides a field around you that is interdimensional. That field is your consciousness, not your brain. That which your brain does is in tandem with the DNA. Your brain dreams—or does it? The synapse is there to show it, and in your deepest REM sleep, out come so many complex things. Those things are all in your DNA supplied to your brain. So the DNA even supplies instructions and influence to your brain's dream activity for you. These things are difficult to explain, since we are not speaking about linear things but that which is quantum.

All of you dream in a quantum state. That is why there's no linearity, and things don't always make sense. Those who have passed away and those who have not are all together in your dreams, yet they are looking at one another. Dreams don't make sense because they're not in the reality you are used to. That's your DNA talking—the akashic record coming forward and playing the "tapes" to your brain. Science does not acknowledge this, for it cannot see the field, but the DNA is Human consciousness, and the brain simply is the 3D engine of synapse that supplies the bridge for your reality.

"Kryon, is there evidence of this?" you may ask. Oh yes, very much so. When a Human Being has an accident and the spinal cord is completely severed, it leaves the body inert. This is the paraplegic who can no longer move anything, not a finger, not a toe. And yet the heart keeps beating, does it not? Digestion continues, does it not? The kidneys and other organs function, do they not? Even reproductive activity is possible. Everything keeps going, yet you learned in school that the brain sends electrical signals through the spinal cord and keeps your heart beating, didn't you? Well, if the spinal cord is severed, what keeps your heart beating? I will tell you: It's the blueprint of DNA!

When the engine of synapse is broken, the DNA finds other pathways to instruct the body to continue life force. That is why the organs continue even though control of the muscles does not. Interesting, is it not? There is proof there if you look. Science finds it curious, doesn't it? Therefore, you might say that your DNA is actually an esoteric, etheral brain, containing things that your regular brain does not contain. You'd be right. There are all manner of very

spectacular attributes in your DNA that are here to look at, which current science has yet to even see.

DNA Knows

The biggest attribute that we wish to discuss is this: This interdimensional DNA field is *knowing*. That is to say, it is built to extend life. It knows who you are. It contains the blueprint of your sacredness and is one of the largest tools you have for health, for joy, for opening the door. It is in the DNA field, not the brain. That's where it is. And in that truth, there is celebration, for it releases you from having to create what you think you need.

Let me give it to you this way: If you're going to use that field as a tool, now that you know what it does, you're going to work with your cellular structure to manifest things. The normal Human experience is to gather knowledge on "how": "How do I communicate? What is the best thing to ask for? How do I specify it so the DNA will know what I'm asking? Do I have to be a certain way or be in a certain place? Do I follow many steps that will open the door?"

None of the above! If you could visit your cellular structure, your akash, your sacred life lesson, don't you think it would know what was happening? It does, perhaps even more than you do! All you have to do is speak to that which is the quantum part of you, and it knows what you need. So we are asking you to relax the linearity of the lists that you give to God. For suddenly we're telling you there is a quantum energy that is the sacred you who knows what you need.

Therefore your meditations and prayers could be shifted to become wiser as you speak to your own cellular structure, to your own higher self. You might say, "Dear Spirit, dear DNA, examine the life that I have, and give me those things that will enhance it." Perhaps that's the healing you came for, dear one? Don't you think I know who's here? Perhaps that's a miracle that will give you joy in the face of the sorrow you're in right now? Don't you think I know who is here, what you've gone through in these last days? I counted the tears when they fell, and so did the DNA field! You feel so alone, not understanding that there's an entourage around you the whole time, and they would love to touch that field that is your DNA! They'd love to touch it. But not unless you say it's okay to do so.

Understand this: DNA is more than chemistry. It is a field and a portal. These things are the mechanics of Spirit. We're starting to give you advanced information, and there have been those who have known how this works and assigned sacred geometry to all of it. They're accurate, and it's correct. But it's a field.

A MASTER'S ASCENSION

Let me review something with you that's ancient, wise and tells a profound story. In your own scriptures in the Western world, there is a story of a master named Elijah. This was the only Human Being in history to select his time of ascension without death and have it recorded by the one who would take his place. Therefore you could see it within the writings

of the one who witnessed it. I want to review it, for even all the way back then, there is proof of the field.

They say Elijah stepped into an opening, asking Elisha to record what was going to happen. Now Elijah was a master with great wisdom and knowledge. He is now what you would call today an ascended master, and Elisha loved him. In the linearity of Humanism, there is an entire group of people who expect his return. I have some news for them: Get out of your linearity, for he's been back a long time! For the energy of the masters are part of the energy of the great shift that is upon you. They intermingle with the vibration of this planet. They're all back, and it's what you're feeling. In a quantum state, they're in your DNA. Don't you sense this? There is so much expectation around 3D things that were never meant to be 3D. So much information is given in metaphoric terms, so you might understand that perhaps prophecy itself could mean things outside of your linear reality.

Elijah walked into the open with Elisha watching, but he did not die. Instead, he claimed his sacredness. Indeed he left, but not without some fireworks—for Elisha indicated that he turned into a chariot of fire, accompanied by three entities. In the best that he could see and describe in his linearity, Elisha described what it looked like and what it felt like. Now, take a look at this, for you will find that it was not necessarily angels from above who came and got Elijah. Instead, something happened on the ground, and Elijah turned into light and he left.

Let me tell you what that was. That was Elijah energizing his field of DNA. This field has a name—the name given at that moment Elijah was riding a chariot of light. The name was given in Hebrew: merkabah. And I will now reveal to you, as I have two times before, that your DNA field is indeed your merkabah. It has sacred geometry connected to it, for this interdimensional field has structure. If you could see it, you'd see the structure of the double tetrahedron, and it's beautiful. It's not just a ball of light. The name merkabah would indicate that something rides within it, and it is the chariot of your divinity. Each Human Being has this, recorded by Elisha, watching the master ascend. In addition, the chariot contained three parts, which was the reunion that I have spoken about in the past of the three parts that split from you when you arrive on the Earth and recombine when you leave. I will give more about this in the next channeling. That's what we want to share in these moments, for that's what each one of you has—exactly what Elijah had.

BIOLOGY AND INTENT

Let's talk more about biology, because now it gets a little more complex. There is an intermingling of the 3D and the quantum that we wish to describe to you now. It's something that is new, for the vibration of this planet and of Humanity, especially of those who are working with the light, is creating a new tool set. You're going to start to see it, and it's going to be visible through examination of the 3D chemistry of DNA, even at the 3D level.

Science is now looking at what they call markers in the

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protein-encoded DNA, which creates the Human genes. These markers, as they are described by science, are those that are the pieces and parts that would indicate predispositions—attributes that might weaken certain cells so that later in life they would allow disease, such as cancer. They're starting to see these markers, perhaps in certain families where mothers and daughters—and their daughters and their daughters—all had the same kind of disease. They're starting to see the genetic markers that create predisposed weakness.

Let's talk about the markers, for this is the first time we have disclosed this. First the premise: For years we have told you that your intent to talk to your cellular structure has power. This intent is your communication to the DNA field to alter something within the 3D cellular structure. You might say it's your own interdimensional voice giving instructions to the quantum part of your DNA, which then results in the actual chemical changes that are occurring in the codes within your 3D genome. But now the results are going to be seen, and you can begin by removing the markers—and when you do, they stay removed. This means that something quantum you do today can change the chemistry of your gene-producing DNA so greatly that it will *not* be passed to your children. You can break the chain.

Blessed are the Human Beings who realize that as they purify their lives with the light of the Creator, it will affect the biology of the protein-encoded parts. You can erase the markers. It's one of the first times that the 3D has intermingled with the quantum so that science can someday look at the same Human Being over time knowing that DNA never changes, yet it did! It's yours and it's unique and you changed it. There will be no answer for them, but the 3D facts will show it—that you eliminated the marker.

The joy of this and the beauty of this is that the lineage of the young women who do this will be shown, for their daughters will not have the disease, nor will the daughters of the daughters. It's a new gift and reflects the power of the times. Can you really change those who are your children-to-be? Indeed!

I know what you are thinking: The crowd who sits here says, "Well, it's a little late, Kryon. I've had my children. So why do you sit here and tell me these things?" Do you not understand where this message is going? Do you not under-

stand the profundity of what happens when old souls allow us to give this information to Earth? Do you not understand that your energy has generated the allotment of allowance for us to come in today and give you this so that young women and young men, who are lightworkers each, will hear it and know what it means to them? Do you understand that you're your own ancestors? Has this occurred to you? I see you as actual history, sitting in the chair, from all over the world. That's what I wanted to tell you today.

You don't each have one name to me. I don't even see the gender that you are. I see you in a quantum state, and that's why it's so profound that you would let us come in and visit you in this fashion. The woman sits in the chair in front of me. She has no idea the warrior she's been, or how big she was when she was a man. Yet she carries around with her the feeling of the warrior, and she knows she's strong. I look at the big burly man and I see the mother toiling with all those children, and the man knows it. He can feel it. He's sensitive and can actually feel the love of a mother. Who is it he used to be? And how has it affected him today?

Old soul, it's affected you today because every single lifetime gives you layer upon layer of wisdom. It has brought you

to the chair today, or to read this today. For this is the lifetime where you have awakened and realized there is more—a lot more. It brings you, as a seeker, to a place where you can ask, "What can I do for myself and Earth?" I'll tell you what you can do: You can become compassionate on this planet. You can walk around and show your light on this planet. You can change the markers in your own DNA! Think of who's listening to this message and what it might mean to their children and their children's children. These are the tools we spoke of so long ago, and the proof will come down the line of the reality of this message.

All of this that I have told you today is correct and real, and it will be seen naturally in its own way. But I wanted you to know the sacredness that is here within a structure you thought was only chemical-based. DNA is far larger and more sacred than anyone has ever imagined.

So what are you going to do with this information? Why don't you walk out of this place different than you came in, feeling a little more enabled? Perhaps you will feel a little better about the possibilities before you? Perhaps you might even know that what happened today is real.

And so it is. **Z**

You Are in Spiritual Revolution

Archangel Michael through Ronna Herman

Beloved masters, for a moment imagine that you are fully aware of your origins and that you can tap into your personal cosmic history files anytime you wish. Imagine that you have the ability to communicate with those around you mind to mind, without words. Imagine that you have the natural ability to see everyone's auric field, and therefore, you can read or understand a person's state of being at any given moment. Imagine that you can envision clearly that which you wish to manifest, and it takes only a little time and effort for your visions to become reality.

Imagine that you have the ability to communicate and interact with the archangels and the vast angelic realm, as

well as the ascended masters and the great beings of light. All of these attributes and abilities are a part of your natural state of being in the higher realms, and you are now in the process of regaining these God-given talents, as well as the ability to assist in the evolutionary process of humanity and of the Earth.

We have explained many times and in many ways how you separated your divine self into a masculine spark of essence with the characteristics and qualities of our Father God and a feminine spark of essence with the virtues and attributes of our Mother God. Since that first separation, each facet of your self has refracted into a multitude of smaller sparks of divinity, and you have assumed a myriad of forms and innumerable missions throughout this universal experience. The next grand

KEY POINTS

- "You are the center of an energy vortex that is made up of a circle of vibrational patterns that you have projected from you through your solar power center."
- "As you begin to embrace your reality through a filter of love and light, nonjudgment and discernment become a natural part of your state of being."

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stage of universal expansion and the evolution of all sentient beings are well under way, and each of you has an integral part to play as a starseed and a bearer of divine light.

The ascension process requires a letting go of those things that have kept you in the stifling, restrictive reality of the third and fourth dimensions. It entails returning to balance and harmony in all facets of your earthly being, which will result in your memory banks being cleared of all the discordant energies and events of your rich and varied past. All that will remain is the wonder, joy and successful endeavors you have attained as a cocreator in the material realms.

As you traverse the path of ascension, you are reclaiming the wisdom stored within your sacred mind, and you have tapped into the rich storehouse of creator light called adamantine particles. You are beginning to demonstrate and use many latent abilities that have been kept in reserve until you were ready to reclaim them.

THE LAW OF THE CIRCLE

You were designed to be a transmitter of light in a world of illusion and shadows. You are on Earth to become a master conveyer of energy. Your breath is the mechanism by which you draw forth the primal life force substance of creation while you are functioning in a third- and fourth-dimensional environment. However, as you open and activate your sacred heart and sacred mind, you have the ability to gain access to the full spectrum light of this universe, and the divine alchemical properties of the violet flame will be available to you in full measure as well.

The law of the circle ensures that the vibrational patterns you send forth will be returned to you along with an accumulated measure of similarly qualified energy, or vibrations, of the same frequency patterns. You are the center of an energy vortex that is made up of a circle, or loop, of vibrational patterns that you have projected from you through your solar power center. Your solar plexus is aptly named, for just as Earth receives cosmic energy from the Sun of your solar system, so do each of you radiate life force energy from your own solar power center. For a moment, envision yourself as the central focus of your world. You are the power source, and your thoughts, actions and intentions radiate forth from you in a loop of energy that connects with like energy. That energy magnifies and manifests in the world of cause and effect and then returns to you, reinforcing your picture of reality.

Your body absorbs a portion of that energy, creating pain and suffering or joy and blessings, depending on the frequencies. The remainder flows out behind you, creating the other loop of your infinity pattern while the residual gradually flows into your personal wheel of creation. You are constantly adding to your personal prison of energy, or your vehicle of light, and your personal reality on Earth. Have we not told you that you came to Earth as cocreators with the God force?

Returning to balance and harmony is a prerequisite to staying centered within the sacred heart. In order to do so, you must constantly evaluate and upgrade your awareness of self. Your emotions are affected by your beliefs, and your

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intentions are affected by your emotions. Listening to the nudgings of your soul, the wisdom of your sacred mind and the emotions of your sacred heart will help you to fine-tune your discernment abilities so that you can make the right decisions and always choose the highest path. Reverence for all things and God-inspired choices lead to self-mastery.

THE LAW OF FORGIVENESS

One of the most important things you can do to initiate the process of returning to balance and harmony within the reality you have created is to apply the law of forgiveness to all your miscreations and interactions with others. Doing so will immediately accelerate the process of returning to center, for it erases or breaks the energy cords you have attached to other people's solar plexuses, and it will also shut off the radiations to and from any negative, collective-consciousness belief systems that you have taken as your own. You are taking back the vibrational patterns you have exchanged, added to or participated in, thereby allowing you to move into the state of grace process. Be aware that as you do so, you will experience the transformational clearing process and all it entails; however, it will not be as traumatic or as drawn out as it would be if you had not willingly and wholeheartedly agreed to take the initiative.

The law of forgiveness includes aligning your will with the greater will of our Father/Mother God for the highest and best outcome for all. The divine plan for this universe is at a critical stage of the evolutionary process, and time is of the essence. Becoming an active member of the light brigade and a new world server will open a portal of new possibilities. Those of you who have diligently stayed the course will reap the rewards of self-mastery and discipleship.

As you move into the realm of self-mastery, you automatically begin to view your life and the world from a higher vantage point and with much wiser insight. As you begin to embrace your reality through a filter of love and light, non-judgment and discernment become a natural part of your state of being. A good affirmation to remember and use is: "I embrace the wholeness of my divine reality." There is power in humility. There is power in forgiveness. There is power in gratitude. Love is the power that contains all the virtues and qualities of God consciousness.

Many of you are aware that in the beginning stages of the initiation process, there is a crisis as the battle for supremacy begins between the ego and the soul. All must endeavor to clear their illusionary, distorted realities of the astral planes. The ego desire body is controlled by the energies and impulses of the three lower chakras, and these out-of-balance inclinations must be brought under the control of the soul self once more. This period is often called the "dark night of the soul," or traversing the valley of shadows. When you are in the midst of the process, it is important that you understand you are not being punished. After you have successfully traversed the shadow lands and emerged triumphant, you will look back in retrospect and you will realize that you were given a great opportunity.

ON THE PATH OF ENLIGHTENMENT

Spiritual aspirants are consciously aware human beings who seek enlightenment and self-mastery. In the beginning stages, they are still somewhat self-focused, often prone to temper and irritability, and may experience bouts of self-doubt and depression. Spiritual aspirants must develop sensitivity and loving, understanding natures. The aspirants' life purpose will gradually move away from personal ambition and love of power into a desire to be of service to humanity. A desire to serve others is a soul instinct.

An aspirant gradually begins to let go of the "it is all about me" and the "I, me, my" concept as the external focus slowly begins to fade. There is a gradual turning inward and the major focal point becomes the solar power center, which is comprised of the heart, thymus and throat. As this area is bathed in the higher frequencies of light, the threefold flame in the chest area begins to blaze forth once more in preparation for the opening of the portal to the sacred heart.

Allow us to give you a few more important key points to assist you in integrating the wisdom necessary to become a full-fledged spiritual aspirant on the path of enlightenment:

The emotional body is a reflector. It responds to external stimulation, such as other people, events, emotional attachments and addictions.

Tread the path of life gently and reverently. Speak softly with discernment. See that your actions reflect the purity of your God-self, and leave footprints of light for others to follow. There is an ebb and flow to the cycles of the soul just as there is throughout the cosmos.

The soul draws forth the essence of life from its I Am presence in preparation for a new life cycle of experience. At the end of that cycle, the life essence is slowly withdrawn and the physical death process results; however, the real you in spirit form remains, for you are immortal.

The soul's impulses and influence are much stronger in a being who has stepped on to the path of awareness than they are in an unawakened person who is still caught up in the illusion of a third- and fourth-dimensional existence.

You must strive to maintain an ever-expanding state of soul-consciousness in order to progress on the upward spiral of ascension. It is time for those who will be among the

new world servers to become aware of each other.

Criticism is a faculty of the ego and the lower mind. Criticizing or finding fault with yourself or others is detrimental to the extreme. You add energy to that which you focus your attention on; therefore, it is of the utmost importance that you look for the good in everyone and everything.

Constructive criticism is sometimes necessary. However, it should only be used to assist someone to correct harmful behavior, take the right action, or find the appropriate direction.

You can only fail if you quit trying. You may lose time, however, you should gain some knowledge with each failure. Growth and wisdom come from learning what not to do and in perfecting the skills that will help you become proficient in your chosen field of endeavor.

Lower vibrational energy creates discordant frequencies within your soul song. The vibrations of discord cause discomfort within the area where it originated or where it is focused within the physical vessel. If the negative energy patterns are strong enough, they can create disease and will eventually contaminate the entire body.

You must tame and gain control of your emotional body through your higher self, guides and angelic helpers in order to become receptive to the refined frequencies of cosmic truth. You must clear the mind of distorted, negative, defeating thoughts. Only a clear vessel can receive and transmit the wisdom teachings of the cosmic libraries of God-consciousness.

A spiritual seeker refuses to pay attention to public opinion, judgment or failure. Aspirants are recognized by their vibrational frequencies or light quotient, not by their knowledge or their deeds.

FOCUS ON MIRACLES

Remember, beloveds, the clarion call from your soul self will continue to echo until you heed the call. Many of you have begun or are ready to begin your true mission, whatever that may be, but never forget that the ultimate goal is to be a conveyor of creator love and light.

We are aware that the future is uncertain and everyone is experiencing pain and discomfort in varying degrees. We ask you to focus on the miracles and progress you are making and to not allow the fear of the masses to infect your mind as you move through and beyond all the massive changes that are taking place in your world. Know that, together, we will overcome all adversity. Our mission is to open the way for any dear souls who express the desire to return to harmony and attunement with their God-selves.

Dear ones, when you feel alone or are in doubt or despair, come into your pyramid of light, and we will give you courage, uplift you and inspire you. When you feel lonely or unloved, move into your heart center and we will be there, waiting to fill you with the radiant love of our Father/Mother God. I am your constant companion. I am Archangel Michael. **Z**

Charging Personal and Planetary Spiritual Batteries

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

Greetings, I am Juliano, and we are the Arcturians. We wish to explore the concept of downloading energy and, in particular, the downloading of higher energy from other dimensions. This is an important concept for many reasons. Many of the star-seeds may be struggling to hold their spiritual light and their spiritual energy.

The planet Earth may be struggling. The struggle with the planet is different in that the Earth has gone through some dramatic changes over the history of her existence. However, the Earth is being called upon now to make adjustments and to make energy transformations in a rapid period. In a very short time, Earth changes will require a great deal of energy and input from higher dimensions to balance the biosphere.

The concept of a battery will be helpful as a metaphor for this discussion. As you know, the battery is a device that stores electrical current, and it is measured in certain electromagnetic energy descriptions such as volts or amperages. The car battery is a device in your automobile that in many cases must be charged by an alternator, which sends energy to the battery so that the battery can continue to provide energy to run your vehicle.

Sometimes the alternator, as the source of the electrical charge of the battery, breaks. Therefore there is no way to charge the battery unless there is a new alternator. In this case, the battery runs on reserve power. That reserve power is stored capacity. The stored electrical current from the battery can provide the necessary charge for the operation of the vehicle until a new source, in this case an alternator, can be placed so that the charging can continue. In some batteries, the storage reserve can be as long as an hour or an

hour and twenty minutes. This means that your automobile would be able to run for a given period of time without a charging source.

YOUR LIFE FORCE CHARGE

Let us take this metaphor and consider that you are a battery. Instead of electrical current, you are holding spiritual light. Spiritual light has a very fine charge. Spiritual light has a very fine energy. The capacity to hold this spiritual energy is dependent upon you as a vessel and how you train yourself. Even beyond this storage capacity, there is another function of this that I need to describe. Many of your spiritual and mystical religions already suggest the concept that I am going to introduce. This concept is that every person, when they are born, is given an initial charge, an initial life-force energy that determines how long they are going to live on the planet and how much energy they can expend.

Some people like to measure this energy capacity that you are given at birth by the number of years that you are able to survive on the Earth. You might say that one person has a capacity, or a life force charge, to live eighty-five years. Another person only has the capacity to live seventy years. Some people only have capacities to live ten or twelve years. It is beyond the scope of this discussion to elaborate on why some people are given more of a life charge than others. Let me just say that a lot of it is predetermined by your soul family and by your soul mission. Let me also say that we, the Arcturians, believe it is not only based on years. I would not say to you that you only have enough charge for a given amount of time; rather, your time on Earth can be based on how you are able to sustain and receive energy.

There are certain activities that shorten your battery's capacity, and that is your own self-capacity. A very simple example would be engaging in war, drugs and alcohol. These substances produce what we can call lower vibrations. Lower vibrations actually negatively affect your ability to hold a life charge. This

KEY POINTS

- You are a spiritual battery. Instead of electrical current, you hold spiritual light.
- "One battery standing by itself has a certain amount of voltage that it can give, but when you connect the battery parallel to another, suddenly the charge of that battery and the capacity of the two batteries together are doubled."
- "In the energy of Ibbur, spiritual seekers, the light-workers, open their energy fields to cohabitation from a higher angelic presence or a higher angelic guide."

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also means that the opposite is true. Higher energy and higher activities actually can sustain and can lengthen the ability to hold a charge, to hold the spirit in this body for a longer length of time.

Many of you who are starseeds are older and have already transcended the charge that you were given when you came into this Earth. Many of you were programmed and were given a charge for a given length of time, and it might have been for seventy-two to seventy-four years. Through your spiritual work and your energy work, you have accumulated an additional capacity and an additional charge to sustain yourself longer than the time that was originally given to you at entry point into the Earth. This then reiterates the point that you are given a certain life charge for this incarnation, but you can lengthen the life charge, especially if you are involved in spiritual activities.

The charge and the length of time that you spend here is not the sole measurement for your life success. An example of someone who was only on the Earth for a short time was Jesus/Sananda. He carried a tremendous energetic charge. The charge that he carried far transcended thousands of lifetimes that normal people would be able to sustain. The energetic charge that he distributed throughout the planet cannot be measured at all by the length of years that he walked the Earth.

RECOGNIZE WHEN YOU NEED TO RECHARGE

I want to now explain this concept of the reserve capacity because many of you are struggling with holding the spiritual energy that you have sustained or have achieved. A good example of that would be attending a spiritual workshop and receiving a high spiritual vibration. After a week or two, the spiritual energy you obtained is dissipated, and you no longer feel the charge. For whatever reason, the work that you did at the workshop did not affect, or you did not allow it to affect, your storage capacity for holding the spiritual light. One of the most important concepts for you to develop is strengthening your spiritual storage capacity. It is necessary to be able to hold the spiritual light, even if a charge is not being delivered for whatever reason.

If your alternator in your car is failing, then hopefully you have the best battery, which has a bigger reserve capacity. Such a battery will have the reserve charge to take you to the nearest repair center. There you can either install a new battery or a new alternator so that your charging can be continued. You may not necessarily need a new battery, but you may need to get yourself to a new charging source.

There is a reason why I am telling you this metaphor. I know it is obvious to many of you that the energetic charge, the spiritual charge, that is working and sustaining many of you is sometimes being cut off or blocked. For a variety of reasons, the charge is not getting through, and you may lose your spiritual focus—your centeredness. The charge of spiritual light that has been sustaining you may be weakening. At that point, I want you to remember this discussion—you must, at that point, tap into your spiritual reserve capac-

ity. Many of you like using acronyms, so spiritual reserve capacity can be called "SRC." We have talked about the SLQ—the spiritual light quotient—and today we talk about the spiritual reserve capacity. I, Juliano, want to ask you: How is your spiritual reserve capacity? How long could you sustain yourself if you were suddenly spiritually cut off?

You might ask, "What are you talking about, Juliano? What do you mean, cut off? Why would spiritual light and spiritual energy be cut off?" The answer to that is somewhat complex. The first answer is that sometimes the densities on the Earth are so strong that the spiritual light can be temporarily blocked. Sometimes the environment that you are in and the people that you are around can create a denser field that is hard to lift yourself out of. This could even be in family situations or in work situations. Sometimes there are environmental catastrophes such as earthquakes, tsunamis, storms or blizzards that make it difficult to spiritually connect. Sometimes there are illnesses in the body that focus your energy away from your spiritual work and spiritual light.

THE NULL ZONE

Many of you have already heard about the concept of the null zone. I know this concept was popular several years ago. Some people had thought the Earth was supposed to enter a null zone, and then the energy would be blocked out and there would be no electromagnetic current able to flow—all the computers would fail and other such things. This never happened. People then felt that the idea of the null zone was not a correct notion. Actually, the concept of the null zone is a very accurate description of spiritual energy and electromagnetic energy occurrences, because there are null zones. One example of a null zone would be if someone was using electromagnetic energy or current and went into the Bermuda Triangle, then normal current wouldn't work anymore.

There are null zones in the Earth's path around the Sun. More importantly, the Earth and the solar system's paths around the center of the galaxy contain null zones. Because the Earth revolves around the galaxy over such a long period, no accurate historical descriptions of the path of the whole solar system or of the Earth's sun around the galaxy exist. The closest approximation or attempt to describe any energy that would come to the Earth during this long galactic path is the Mayan concept of the year 2012.

In this concept, a description is offered of an energy shift that is coming from the galactic source, or the galactic center. Even that description is not very detailed, because all you are getting is this one description at the center point known as the winter solstice of 2012. There is no other information about other energies that could be forthcoming on that path. I would say that the Maya were probably more aware of that long energetic charge, but this information was lost.

I do not feel that it is unusual or a sign of weakness that you would experience being cut off temporarily from spir-

itual light or your energetic charge of spiritual energy. I would expect and hope from the knowledge that we are getting, especially in this lecture, that if you were temporarily cut off from spiritual energy, then you would be able to operate on your spiritual reserve. I also hope that we can explore the certain lessons on how to hold and to improve your capacity to hold this light so that you have the longest reserve capacity possible. This will be important during the coming Earth-change times.

YOU CANNOT HAVE LIFE WITHOUT SPIRIT

Now I will make a slight digression. Some of you in earlier lifetimes had your batteries and your spiritual capacities totally drained through some traumatic events. An example of a traumatic event might be a holocaust or Native Americans being overridden through wars and terror or someone experiencing some type of nuclear trauma. You have heard me talk before about nuclear traumas. There is something within the nuclear energy field that totally depletes the spiritual capacity of the person and the battery power so that when coming back into another lifetime, these people might be operating for a while on a deficit. I know this may sound strange to you. After such traumas, there could be a deficit in spiritual power and spiritual energy in the next lifetime.

Sometimes you might even have negative energy to come back into another lifetime. You might find in the next life that you have a lack of capacity to hold spiritual light and that you also have difficulty in gathering that light or finding it. At this time, there is a tremendous grace, an opportunity to expand your spiritual capacity. There is a tremendous opportunity to store spiritual light and spiritual energy and to learn the ways of downloading the higher spiritual light. This brings forth the topic of downloading spiritual light, particularly the downloading of spiritual light from the fifth dimension. The related step is the downloading of the spiritual light for the planet.

The planet Earth also operates on the same principles that we are discussing for you personally. The planet Earth actually has a spiritual capacity. The planet Earth has an ability to store spiritual energy and spiritual light. There is within your energy field the capacity to bring down higher energies and spiritual light and to expand your energy field so that you can expand the time that your body can stay on the planet. Focus the time on Earth as measured in terms of experiences and light.

The changes that you are going through have put a strain on the physical body, in part because the physical body wasn't programmed initially to follow this path. Because of this, you need a greater spiritual light and spiritual energy to solidify these changes and to hold this energy. The Earth charge, the alternator, is not producing and cannot keep up with the spiritual current that you need. That is like saying to you that your car is now suddenly requiring more electrical power but your alternator in the car can't keep up with it, and you need a bigger alternator to produce more

electrical current. In the same way, in order to sustain yourselves at the spiritual level that you want to hold, you need more spiritual charge. The older methods, the Earth methods for charging spiritually cannot keep up with what your needs are. You must look to another source, and that other source is the fifth-dimensional energy field that we originate from.

The Earth also needs a higher source of electrical or spiritual charge because the Earth is having difficulty as a spirit body, as a planetary spirit, holding the spiritual charge that is necessary to sustain the biosphere. The current Earth energy sources are struggling to keep it in balance. It is true that the Earth will continue even if the biosphere is thrown out of balance from man's perspective. The Earth is a living being that has a life expectancy of billions of years. We are not talking about the Earth losing its physical body, but we are talking about the Earth losing its spiritual energy. You cannot have life without spirit. You cannot have spirit without spiritual energy.

If the Earth loses its spiritual charge, then the biosphere will collapse. What can be done to sustain the spiritual charge to keep the energy of the Earth going, and at the same time, what can be done to improve and increase the spiritual light for you as lightworkers? How can we create a spiritual reserve capacity or lengthen or expand the spiritual reserve storage capacity of the Earth? How can we expand and lengthen your spiritual capacity in your physical incarnation?

THE IMPORTANCE OF SACRED ENERGY FIELDS

I will first speak about the charge of spiritual light for the Earth and how we perceive the improvement of the receiving capacity and the storage capacity of the Earth. The Earth is able to hold energy, especially spiritual energy and life force energy, through its sacred power spots. There are many special power spots on the planet. The Earth is able to hold and transfer its spiritual energy through the ley lines, which we have compared to the meridians in the Chinese acupuncture perspective. From our perspective, the activation of the twelve etheric crystals is especially important as additional sources of powerful charge. This means that the Earth can hold fifth-dimensional energy with the assistance of etheric crystals.

It is also true that the fifth-dimensional energy is a highly refined current, a spiritual force and an electrical charge that can withstand certain Earth abuses and drains. This type of etheric energy has a greater ability to be stored. This is to say that the nature of energy improved its ability to be stored. The fifth-dimensional spiritual light has such powerful characteristics. One of the most useful characteristics in particular has to do with the ability to be stored. We know that defining and creating these twelve etheric crystal areas has added huge spiritual energy reserves throughout the planet. It has helped to make those spiritual areas have greater capacity to store energy and a greater capacity to transfer energy.

The unfortunate fact is that many of the other sacred power spots on the Earth have been damaged. Many of the sacred power spots on the Earth have not been properly protected. Many of the ancient peoples' sacred energies have not been sustained. These ancient peoples were guardians of sacred spots. Many of the grandfather and grandmother spirits that were living in the mountains, forests and lakes to hold this spiritual energy for the planet have left. Why? To hold their sacred energy, they need a protective energy connection to the third dimension. Therefore if there is not a protective sacred energy field that is interacting with them, then it becomes harder for them to stay. It becomes harder for the power spots to hold the energy and to keep the spiritual reserve capacity.

However, a newer energy source from the fifth dimension has the ability to transcend and to be able to reestablish the sacred power spot's storage capacity of spiritual light and energy. That is one of the functions of the twelve etheric crystals that we have been working so hard with you on. This is why it is important to continue to work on connecting with the etheric crystals and why we designated meditation times for you.

One suggested meditation is that you visualize each of these crystals and each of these areas as sacred power spots. Visualize etheric crystals being downloaded into the Earth as special fifth-dimensional power spots. They have now been given the function and the purpose to store spiritual energy, just like a battery stores electrical current. These etheric places now have the function of storing higher spiritual light and higher spiritual energy. Their storage capacity is far stronger than what normal power places on the Earth can store. These designated etheric areas now have extraordinary ability to store powerful spiritual light and spiritual energy. They are very needed now.

The spiritual storage capacity can become lengthened through focused group meditations. For example, focus and meditation performed hourly on the twelve etheric crystals all around the planet will be very effective. It just so happens that a charge from one crystal then goes to another crystal. This is similar to the idea of parallel batteries. Let it be said that placing batteries in parallel is another metaphor for the placing of the twelve etheric crystals and using the twelve etheric crystals as energy fields. One battery standing by itself has a certain amount of voltage that it can give, but when you connect the battery parallel to another, suddenly the charge of that battery and the capacity of the two batteries together are doubled. The twelve etheric crystals are accelerating and charging each other because they are all connected.

THE PLANETARY CITIES OF LIGHT

In our previous discussions, we talked about the dialectic energy capacity of the Tree of Life, which is represented on the planet by the twelve etheric crystals. When connected, the charge of all of the twelve etheric crystals far transcends the doubling effect that we have described in placing two batteries in parallel. To give you another example, imagine that

you have two six-volt batteries. They could produce twelve volts and have a far greater capacity. This is just doubling the power, and each of them is sustaining a certain charge.

In the etheric world of energy and etheric crystals, I cannot describe how much spiritual light and energy you are creating because it is more than double, triple or quadruple the energy. You describe things in the mathematical world as ten to the fifth power, ten to the tenth power and so on. This is approximating the kind of dialectic energy that I am describing when we are talking about increasing energy from the etheric crystals. What you are also accomplishing when you are doing this type of etheric crystal meditation is that you are creating new types of energy patterns, which also creates a greater reception to fifth-dimensional light.

Some have asked about how we should work with this energy in relation to the planetary cities of light. The planetary cities of light are also sub-batteries, if you will. They are also correlated to these etheric crystals. The planetary cities of light already have some capacity to function in the same way as the etheric crystals. One new planetary city of light is Aufkirchen, near Munich. This location already has gathered a large spiritual capacity, and higher spiritual light is going to come to this beautiful city.

You may wonder how the planetary cities of light are similar to the etheric crystals. They are similar in that they are battery-storage devices for spiritual energy. They can download higher spiritual charge, and they can store it for longer periods of time and can now begin to transmit that energy outside of their boundaries. The crystals main function and goal to the planetary cities of light is to both hold that spiritual charge for a given city and to transmit that light to other areas.

It is important to emphasize that the planetary cities of light are given the task of holding the spiritual energy. Why is that important? Some cities of light are already in high spiritual energy areas. But even in higher areas, there still are drains on the cities. The cities are still in the third dimension and sometimes there is negative energy coming in. They still have the same problems that all cities have, including unemployment, pollution, environmental hazards and whatever other dense Earth energies exist. These energies can affect a planetary city of light also. So it is a tremendous task and it is a great accomplishment to hold and to ensure that the higher spiritual energy is to be held in that city.

The exercise of shimmering a barrier and shimmering light around the city helps to hold the spiritual energies within the area. A good meditation to help this situation is to visualize a shimmering light as a spiritual battery that can hold and attract more spiritual energy and more spiritual light.

We also created the image of the energetic basket, which was first discussed in Argentina in Buenos Aires. A spiritual basket was raised around the city. The image was that the city of light would be in a basket of light. The basket was raised partially and then the fifth-dimensional energy was brought down. The energy field of the city held that light, and then that light was spread throughout the planet. The

idea of the shimmering of the basket focuses on the fact that this shimmering is raising the capacity of the planetary cities of light so that they can hold a higher fifth-dimensional energy. It is the shimmering that accelerates the planetary city of light so that the spiritual battery, namely the basket, can hold spiritual light.

UPGRADED SPIRITUAL CURRENT

These principles for the planetary cities that I am discussing are exactly the same for you as individuals, as lightworkers. There is a certain refinement when it comes to talking about the lightworkers. That refinement has to do with the fact that you have a mental, spiritual, physical and emotional body. Each of these bodies has a charge. Each of these bodies has a capacity to hold certain energy. The concept of working with yourself to improve your spiritual capacity and your spiritual reserve actually focuses on working with each of these individual bodies. The emotional body, for example, needs to be transformed into more universal concepts. For example, compassion, forgiveness, love and acceptance are all emotions that create a greater spiritual capacity for your emotional body to hold emotional spiritual light.

The mental body can hold more spiritual light when you work with higher concepts of the cosmos. Higher mental concepts include universal love, universal light, eternity, concepts of time expansion, unity consciousness, multidimensional energy and the fact that other dimensions exist. These are some of the concepts that can make your mental body have greater spiritual light and capacity. The spiritual body also can be expanded through the shimmering exercises and by connecting with the fifth dimension.

It is clear that there needs to be a new spiritual power source on the Earth. There is not enough spiritual "current." There needs to be an upgraded current. That upgraded spiritual current needs to come from other sources. I can tell you that no planet has ever been able to survive the crisis that the Earth is currently facing without connecting to higher spiritual sources from the fifth dimension.

We could debate this, and we could argue that maybe it could be done without this connection. But our experiences and travels throughout the galaxy have been pretty extensive, and we haven't seen any planet being able to survive without connecting to the fifth-dimensional energy. This means the guides and teachers who are coming from the fifth dimension are needed for this connection.

The physical body responds to certain types of diet, certain types of exercises and also stress. It can also be programmed to receive spiritual light and spiritual energy. You call this the "white healing light." The physical body can be programmed so that your correct visualizations will be most effective. One of the visualizations is to realize that you are an energy field instead of just a solid body. The energy that you have that may be creating illnesses is really a congestion or a blockage. If you can, focus on the energy flowing within your body. This is a great step forward for the physical body.

I do want Archangel Metatron to speak with you because he has a great message for you, even though it will be short. I love you all. This is Juliano. Good day.

Message from Archangel Metatron: The Spiritual Charge of *Ibbur*

Greetings, I am Archangel Metatron. The love from my Father, from Adonai, is so strong. Know that the greatest source of spiritual charge is God's love for you. Your love for God, your love for the Creator—your love for Creation—is placing you in the same vibrational field, the same energy that the Creator is emitting for the Creation. Your loving God, which is a central concept in the Kabbalah, is also helping you to be on the same vibration. Many people have asked: Why does God need our love? You are not asking the right question. The question is: Why does man need to love God? The answer is because it puts man on the same spiritual vibrational field as God.

Juliano has given a presentation on the downloading of the fifth-dimensional light, and he has asked me to talk to you today about the concept of *Ibbur*. *Ibbur* is the Kabbalistic description of cohabitation from a positive spirit. In the energy of *Ibbur*, spiritual seekers, the lightworkers, open their energy fields to cohabitation from a higher angelic presence or a higher angelic guide. The *Ibbur* can also come from a higher-ascended master, from a higher-dimensional master.

This experience of *Ibbur* provides a tremendous spiritual charge to your physical body, your emotional body, your spiritual body and your mental body. It does not at all diminish your own abilities but actually it raises your abilities. To do the higher spiritual work that you need to accomplish, you need more spiritual charge. Sometimes, for obvious reasons, your life circumstances are not helping you to hold your charge. A great gift from the spiritual masters and from the ascended masters is to offer you the ability and offer you the experience of the energy of *Ibbur*. *Ibbur* includes the cohabitation of higher spirits, such as Archangel Michael. I, Archangel Metatron, am also willing to work with you and provide you the spiritual charge. Remember, I am not saying I will take over your karma. I will help you do what is already in you.

YOU CAN DO GREAT THINGS

I am going to say to you that you have within you the ability to do great things. You can do great Earth healings, connect the energy fields of this planet with the twelve etheric crystals, and you can work as starseeds and spiritually connect with each other. Each of you can connect with the higher dimensions and amplify your light. Maybe

you need a boost, or a “pick me up,” as they say. We, of the ascended master world, we of the higher dimensions, are ready if you are to cohabitate. We can cohabitate in a short time. We can cohabitate with you at night during your dream state. We can help you during crisis. We can help you do certain work that you want to do but maybe don’t feel you have the energy to do.

You can call on me, Archangel Michael, Chief White Eagle and Juliano. Juliano has a corps of students that he is working with. Ptaah also has a corps of students he is work-

ing with. There are many higher spiritual guides. They are needed, they need to work with you and you need to work with them. Make a space in your energy field and you will feel the joy and love from the higher guides and teachers.

Shalom Aleichem. Amen. May your guide and teacher work with you. May you connect with Him in full light and love. May your consciousness be enhanced, and may you improve your abilities to do your life mission and your spiritual mission far beyond what you can even imagine. I am Archangel Metatron. *Shalom.* **Z**

Healing and Manifesting With Crystals and Stones

Jerhoam through John Oliver

What makes crystals and stones so special?

Crystals and stones are fruits of the Earth, so to speak. It is important to understand that every object produced from the Earth is a symbol. Therefore, we can relate to crystals and stones from this understanding as carriers of a higher intention for knowledge and directional energy. Each particular crystal or stone, furthermore, bears a unique purpose—a special and specific intention and attraction—to its energy.

Why are so many people attracted to diamonds? Diamonds have an extremely profound symbolism. Yes, a diamond is precious. Crystals and stones are special because those who adore them, those who love them, have made them that way. Yes, it is true that diamonds may have other energetic properties and significances beyond economic and status symbols. Such is true for all crystals and stones.

It is also true that at a level that is not just symbolic, so to speak, there is an energetic level to crystals. Every substance, every compound, every molecule has a particular vibration or resonance. When many molecules come together to build subatomic geometries, very specific but subtle resonances of vibrations are created.

KEY POINTS

- By using a crystal or stone with proper intention, you imbue it with significance and power.
- The way to use crystals and stones for enlightenment and expansion is to focus on them with your mental power, turning them into magical devices that will in turn enhance your inner qualities.
- When used correctly, crystals and stones can deepen your spiritual practice.

Some entities in the food world are quite sensitive to coffee or tea, and other entities drink coffee while they are napping. They sit in a chair, they nap deeply, they wake up for a moment, drink a sip of coffee, and go back to sleep—almost as if they are not affected for whatever the reason, because they are used to it or their particular quality is well-suited to the extra charge provided by caffeine. Likewise, with crystals and stones, some entities are more sensitive to the crystals and stones than others. There are some entities who will grab a wealth stone and just go about life and wait for wealth to come. But an intelligent entity will grab a wealth stone and use it in a practice to say, “May the qualities within me that can create wealth be nourished and realized, for I am the source of my own wealth.” Likewise, with peace stones: “I am the source of my own peace.” And with healing stones: “I am the source of my own healing.”

It becomes a facilitator. What makes the crystals and stones special? The significances given to them by those who use them—ultimately, that is a truth. They are beautiful. They are works of art. They are crafted. They are molded with a particular consciousness. Do they work? Yes, of course they do, if you understand how to use them. So be it.

USE YOUR INTENTION WITH CRYSTALS

How do they work?

The crystals and stones work according to intention. There is a very long discussion about this, but consider a crystal that has been given

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significance over a period of time and has an associated data bank that goes with it. For instance, for thousands of years, entities have revered diamonds. In your childhood, you understand that they are sparkly, valuable enhancers of position, lifestyle or love. A diamond can signify love, a promise, because of its density. Frequently diamonds are exchanged in the presence of a vow, and the diamond holds the energy of that vow.

Diamonds work according to the intention that is placed upon them. They also work energetically. Your bodies are being affected by everything around you. While your physical body may not sense the effects of the stones or the crystals, there are other body levels of your being that are being influenced and affected that you may or may not be tuned in to.

There are individuals who are profoundly affected by the subtle energy of meditation. Others will sit and meditate and say, "I am getting nothing from meditation. I am not sure what the point is." That is because the subtle bodies most affected by the subtle energies that are released in meditation are largely dormant in such entities.

Likewise, crystals and stones work primarily at these higher levels of human vibration to which all humans are insensate, all by intention or consciously directed energy. The power of the intention—of which the crystal is the symbol and channel—will generate, amplify or project a particular thought matrix within an entity's energy field or consciousness. So be it.

ENERGETIC COOPERATION IS THE KEY

How does one know which crystal to use and how to use it?

One can only know by making a special study of the stones and the crystals. You can also undertake an initiation into the meaning of a particular crystal or stone with which you intend to build a deep working relationship, rather than having casually bought it to wear as an accessory. Take the time to select it or know that it will come to you at an appropriate time. Then invest the time to cleanse it, pray with it and meditate with it. Finally, take an initiation with it—that is, have a "magic talk" with the object, wherein you open your channel and that of the crystal simultaneously to the Source, allowing your own energy to communicate with its energy as the light of the Source flows throughout both channels. This facilitates cooperation with the object.

Energetic cooperation is the key. If you hold an intention of significance with a crystal or stone, then your energy begins to cooperate with it. We suggest that they are part of a spiritual practice. There are many techniques—many techniques that have not yet been revealed because it may, on one level, be viewed as a science. All science that is evolving has a very strong component of art, so you might relate to it as an art. When using stones or crystals, consider all of this and work with much creativity, much sacred imagination, much inspiration and even, for some individuals in some moments, much revelation. So be it.

THE ENERGIES OF CRYSTALS ARE RELATED TO SOUND VIBRATIONS

How did ancient civilizations use crystal technology?

Many indigenous people today use the crystals and stones of their own regions in magical or shamanistic practices. There are ancient civilizations that specifically used the crystals as great generators in such ways that cannot be described in your current scientific terms, except to tell you what the technology could produce. If crystals are somehow made to cooperate with the Earth's energy—and the "somehow" is in the technology—they can do remarkable things. Crystals can create fields upon which there is sound vibration that could lift up a block of stone. They could create fields that are like highways of travel in which an entity in a physical body can actually travel, very much like the legends of flying carpets.

Those in the high ancient civilizations, those yet to be discovered by modern archaeology, could use these crystals as devices of telepathy, for the lack of a better word. The crystals can actually work with the contents and the minerals of your own brain, and in that be used as a type of telephone, a type of telepathic communication device. Crystals can be applied in a different way for those who have the ability to comprehend subtle communication. They have also been used as great tools for healings and surgeries.

There are so many applications that have not been reawakened, but the applications—so that you understand the general concepts—are energetic. They are related to sound. They are related to emanations and spiritual practices. This particular subject is vast and profound. It is very exciting for individuals interested in the subject intellectually to pursue it. So be it.

FOCUS YOUR MENTAL POWER ON CRYSTALS FOR ENLIGHTENMENT

How can we use crystals to enlighten ourselves?

"Enlightenment" means freedom and that you are at peace. May we suggest that you do an ironic practice? Many entities, having become in their own minds lofty in their pristine meditation and spiritual practice, will declare stones and crystals to be crutches, external devices merely amplifying the energy the user already generates, and of greater importance, they will assert that truth exists already within you, with or without them. So why bother using them?

That is true. But then why bother standing before the Sun and receiving its light? The Sun is a much greater entity than a quartz crystal. Or why bother drinking water? That is an even deeper invasion from the outside to the inside than meditating with a crystal.

The way to use the crystals and stones for enlightenment is to focus on them with mental power, making them magical devices to enhance inner qualities. Thus, without understanding a stone's properties, instead of using it to attract a boyfriend or to increase your wealth or to attract anything from the external wealth that you think is going

to bring you happiness, consider using the stones for inner practice first.

Any stone can be said to bring peace. Peace comes when you let go of what you want. So when the stone gives you what you want, you are at peace—unless there is something else you want afterward, and then you'll be in turmoil again. It can therefore be said that any stone will bring you peace if you dedicate it that way. We suggest consecrating and dedicating the stones most, most specifically. We always recommend writing a poem or paragraph that says, "I hereby consecrate this stone with the resonances of the following quality or qualities . . ." You read that, you've mastered that, and that object absorbs it. So be it.

DIGGING UP A ROCK AND GETTING A BRICK

How can we use crystals and stones for healing or increasing intuition?

If the stone, regardless of type, is used in a meditation practice, it becomes a sacred object of power. It facilitates the meditation in diminishing stress, and the released stress will allow increased healing. Meditation and the reduction of stress are underestimated as a practice. If you could reduce the stress levels in the social consciousness at large right now 10, 20 or 30 percent, that even translates into money. Why? You'll stop grabbing the comfort food. You will cease from having to see the doctor quite so often. You will cease from needing the external manipulations, because you are at peace.

That is the foundation practice within our mystery school. Dig up a rock and get a brick. A brick is a very profound and sacred relic symbolizing masonry and building, and a brick is even a canvas. You can mark upon a brick drawings of sacred symbols and place them within a house. Even a brick can be effective if you use it properly. Do you think we could create a very effective teaching called "Using a Mason's Brick for Healing"? Absolutely.

You can get very detailed with your temple by being there when the bricks are created, when they are molded and put together. What is in them? What kind of ground sacred dust could be within the bricks—and some can be placed within the bricks as well? Suddenly, a temple of spirit is built because you have constructed it with thought. A brick is a wondrous healing tool if used appropriately to reduce stress. So be it.

CLEAN YOUR CRYSTALS, CLEAN YOUR MIND

I've heard that some stones require cleaning. Why is that and how is it done?

All stones that are used in an inner active way or for inner practices require cleaning. Dusting and sometimes oiling them to remove physical debris are both good. However, let's focus more appropriately on clearing the debris of subtler and less material vibrations.

If a stone can withstand the extreme conditions, a very effective method of cleansing is to pass it through fire very quickly. You can use tongs to grasp it and pass it through fire with a prayer or mantra that you have predetermined.

Then it will be very quickly cleansed, because fire is very purifying.

Cleansing means one thing, which is to move energy out of an object that is not desired. When you dust a room, the dust is not destroyed but sent elsewhere. The concept is very simple. Why do stones require cleansing? Because now they can work more efficiently. When you clean anything as a practice, it cleans your mind. So it is not so much that you are cleaning a stone but that you're cleaning your mind. When you clean your mind, you are able to have less stress and you are able to cooperate more profoundly with the stone. So be it.

CONSIDER THIS AN ART FORM

What can we do to advance this technology?

Practice. Practice and wait. The technology will be enhanced more and more profoundly, and you will see extremes. There will be all of the entities coming out with all of the latest devices, the latest significances and the newest art form about stones and crystals. We suggest that in general you consider it to be like visiting a gallery. Art helps you to feel very well because it is pleasing. You appreciate it.

If someone is criticizing you because of your work with crystals and stones, let them criticize sculptors and painters. It is a particular art form that will evolve and go to new places. Yes, science will evolve and incorporate the crystals in ways that they are not currently being incorporated. That will simply come with time, unless you intend to become a nuclear physicist and learn everything there is to know currently. That is not impossible but very, very unlikely and boring for most individuals like yourselves because of the amount of time you would have to dedicate to it to the exclusion of everything else in your life. In the meantime, we suggest that you do not worry about evolving the science as a meditator. We suggest instead evolving the art. So be it.

THE POWER IS WITHIN YOU

What else is there that is useful to know about crystals and stones?

Remember, it is a truth that the power is within you and that you never have required a crystal to know God, to know peace or to create wealth. But we may also remind you that you never needed anything else outside of what already is either. There is no use served by placing crystals and stones into any special category of needing or not needing.

If you prefer to admire them as beautiful objects and enjoy their form, do so in great balance and in great context with the service of your work. Make the aesthetic function to channel light, and be conscious of this harmony. If your participation with crystals and stones in the great work deepens your spiritual practice, cultivating inner virtues and inner powers, and then inspires you to share the same with others through service, then so be it. But if they become a distraction from that work, bury them somewhere and dig them up later when you are ready to handle the balance. So be it. Most appropriate. **Z**

You Can Change Anything!

Merlin and Expanded Consciousness through Miriandra Rota

15 April 2010

Well now, let's take a look at what's going on in your life! Yes, there are those who truly enjoy thinking about the nonphysical, and of course, we are all enticed by the creative energies that flow forth from the conscious participation with the nonphysical. Yet in this day, let's take a look at what's manifesting as the result of such creating. That is, let's take a look at today and what's going on in your life.

I have a few questions for you: Are you happy? Do you like your life? Do you like what you do each day? Do you like the people with whom you associate? Do you have financial abundance? Feel abundance in love? In health? If the answer to any or all of those questions is no, then I'll ask you one more question. That is, what are you going to do about it? Ah! Now I have your attention, I'm sure. You see, my dear friends, you are so very aware and awake, and still you are unhappy in at least one of those categories. So let's get to the real answer to the question of what you can do about it.

You've heard the words that have been spoken for decades, those words that tell you that the physical is a direct result of your own conscious and unconscious choosing, your participation within beliefs and, of course, your statements to self and the universe. And perhaps you've discovered that such an awareness is not a blameful acceptance. More so, such an awareness can be and is most empowering!

You might be thinking that you can't go right into those old beliefs, choices, interpretations and foundations built on fear and survival, and clean house. But the great news is that you can! Imagine that, my dears! You can do anything, especially anything with your own self, your own thinking, your own beliefs, your own cause and effect, your own physicality, your own creative energies and your own conscious expansion into divine reality. If it has to do

with you, you can change anything.

START BY EXAMINING YOUR OWN LIFE

So let's get to it. Let's get to what you call the nuts and bolts of your own conscious choosing in order to make manifest in physicality the fulfillment that you desire. No, this isn't a "hold your mouth" or "hold your breath until you turn blue" method! It's the real thing. Ready?

The first step is realization after reflection. Now, don't groan about this; it's not that difficult or laborious. It simply requires you to examine your own life, to perhaps look a little more closely at those questions I've posed to you and your answers—those answers that are a little more than yes or no.

For example, if you realize that you are unhappy in your own life, take a look at that. How? Well, firstly realize that you've probably been feeling pretty sorry for yourself, not being happy. Now, feeling sorry for yourself is not a crime. What is it? It's a signal from your own human nature saying that all is for naught. But it isn't, of course.

So why not communicate to your human nature by simply saying something like, "I'm sorry about being unhappy. I'm going to change that now." I know you might think such a statement won't do much good; some of you might feel a little silly saying those words to your own self. But put aside those feelings that result from your own critical judgmental self and just give it a try.

That critical self can change too, my dears. That energy can shift and change its purpose to be one of being your own personal cheerleader, congratulating you on everything. In fact, why not speak to that critical judgmental energy, the pattern that examines everything that you think, say or do and searches for what you've done wrong or what you've done imperfectly. Why not change that pattern now? Here's how.

RELEASING YOUR ENERGY OF JUDGMENT

Just put yourself in a self-examining mode. You can easily do that by taking a look at yesterday's actions or inactions. Let yourself become critical or find something that was less than perfect. Feel what that feels like, my dears.



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KEY POINTS

- To effect change, you need to start by reflecting on and examining your life.
- You can expand your consciousness by entering the world of make-believe.
- As you feel what it's like to become that which you desire, you embrace your divine self.
- The energies and frequencies flowing forth in the month of June will assist you in this change.

Do you feel that tightening in your body and spirit? Now, before you let your mind go diving into what you can do to rectify any seeming imperfections, stop. Yes, stop. You are now in contact with that judgmental energy, that pattern that was birthed upon the foundation of fear and survival. Bravo, I say! Bravo!

Now you are ready to change that structure. Here's how. Here we go again with the dialogue that you might have felt a little strange about, but now you might be ready to really give it a go, as you say those words. Take a nice deep breath, and let it out slowly. Give these words a try. Later you might develop your own phrasing, but for now, give these words a try:

"Thank you, critical judgmental pattern and energy. You have served me well. You have helped me to become the most perfect being that I could possibly be. You have kept me from harm. You have helped me to discern my rights and wrongs. Thank you."

Now take another deep breath and let it out slowly. Continue in this manner, my dears:

"I am declaring your purpose to be complete—successfully completed—and I am creating another purpose, one that will assist me in an even greater way. The new purpose is to celebrate all that I do, think, say and effort within. The new purpose is to cause an uplifting in my spirit, in my consciousness and in my manner of viewing my own actions. The new purpose is to assist me to reside on and within joy, delight and happiness of spirit. This I do declare!"

Quite a mouthful, isn't it? Well, of course it is! You are daring to consciously change a long-ago created pattern and energy flowing. And yes, it's as easy as that! Now what? A little action. What's the action? Each time you feel yourself being critical of any thought, action or choice—stop. Stop yourself and tell yourself that you are complete with that manner of being. Cause yourself to find something about which to commend yourself. Do it. If you follow this suggestion, my dears, soon you will feel the direct results of the declaration of purpose for those energies that have been reassigned with something grand. And as you have the phrase, you can take that to the bank! Ah, what a phrase—the bank of your own creative consciousness. Now, that's a bank!

DECIDE WHAT YOU'D LIKE INSTEAD

Let's get to other ways of changing the way you experience your own cause and effect. Once you've reflected on the answers to my questions—once you've reflected on your own life—jot down on paper what you've discovered. You needn't write a book about it; just make a few notes

for yourself. What would the notes be about? Well, we are now getting to discover what it is that you don't like about your life. Remember, you aren't blaming yourself for anything. You're simply taking a look at the physicality of your unconscious choices.

The next step is the easy one. Simply decide what you'd like instead of that which is unfolding in an unsatisfactory manner. Keep writing down what you'd like instead, and while you do, ask yourself, "And then what?" That is, once you are fulfilled in the manner you are describing, then what would you like to experience? Continue in this manner until you have gone to the end of the rainbow. That is, continue until there is no more "and then what." You'll see. You have to take this action in order to know what's at the end of the rainbow.

BEGIN TO EXPAND YOUR CONSCIOUSNESS

The next step, my dears, is to really learn what is the best way for you to meditate or put yourself in an expanded consciousness. Now, some of you might be groaning, while others are perhaps saying, "Okay, now what?" If you are groaning, it means you haven't discovered how to expand your own consciousness. That's all right. You've probably been busy with survival—trying to make ends meet, as you have the words. But I'm here to tell you that if you take just a little time away from your struggling and practice what I'm about to tell you, you will most definitely discover some magic. You see, your few moments doing what I'm about to suggest will change your external world.

Here's a simple way to begin to expand your consciousness: Take a deep breath and relax a little. You might find that your mind is most active when you do this. You might find that your mind just simply will not stop going over the list of what must be done. That's all right. Let your mind do that while you do something else. You know that you can do more than one thing at a time; it's one of the survival techniques you've developed. So just let that mind go ahead and think and think, plan and plan. In fact, while it's doing just that, let's you and I do something else.

Take a deep breath, let it out, and make believe. Make believe that you are doing one of the following: sailing on the ocean, swinging on a swing, lying on your back and watching the movement of the clouds, sitting in a flower garden smelling the sweet fragrance, or any other similar pleasure. Just let yourself make believe you are there. Take a moment and do this while your mind is doing something else. Let yourself feel the feelings of pretending to be there. Maybe you feel the gentle wind upon your beautiful visage. Perhaps you hear birds. Just let yourself make believe.

I'm here to tell you that you have just expanded your consciousness. How about that! But wait—there's a further expansion. Here's the next step: After you've made believe or pretended and felt the feelings, just let yourself reside in that manner for a little longer. Then—ah yes, then—pretend again!

Pretend that you are so very familiar with the All That Is that you are on a first-name basis. Pretend that you are so accustomed to residing within the All That Is that you have a street named after you. Pretend, my dears, that you are the All That Is. You don't have to have all the facts and figures. Just decide to pretend that you are the All That Is and that you are flowing forth to take form as everything. You can do it, my dears. Just give it a try, and I will assist you. Remember, you're just making believe. Take a few moments, and go for it. Again, let yourself feel the full expanding of what might be the All That Is, just as you imagined the feeling of sitting in a garden, sailing on the seas, or watching the clouds drift by. In the same way, just imagine or make believe that you can feel the expansion of being the All That Is.

BEGIN TO FEEL YOUR FULFILLMENT

This is the last phase of this little experiment—my experiment with you to prove to you that it's easy to change your life. The last phase is this: While you are pretending to be the All That Is, while you are pretending to get bigger and bigger in your own conscious awareness, and while you are pretending that as the All That Is you are flowing forth as everything—here, my dears, you can use that developed tool of doing more than one thing at once.

Remember all the choices that you wanted instead of your unhappiness. You might even want to take a look at your list of "what you'd like" and "then what." Now, here's the clue: While you are pretending to be the All That Is, also pretend that you are easily becoming all of those things and ways that you said you'd like. Pretend that your essence easily flows forth and becomes that which you desire. Remember, you're just making it up, pretending, making believe, playing.

This is the very last part: Feel what it feels like to become that which you desire. Just let that joy and delight fill you, thrill you. Keep going with it until you are it, until you are feeling yourself to be so fulfilled that there just isn't any more "and then what." Keep going, my dears, until you are perhaps weeping with words of gratitude to your own divine self, to you as the All That Is.

Yes. You've done it. What's the rest? Go about your day and pay attention. Take whatever action feels right to you, feels joyful. Listen to your inner cheerleader. And each day, take a little time to proceed with expanding your consciousness. You already know how to do it; you're a master at your own consciousness anyway. You're just learning a different participation.

Oh, and remember to thank your thinking mind for becoming so involved with plans and lists of things to do, all while you were pretending, playing and expanding your consciousness! Yes, remember, my dears, it is the thinking mind that incarnates through beliefs and patterns that which is called the All Knowing. But, of course, that's another topic. I am most fond of you, my dears! Call on my assistance any time. I am Merlin.

Message from Expanded Consciousness: Feeling the Energies You Have Created

It is a great pleasure to be speaking with you in this manner, for there come forth upon your planet of Earth those vibrations and frequencies that are in full support of that which you call divinely incarnating fulfillment of being. As lightbeings, you have been parting the seas of survival for what you call a very long time. You have been efforting to maintain your own knowing of truth, even in the face of glaring untruth that begged you to succumb once again to survival. You have dared, beloved ones, to continue to expand your own abilities to know truth and its path within the illusion of separation from the whole. And you have been doing everything you can in order to assist suffering humanity to release its grasp on fear and survival that it might truly awaken. You have done and are doing very well.

You have felt the shifting occurring. You have discerned the lessening of oppression, oppression lessened even within the hearts and minds of the suffering. You have believed the lessening, even when the cries for help have increased and your heart has ached for your own inability to save humanity from its suffering.

Beloved ones, there are those in the nonphysical world who have been observing your efforting, your expanding of consciousness and your knowing of truth. They have not only been observing, but they have been breathing a breath of love, of truth, of wholeness of being on and within you. They have been breathing the same into that which is called mass consciousness. Further, there are those in the nonphysical who have breathed a breath into the suffering, to assist it to loosen the foundation of fear and the illusion of aloneness or separation from the whole of All That Is.

THE ENERGY AND FREQUENCY OF CHANGE

There flows forth now upon your planet those energies and frequencies that during what you call the month of June do assist you to change. That is, the energies, which flow forth on your many requests, do then assist not only the suffering masses and their yearning for fulfillment of releasing from such suffering but also you personally to shift and change, to expand your consciousness further and to recognize the fullness of all that you are and are becoming.

You have heard those words before, we are most certain: "to recognize and become aware of all that you are and are becoming." Yet we also say to you that, you are most capable of creating and residing within total peace as a direct result of fulfillment in all manners of being. Perhaps you will reflect on those words for a moment?

The energies that now are able to not only flow forth to you and your planet of Earth but also into the conscious knowing are energies that are of you, for you. Hear these words: Long ago did you create these energies and frequencies. Long ago, before you did enter this lifetime, before you did enter this journey of discovery within the density of matter, you did create these energies resting upon the purpose of delivering to your own self—and thus to the whole—the joy of fulfillment, the full knowing of wholeness of being while incarnate, and the consequent abilities to make manifest that which resides within your full knowing of totality of being within truth. This you did create, beloved ones, as what you might call in today's vocabulary a gift to your own self, knowing that such a gift, when received, would be a gift within the whole.

You could perhaps think of this gift as the All That Is breathing itself within all of creation for the sole purpose of experiencing delight of truth incarnate in every manner possible. This you did create; this you are ready to receive. The most glorious nonphysical beings do now deliver such energies and frequencies in answer to your long-ago request and purpose.

Z Z Z

We are blessed in the speaking of these words, carrying to you those messages that long ago you did request to come to your being, heralding the approaching frequencies and energies! These, then, are those words that you called forth. Blessed are we in the knowing of you. We are Expanded Consciousness. **Z**

Discovering Appropriate Faith

Onereon through Jeff Michaels

As above, so below. With the world in a state of great change, do you have a personal faith in a balanced future for the family human? Do you feel that you have a place of peace waiting for you? Are you pursuing your own spirituality and ethics in a faithful manner?

FAITH REQUIRES VISION

It is said that faith is an assured expectation of realities not yet seen. This means that there can be no such thing as blind faith. Faith requires vision. It is the ability to see past current difficulties and move toward a time when problems have been solved. Faith is a form of optimism. It allows you to see the optimal outcome regardless of current realities.

Faith is not fantasy, a hopeful wishing for security and abundance. Faith is rooted in reality. It is a vision of reality not yet seen. The further from reality your expectations are, the less real is your faith and thus the less appropriate.

KEY POINTS

- True spirituality and faith lead you to envision a future based in love, joy and peace.
- Faith involves a belief in yourself first, and then you can become a source of faith for others.
- Faith isn't something you possess but is rather an energy you use.
- With faith, you can visualize the future in an entirely new way.

Recorded history demonstrates that the family human and the Earth itself have faced many difficult times. Whether it is societies out of balance, clashes of cultures due to errant belief systems, or ecological and geophysical challenges, there have been many times where danger was a common way of existence. However, there have been far more times when life on the planet is peaceful and abundant. Despite current societal challenges, you exist in an extremely pleasant and prosperous time of Earth's history.

There will come shifts in the near future, and for many this will appear to be a fulfillment of ancient words poorly interpreted. They have what they feel is a form of faith that great suffering will occur for those who do not share their beliefs. This is an inappropriate faith. It is a faith not grounded in reality but rather based in fear and a desire to strengthen a weak system of religion.

True spirituality approaches the future with a vision based in love, joy and peace. The adherents of true spirituality are noted for their abilities to be kind, patient and mild. It is not based on a vision from the past. It is rooted in a strong vision that the future can be and is being created today by each and every individual alive.

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BECOMING A SOURCE OF FAITH

Faith is a belief in yourself first, an acknowledgment of your own value to receive what you need. It is also an acknowledgment that you can tap into higher energies to receive what may not be easily available to you. Remember always that you are an aspect of the Source of the creative energy of the universe.

The universe does not exist to destroy itself. That is not a reality that can be observed. The universe does exist to create and diversify. The universe never stops creating; it never takes a rest. It is a universe filled with experimentation and variety. A simple walk through a garden or forest can demonstrate that as reality. A glance at a globe showing the variety of climates or a visit to a zoo will demonstrate the very real concept of constant creation.

Do you believe in your ability to create a future for yourself? Do you believe that you not only have access to this possibility but that it is a reality expected of you? To be a person of faith, then, you must first believe in yourself. But it is larger than just a belief in yourself. Appropriate faith is a strong belief in humanity. It may be an easy thing to feel cynical about the current state of human action, but faith does not always take an easy path.

In the near future, there will be events that bring humanity together in a common goal. Those who are already in a state of optimism and willing to join together with others will find themselves in leadership positions. Having faith in yourself and those around you will strengthen others' abilities to put their faith in you. In this way, you may become, not just an aspect of Source energy but a source of faith for others.

Do you speak in a manner that demonstrates faith now? Do you speak of reality? We add a caution here: This is not a position of superiority; this is a position of service. Look to your current leadership and ask, "Who is serving the greater good, and who is seeking or promoting divisions?"

SEEK OUT A BALANCED FAITH

Faith is a power, an energy. You act in faith. Where can you best place your action? Act in appropriate movements to support continued growth and knowledge of Gaia. Without Gaia, you have no home, no direct source of energies.

This does not mean that you need to engage in protesting against things that may appear to be harming the planet. A peaceful person is not actively seeking to go against anything. A peaceful person, one who acts from a spiritual basis, will always seek to work for growth and balance. There may be times when acting in a stopping energy is necessary, but those times are far fewer if more people begin acting in a progressive way.

Acting in faith is acting as if the optimal vision of the future is already in existence. It is the creation of a reality that benefits *all* of the family human. The details may shift and alter as time passes, but the principles sought will be attained.

It is said that faith without works is dead. We say again, faith is not fantasy. Do not rely solely on faith. Action coupled with faith is an appropriate and powerful use of energy. In your personal life, it is better to create for yourself than to constantly ask for assistance. If you are in need and find you must ask, first ask, "What can I do to provide for my own needs? What path is available to me to add balance to the universe rather than take energy from it?" In this way, you demonstrate that you possess the vision of abundance.

ACTING IN FAITH

Appropriate faith is a balancing. Source supplies, but Source energy also creates. You are an aspect of Source—you create. There are times when Source adapts energies to balance other aspects of Itself. How can you duplicate this natural action? How can you adapt your own energies to balance yourself? It is this self-reliant attitude that will assist you in personal growth. It is having faith in oneself that creates strong individuals, undivided ones.

To have a belief in something unseen or unexperienced by others is a private form of reality. To seek to proselytize others to your personal reality is to demonstrate a weakness in your own faith. Your belief within yourself should be enough. To do otherwise is to invite division within your own heart.

The action of trying to adapt others' viewpoints to match your own is a seeking of outward confirmation. It is an attempt to prove what needs no proof. The greater the number of beings who follow a specific dogma or system, the less thought is actually going on. It is an abdication of individual responsibility for one's own spiritual connection to Source.

There are many who speak of faith as something to possess. We tell you again that faith is an energy that you use. It cannot be kept. It can be private, but it must be acted on. If you say you have faith and take no action, then this indicates that the strength of your belief in yourself is weak. Your confidence in your own perceptions of the future must hold great value within you or they can be of little value outside of you.

This is not a judgment, only an observation of reality. If you are unhappy with what you see currently, have faith in yourself that things can and are changing, and that you have a say in the matter. Build your self-confidence by placing small tasks for yourself. Place an element of faith in your ability to do something that you have never done, and watch how greater opportunities to express faith will appear.

Faith comes from your intellect but is powered by your emotions. It is an intersection between the realm of spirit and the physical realms. It is where the future begins. Create an optimistic attitude within your own mind. Look for ways to see the future in an optimal way. Focus on the qualities of true spirituality—love, joy and peace—and this path to your future will grow naturally within you. **Z**

Finding Your Purpose in Joy

Sarrinn with the Ancients through Daniele DeVoe

Welcome, lightworkers! For so many of you, there is a strong impression of connection with your soul, your higher self, your guides, the ascended masters, the archangels, even the divine, and this is glorious!

For most of you, this connection is centered around moments of focused intentions, which take the form of meditation, prayer and contemplation. Some of you connect quite consciously while you walk in nature, whether it be woods, beach, mountain or even your own yard. Some of you connect in the wondrous flow of healing waters that you enjoy as you shower. Some connect through the written word: journaling, automatic writing or the teachings of one of the many wise masters writing their truth for others to experience. Now, dear masters, it is our intent to help you learn to feel the connection, trust the connection and love the connection 24/7.

COME BACK TO THE UNDERSTANDING THAT EVERYTHING IS GOD

Are you aware that you were born into each of your human incarnations without purpose? This is why whenever we are asked through the vehicle that is our channel the very popular question, "What is my purpose?" we giggle and respond with, "What would you like it to be?"

Many are shocked when they are told that Source has no other purpose for you than to live in joy. That's it—simple and quite unconditional. This means that Source's definition of joy is "whatever makes you joy-filled." It doesn't matter to the divine what your choice might be, from service and volunteer work to living life as a couch potato, from living a healing path to becoming a soldier or even a mercenary, from pursuing natural foods and health to living with addiction and self-destructive behavior. Source only wishes that you live in the joy that you want.

In these unusual days of expanded and more direct access to the energies of enlightenment and ascension, it is fair to

say that every soul in physical expression on your planet today is seeking (consciously or unconsciously) unity. The teachings of the past have brought so many to a level of understanding about the process that they are happy to be part of the opportunity of your shifting world but confused by the rules that have been part of the teachings until now. Recently we were told by a seeker that she was very lovingly and persistently turning inward to her own inner being and asking for guidance and energy to assist in her awakening. She was having some good results, still her findings were quite inconsistent and difficult to maintain. She had been taught to "seek within, the kingdom of God."

Yet haven't you been learning that *everything* is God? Haven't you been opening to the reality that unity happens as you align with all the different aspects of you and also aligning with All That Is? Doesn't this mean that it is also completely feasible and even appropriate to seek your answer outside yourself too?

If you only seek within, you are creating duality. You are disconnecting from everything you have manifested outside yourself. We agree completely that if you are using your sacred heart center as a portal to All That Is, you are practicing exactly what we are suggesting. Are you doing that? And as you go into your sacred heart center and move through the portal to the All, are you including your own inner space too?

Yes, we agree that this is a bit like splitting hairs, but it is also the fine-tuning that many of you are looking for and just barely missing. Come back to your understanding that everything is God, and let go of the worry about seeking the divine as an inward or outward journey! It is simply the journey.

JOY IS SOMETHING YOU CHOOSE

So how do you know if you are living your path and evolving toward your joy? Do you remember the definitions given by Lazaris many years ago of happiness and joy? Happiness is the fulfillment of your needs; joy is the conscious fulfillment of your preferences. By definition, most modern societies are filled with people experiencing happiness. Their everyday needs are being met, often quite well. But how many people do you know who are consciously experiencing and



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KEY POINTS

- You are born into each of your human incarnations without purpose—or at least for no other purpose than to live in joy.
- In order to experience joy, your active participation is required.
- By sending out energy, or your resonant signature, the universe will flow similar energies back to you.
- When you feel love, you establish connection with everything around you.

taking action and participating in the fulfillment of their preferences? Joy doesn't come to one by accident; it is a conscious choice. It is the result of some action on the part of the person realizing the joy.

If the purpose of Source is for all the children of the divine to live in joy, this means that two things are true. First, God, Source, the divine, is actively participating in your achievement of joyful life because this is the consciously fulfilling preference of Source. And second, your active participation is required in order to receive the results.

Do you get excited when you realize that God is actively working to help you live in joy? We hope so! Why? Because God never fails. Yes, some humans take a little more time and patience to convince that joy is an option, but God never fails.

As to your part in the process, all you are asked to do is to consciously participate. What does that mean? It means you are asked to do something that you understand to be in the direction of your joy. We love to evolve the old adage "Let go and let God" to "Let go, let God, and take action!" Of course, this concept does require that you know and understand what your preferences are. That might be a valuable question to ask yourself during your meditations. If you ask and don't get an answer, continue asking until you do.

If you are dedicated to giving service, please realize that what has just been presented is this: *everything is God!* This means that everything in existence in your world and beyond is God. This means that everything—including you—is God, and God never fails, which means that you cannot fail, will not fail, will live in joy. It's simply a matter of when.

It's NOT WHAT YOU DO BUT HOW YOU DO IT

There were two words written upon the lintel of the entrance to the great library of Constantinople. They were "Know Thyself." One of the primary teachings of the mystery schools of Ancient Egypt was: "Know Thyself." Even the dictum of the Delphic Oracle was: "Know Thyself." You would probably be surprised at the number of people living today who have no idea what their preferences truly are, and because of their lack of understanding, most of them simply accept the preferences promoted by parents, teachers, politicians, clergy and even advertisers.

If you haven't already done so, we suggest that you take some time soon to realize that your joy does not come from the next gadget you buy or the next meal you eat. It comes from the health you feel even if it only exists in your dreams, the taste and smell of delicious and nourishing food, the people you share your meals with, the shining Sun and the nurturing rain. When you get truly honest with yourself, you realize that it wasn't where you went for your last vacation or how expensive or popular that place was. It was how you felt while you vacationed. It's not what you do for work; it's the self-respect and inner peace that come from doing your job well. Another way to phrase it is: It's not what you do but how you do it.

This morning when you awoke, did you scramble from bed in a desperate plunge into your day and your need for survival, or did you take a moment to collect your thoughts, give thanks for your sleep, and set your intention to live well and lovingly throughout the coming day? Collecting your thoughts grounds you into the day fully. Most people simply hit the floor running—is it any wonder they feel disjointed, disconnected and stressed? Giving thanks for your sleep sets you up to sleep well the next time and acknowledges the healing resonance of your rest.

It doesn't matter if you slept on a soft down-filled mattress or in a cardboard box. Give thanks for the sleep that helped to restore your energies, rebalance your mind, and free your soul for the work done each time you release yourself from consciousness. Probably the most important effort to make as you awaken to your new day (or night) is to set your intention for the coming time period. What do you wish to add to the world's resonance today? Hope? Love? Peace? Harmony? Joy? Passion? Creativity? Patience? Compassion?

You are absolutely welcome to scramble out of bed, curse your continued exhaustion, and decide that the day will be awful even before you begin. There is no punishment for doing so—none at all! But this series of energies absolutely do set your resonance, your resonant signature, and the law of attraction will comply by flowing similar energies directly to you. This isn't a penalty; it is the answer to your prayers! For what is prayer? It is a thought, and a powerful prayer is a thought enhanced by emotion. So what are you praying for today?

BE CONNECTED TO EVERYTHING NOW

We stated earlier in this channeling that we would like to help you feel your connection with the divine continually. The way to do this is to stop reaching out to something amorphous, idyllic or separate. The way to do this is to be connected to everything now. Some masters chant the name of God perpetually, and thus they feel connected. Some seekers meditate on the glory of the universe and witness the oneness of all. Some great souls tend their gardens; nurse their babes; create works of art; manufacture tools; offer counseling, healing and instruction; or simply give hope with their words. And they do these things in such a loving way that they feel connected to something more.

As we have asked you many times before and through many different channels and venues, do you feel good? If so, we congratulate you, for you are certainly on the right track and in full alignment with the purpose of your own soul and with the divine! If you don't feel good, don't judge yourself. Simply shift your thoughts and purpose to those that give you joy.

We are amazed at the number of people who believe that they must have difficulties or study their problems in order to evolve and grow. This is simply not true. Yes, you can evolve and grow from problems and difficulties, but

you can also evolve and grow from joy and love and peace. Which path you take is a matter of choice, and it is your resonance that makes that choice.

Have you ever wondered why you set the intention for greater success and yet fall into deeper failure? The answer is your resonance—not karma, your resonance. Have you ever wondered why some mean people are wealthy? The answer is resonance—they understand and hold the resonance of prosperity. When a politician wins an election despite all predictions, study those elections. Wasn't that candidate the one who was talked about the most? That attention drew the results. That attention set the resonant signature of the entire electorate. If you want to heal the political structure of a nation, talk about issues, hope, healing and change, and you will change history.

The next time you sit to meditate, rather than rushing into it with disjointed thoughts about squeezing enough time out of the day for ten minutes of contemplation, try just relaxing and feeling love for yourself, your family, your pets, your life, your neighborhood, your country, your world, your guides, your God/Goddess. As you complete your meditation, continue feeling love for all of that and more.

In the simple act of feeling love for all of that, you will feel your connection. As you feel your connection and maintain it, you will feel loved. Did you know that everything done by humans—good, bad or indifferent—is done simply to feel loved? It is their conscious preferences. It is their joy. It is the purpose of their souls. As you consciously live and fulfill that purpose, your resonance lifts perpetually and you ascend. Outrageous! Namasté! **Z**

The Structure of Your Energy Is Changing!

Amma through Cathy Chapman

13 March 2010

Good afternoon, dear ones. It's wonderful to be here with you in this way. What I wish to say to you is based on what all of you are going through lately in your own particular way.

WAVES OF ENERGY HAVE BEEN COMING INTO THE PLANET

As you are probably aware, there are waves of energy that have been coming into the planet. They are having the effect of surfacing discordant and low-vibration energies. All of this is to be released. This began in the 1980s and is gradually happening more and more. You have had technologies that have assisted in bringing light to the darkness. This has been in many of the scriptures: that there will be light that will bring illumination to the darkness so the darkness can no longer hide in shadow.

The waves were gentle. They started with your Harmonic Convergence. There were energies coming in earlier, but the Harmonic Convergence is when people became very

aware of them. Now the waves are coming in more strongly, and they will be increasing.

Think of it in the sense of clear, clean water coming into a dirty pan. The channel likes to talk about the rice pot she burned one time. As the clear water goes in, you scrub. With all the debris coming up, the water looks darker. It seems like it's worse. It's not worse. You just see all of this burnt stuff coming up. Let's take this burnt stuff as the low-vibration energies caught within you. When you quit scrubbing and clear it all out, the darkness goes away.

One of the main resources of technology bringing events and institutions to light is your Internet. In just an instant, you can have something that was hidden brought to the awareness of many people. You can use your Internet as a metaphor for life. People are using the Internet as a way to attack people of the light, to attack those who bring the truth.

Your news media now has been filled by a low-vibration energy in which it takes great glory in "bringing things to the light," even if it doesn't know it is darkness. It will take something that is no one's business—for instance, your actors and actresses who really have nothing to

KEY POINTS

- Waves of energy have been coming to the planet and are increasing in intensity.
- This light is stirring up all those discordant and low-vibration energies before beginning to clear them out.
- As you release, you are effecting healing and change.

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do with your life except that they play a role in a movie for entertainment—and twist everything that happens and vilify those actors or actresses because of their own sense of needing to have power over someone. That's what happens in the entertainment industry.

Do you remember when the Olympics were in Atlanta and there was the precious being, hired for temporary security, who found a bomb in a wastebasket? He cleared the entire area and prevented hundreds of deaths. The news media and your FBI immediately went after him as the villain. They essentially ruined his life and hastened his death. In case you do not know this, he is no longer in the physical. This incident was totally about people twisting what they think is truth due to their own inflated egos. They do not recognize the love, the light, the gentleness that is in people. They cannot accept other people doing something they should have done. For instance, the FBI believed they should have found the bomb; instead, they struck down this man who was totally innocent. This was shown later when someone confessed to planting the bomb.

Think of how you bring the macrocosm to the microcosm in your own life. You all do this. When you see something and you may not want to recognize the truth in it, you twist it in some way in your mind. It could be that someone has pointed out a failing to you. I want to say that they are not really failings, but they are learning experiences. Instead of taking in the criticism—which is, in truth, a low-vibration energy (when it's done with love, it's a higher-vibration energy)—you try to find a way to make it untrue. Every human being has a tendency to do this when they're unhealed.

YOU ARE MORE OPEN TO THOSE HIGHER-VIBRATION ENERGIES

Going back to the analogy of the water coming in, as the light is pouring forth and the higher vibration of energy is resonating throughout your system, all of these places where you are defensive—all of these places where you want to deny the truth of what happens, where you want to deny your part in the difficulties in relationships, the difficulties within the Earth, the planet—all of these denials are being vibrated out of you, shaken out of you. These low-vibration energies present themselves in the form of tremendous, tremendous emotion. For some of you, it takes you into deep depression. For others, you go into raging anger. Others go into numbness, and others go into physical illness. This happens to all people in very different ways. As the light is being shined upon everyone and you are looking at your truth, the truth of who you are in this incarnation—not who you are truly, as you are beings of light—the truth of how you have created yourself with your faults and failings, it is normal to not want to look at that truth.

You have this happening now with major corporations and with the government. You have it happening in small corporations and small businesses. You have the whole concept of power coming up in a huge way right now, and it's a

perverted sense of power. Look at your corporations, at your government. Look at what is happening in your health-care industry. There is this tremendous movement for the pharmaceutical industry and allopathic medicine to eliminate anything that is not of them. You do this in your own way in your own life—in your own microcosm. That's what I want you to examine. What they do and what you might do also is to take a little item of the truth, twist it and blow it up into something unrecognizable.

Since you have chosen to be on the spiritual path that you are on, you are more open to the energies that are raising you to light and love, to that higher vibration. You are open to those energies because you have made that decision consciously on your soul level. It is like you made the decision to place yourself in the stream of a fire hose coming at you. As you can imagine, being in the water streaming from a fire hose can hurt. You made this choice so that all your low-vibration energy, all of the pain and suffering you thought you had finished with, and all of those residuals can be washed out of you.

THIS IS WORKING TO CHANGE THE STRUCTURE OF YOUR ENERGY

You may feel despairing and hopeless right now because you see what is happening on this planet and you see what is happening with the people who surround you, with your corporations, with your governments, with people who say it's going to be a certain way and then it's not. You see all this happening, and you begin to think, "It isn't working. All of this energy is coming in, and yet it isn't working." Dear ones, it is working. You cannot clean the burnt pot without loosening and releasing all of the darkness, all of the low-vibration energy.

I'm going back to the microcosm now. Look at the pain coming up within you, especially emotional pain. The one I speak through had to confront the depths of some emotional issues that have been with her since she was an infant. That is happening with you also. You say, "I have done tremendous amounts of work, and I'm still right here, struggling, trying to remember that I am love and still struggling with releasing anger (or fear or depression or anxiety)." I know it feels that way to you, my dear ones. It is not true.

You are releasing it on the deepest level of yourself. You are changing the structure of your energy and of your foundation. Think of it this way: Imagine having the foundation of a house where the concrete is mixed with something that would deteriorate the cement. So here you have the house sitting on this foundation that is deteriorating. You have to take out whatever is causing the deterioration.

Let's say there is a wonderful technology that wouldn't destroy the foundation but would cleanse it deeply, very deeply. That is what's happening with you. You have a foundation in your energy that is built on false beliefs of incompetence, imperfection and powerlessness. Think of your worst beliefs about yourself that you wish you didn't have.

If you were gathered in a room together, would you be able to look into each person's eyes and declare from your heart with assurance, "I am the power and presence of God. I am love incarnate"? Could you look into everyone's eyes and declare that without flinching, without thinking you're being a liar, without thinking you're telling a falsehood?

When you feel that sense that you're not being truthful, especially when you're traveling this wonderful path you are on, and you do something you judge as not resembling Spirit in any way, shape or form, you think you've failed. Dear ones, you haven't failed. What has surfaced is "stuff" that got mixed in with the perfection of you. It is there for your removal. The energy is helping you to do that if you'll just open yourself up and then release.

Think about wanting to tan your entire body. You would have to take all of your clothes off. I'm talking about lying out there in the sunlight or on the beach where everyone could see. You actually want to be that transparent in the spiritual realm so that everyone can see you, and the truth of who you are is apparent. With the energies coming in, they are vibrating you like the earthquakes you've had that have shaken out and loosened the earth. That is what is happening with the imperfections you decided to experience in this lifetime. It is time for them to be released. They can't be released unless they are freed. They have to be released. That is what is going on with you and with everyone else.

YOU ARE BRINGING HEALING TO THIS PLANET

The waves of energy are becoming more intense. You feel this intensity. Many people believe all will change in 2012. All will not change in 2012. The energies will become even more intense. There will be a change within those of you who have done your work.

Let's say that you were in Chile or in Haiti when the earthquakes occurred. Your job as a lightworker is to hold the space of love during the time of agony and pain of others. Even as you are witnessing suffering, which is abounding in those places and is even worse than anyone here knows, you would be able to be there in that pain and suffering, preventing it from affecting you on an energetic level and radiating light, doing what you could to help those who are in need—and accepting at the same time that those who are in need created their lives exactly as you did. It's not something you need to understand; it's something you only need to accept. It's important that you realize this.

Those of you who choose to listen to the news or read the newspapers know that everything you see in conflict shows you the negativity that is coming up as the light is being shined on all. This is also true for those people who say they bring the light, and then you discover they lied. They are actually bringing darkness.

Much you are doing on your spiritual path, even if you think it's just a small amount, you are bringing healing to this planet. The newspapers and the television news do

not contain the truth of what is truly happening in this world. What is happening, my dear ones, is that the light is becoming more prominent. People seem to have no interest in good news. If you were to go about and look for everything good that is occurring on this planet, you could write far more about that than you could about what is not good.

Not only is this clearing having an effect on you emotionally but it is having an effect on you physically. Some of you are struggling with things going on in your bodies that don't make sense. Some of you are struggling with the question, "Why have I done what I feel is everything right spiritually, yet my body is facing an overgrowth of cells"—or a deterioration of joints, and so on—"or my eyes and hearing are changing?"

Just know that, yes, those things are happening. Continue rejoicing in the creation of those things that are difficult for you. Rejoice in the creations because you created them. In addition, see them as a symbolic representation of what is happening within the planet and to other people on the planet.

As you release the emotional low vibrations within your body, there will be a physical reaction in the physical body. Some of you are releasing what allopathic medicine calls tumors. Just know that you can bring this into balance. As you release your emotional issues trapped within what is called a tumor—what I prefer to call an overgrowth of cells—you can bring balance by delving into that overgrowth of cells, talking to your body, to your body-soul, and saying, "What's the emotion buried in here that I need to release? What's the wound here that I need to heal?"

That is what you need to do. That is your journey. Be it physically, emotionally, mentally or spiritually, for everything that's happening that you don't like, that feels uncomfortable to you, ask, "What is it that I need to heal here? What is it that I need to release here? What do I need to replace with amazing and grateful appreciation?" That's my short message to you. Are there any questions?

A DECREASE OF NEGATIVITY IN YOUR DAILY LIFE

Amma, will there come a time when we will see good news being reported and a shift in all the negativities?

You would think that would be a yes-or-no answer, wouldn't you? You will not notice it in the news. Where you will notice it is in your daily life. You will notice that people are smiling at you more. As your vibration rises, people sense your light, even though they can't see it. You might have the experience of walking through a store and having people just smile at you when you might not have previously had that happen often.

Others will sense the light-ness within your being—and I'm using "light-ness" in both senses of that term. They will sense the joy that is coming forth from you, and they will respond with a smile. You'll hear more of what people are doing to help others, but in the news, you might only see little items. Remember that the joy is within yourself.

THE VEIL OF FORGETFULNESS IS THIN

Amma, I'm wondering if the veil of forgetfulness is going to be lifted any time soon or even in our lifetime.

What you are experiencing with the new children coming in is that the veil of forgetfulness is very thin. If you are in a relationship with one of these children—a grandchild or niece or nephew—or you're a teacher, if you watch them and are connected with them through your heart source, heart-to-heart, their energies will actually teach you how to lift the veil within yourself. As you work with these energies, you will find your forgetfulness lifting more and more. How will you identify this? Most importantly, you'll feel more joy in your life. If you are reading a newspaper, you will see and read all of these things that happen to people that sound so horrible, yet within yourself you will still feel joy, not at their tragedies but knowing that this is totally an illusion.

Some go into pain, suffering and agony because people have left this planet. Being on the human level in the third-dimensional vibration, they think how horrible it is that these hundreds or thousands of people have died. Where you are and knowing what you know about life, rejoice that these people have finished their roles in this particular movie they chose. Part of their roles was to trigger within you something of wisdom, of knowledge, of how you can help—and that is to expand you. You can actually celebrate that they have completed this lifetime. It's like when you've finished a good movie and you applaud. Of course, if you do this out in the general world, you might be castigated.

AWAKEN CHILDREN TO THE POSSIBILITY THAT THEY CAN BE MORE

I have a question about these new children, because my husband and I will be at a summer camp where we're teaching children magic, how to come into a sense of their higher power. I'm asking for your advice for what we should be focusing on.

The first thing you can do is to be sure to connect with each of the children heart-to-heart. What type of magic will you be teaching them?

We teach all the magic we can learn: shamanism, herbal healing and so on. Anything we can figure out how to do, we'll teach them.

One of the things to do in tapping into them—and this is what the Harry Potter books did—is to awaken in the children the possibility that they can do more and be more. Those of you who are adults on a spiritual path and who read the Potter books, did you not feel possibilities awaken within you, that there is a way within you to get in touch with your power? That's what to do with these children.

You can emphasize to them that they are powerful beings and what they have to do is to find out where the power is hidden. The universe has hidden power in many places. For instance, take the power in herbs. You can tell them how different industries have found the power in the foxglove plant, for example, and made a drug called digitalis. You can talk about the oneness of the herbs and how, when you're in that oneness, there are not the same side effects as with the drugs.

With shamanism, what you're going to be doing is actually reminding them, depending on their age, of how much travel they actually do in their imagination. The national school system in the United States has decided that it will stamp out imagination, that it will stamp out creativity. In case you do not know why, people who have no imagination and no creativity do not know how to think. They do not know how to say no. They do not know how to be individuals. And they do not know how to do something different or opposed to your structured governmental system.

As you are teaching them magic, teach them the magic that is within their own bodies and their own energy. Teach them how to sit on a rock and touch a tree one hundred yards off with their fingers, to feel the textures of the leaves and the bark. Teach them how to listen and communicate with the animals, with the bugs, with the trees—to hear the vibration within them. Teach them how to hear the Aum that is underneath the entire foundation of the planet.

TIMES OF REMEMBERING AND NEW ENERGIES

Amma, would you explain the new energies coming in and the dates, if there is any relevance to them?

The dates are actually manufactured by people who want to have numerological dates, and there is a resonance and vibration within the numerology. The whole purpose for the dates on a higher level is that they provide a focus for human beings who are dualistic and have to be focused on a time. This is how you are on Earth. It may be different on another planet, but this is how you're made for your journey on this planet.

So, yes, there is a particular vibration with a date. If you publicize that date, everyone focuses on that vibration. In truth, the energy is coming in continually and on a stronger level. What happens when everyone focuses on a particular date is that it assists the energy in bumping people up to a different level. Does that help, or is there something else you'd like to know?

I'd just like to know if it's going to get any easier for us.

No, that wouldn't be any fun! It will not be easier for a little while. There will be times when you'll do a great deal of releasing, and then you'll plateau. She's been in a place of joy the past few days and she kind of cringed when I said it wouldn't get easier, and that's the humanness. There will be times of remembering. You'll remember the oneness and feel the joy, and that gives you a break. Then there will be energies coming in that will release other things on a deeper level. No matter what happens, go into a place of appreciation that all is a gift assisting you in becoming who it is you truly are and removing that veil of forgetfulness.

But doesn't the veil serve to protect us in some way?

It does several things. If you don't have the veil, then you can't play the human game. So in that way, it protects you. It would be like trying to be fully in the game of base-

ball if you also have football on the playing field. The veil protects you from knowing who you are and provides you with a positive and a negative, the duality. You couldn't fully enjoy this life if you knew that you could always be in touch here with who you truly are. You can't play the role if you don't have the veil.

What will happen is that the veil will become thinner. It will not lift totally until you leave this body, but it becomes thinner as you get glimpses of your self. Some of you are starting to work with your Adam Kadmon. The more you work with your Adam Kadmon, the thinner the veil gets.

MUSIC ACTIVATES YOUR INTUITION

Recently I asked you about a spot on my solar plexus, and you said I had a hitchhiker. Working on that threw me into a major situation where I started channeling more. As you know, I play the violin and I keep getting this buzz that moves from string to string. Yesterday I awoke from a dream state and I saw a rift that was maybe the back of my heart. I asked it to be seen, and then the violin was fine. Today the violin is back to a little buzz, and it's always around a C. Is there some role this is playing to teach me something?

Let's put it this way. What if you actually decided to create something like that because the violin music is so important to you?

I think it is.

What do you mean, you think it is? Do you not still enjoy music?

Not like I used to.

What would your life be like without music?

I probably wouldn't have one, so there's no way that can happen.

That's right. It is part of you. There are some people who can do without music for the rest of their lives. You cannot. But you're feeling detachment and you're wondering if you don't care anymore, if it's not important anymore. When I asked you what your life would be like without music, you said that you wouldn't have one. That tells you how much music runs through your cells.

You know more than most people about how tones run through the energies of your body. You would recognize more than those who are not musicians what Aum truly is and what toning does, because music is so much a part of you. It is ingrained in you. It is in every one of your encodements; your whole life is geared into it. It's not true of all musicians, but it is true of people like yourself that your intuition is going to be activated in different ways by music.

What you are experiencing is a new way of choosing to communicate with yourself and to become aware of things. So ask, "Why are you doing that with this student? What is it that I need to be aware of?" You used this earlier as a way of healing for yourself. Is it possible that what you are being shown is something in the student that needs to be healed?

I guess. I feel like I'm doing that every week with them, so this is just a longer process, I guess.

Yes, it is a longer process. What's happening is that, from the depths of your heart and from the depths of your soul, you are discovering more. When we talked about this before, it was about how you used music for healing and the different things you write for certain people. This is another way that it's manifesting: musical vibration, tones. You can use certain notes and tones to assist in the healing of other people.

The energies that are coming into this planet can be an example of music, because music is vibration and frequency. Music is tone. It will resonate within certain people. If you have one of your students when this is happening, just connect with that student's soul self—you can ask if that's allowed—and ask what it is you're being asked to do. For instance, do you need to take this student on a particular musical journey so that those vibrations can release something and bring healing to the student?

It's hard. I was just in Tennessee with this violin, and its reaction to this group of people who definitely needed healing was that it came completely unglued. I had to spend all my time tuning. So I just put it in the case and offered love to these kids, and the violin got back to normal by the end of the day. Is the violin showing me the state of things?

Yes, the violin is showing you these things in a very physical way. That is frustrating, since it is your tool. Remember this: The violin itself has a soul. Just like you have a body-soul, the violin has a body-soul. Start talking to it. Find out what it means when it becomes unglued versus when the strings come loose. Is there a difference in the vibration? What if something happens to the back of it, to the frets? What does all this mean? Remember, not only did you create it this way, but this is an example of your vibration rising. Another question you can ask is, do you need another violin of a different vibration?

FOLLOW YOUR INTUITION

I want to throw something out there. I've been struggling with a problem with my knee for at least a year. I've come across someone who has the idea that the knee, the hips and my core are unstable and need to be stabilized, and the scar tissue in the knee needs to be broken down because it's interfering with that. This has given me thoughts about things to have my encodement technicians help with, but I'm also going to go work with this person on that. I'm all excited because it feels like it's time to do this now, and then I began second-guessing myself not to. Do you have any thoughts on that?

Of course—I always have thoughts. When you have something within you that you get excited about, that's your intuition, your soul self giving you a direction. When you have the doubts come in, that's the mental part of you saying, "What if I make a mistake? What if I'm not right on this?" When you have joy and excitement deep within you, you can tell the difference between your inner knowing and superficial thoughts that occur.

Just to point out, when you are talking about needing to strengthen your core, think of intuition/core, trusting yourself/core, self-love/core. Think about those parts of you. What is the core? Think about that. My blessings to each one of you. **Z**

Seeking Enlightenment: Expansion in the Aftershocks of Change

Master Djwhal Khul through Kathlyn Kingdon

Beloved students, I greet you this month as springtime embraces the Northern Hemisphere and autumn hugs the Southern Hemisphere. Is it not a glorious matter to witness the seasonal shifts on such a beautiful planet?

Remember how important it is to not only notice Earth's seasonal beauty but to offer up the energy of your appreciation to behold such exquisite magnificence. This would be a good time to check within and see just what is taking a spring rebirth in your own life. Since you live on this planet, it is always productive to create one-to-one correspondences between what is evolving on the planet and what is moving and evolving in your own life. That way you validate the planetary process through your own experiences.

RECENT SEISMIC ACTIVITY AROUND THE PLANET

Expansive beauty is not the only thing occurring on the planet that may be capturing your attention currently. Since last month's article, significant earthquakes have been reported in Los Angeles (March 16); in Los Angeles, Baja California and Mexico (two on April 4); and in Northern Sumatra, Indonesia (April 6). How interesting the global shifts are proving to be! With her tectonic plates rearranging themselves, it is somewhat like Earth is getting a chiropractic adjustment, is it not?

Seismologists are paying close attention as subterranean plates continue to adjust and readjust. During the first week in April in southern California alone, 136 earthquakes, ranging between 3.5 and 5.3 on the Richter scale, have

occurred. One of those on the Mexican border did register at 7.2, which constitutes a notable event. Of course, many more earthquakes occur that fall under 3.0 on the Richter, and these are not considered newsworthy events. [For more complete information, go to: <http://earthquake.usgs.gov/earthquakes>] I think most of you might be surprised at just how active Earth's plates have been lately.

For example, much of the quaking is happening under mountains that are volcanoes. Alaska's Mount Redoubt is one such mountain, and it remains to be seen if she will soon become a pressure vent for Earth. Some of you might remember her most recent eruptions, which occurred in late March of last year, or her multiple emissions that occurred in 1989–1990. What you may not remember, however, is that on the same three to four days of Mount Redoubt's activity in 2009, another volcano (this one blowing from under the sea) erupted off the coast of New Zealand, blasting smoke, ash and steam some 15,000 meters above the water's surface.

It is interesting to note the symmetry Earth manages in such episodes of natural energy release. Releasing pressure simultaneously in both Arkansas and New Zealand likely lessened the devastation that could have occurred at a single eruptive site. Here is another interesting piece of coincidental symmetry: April 5 brought news of a flooded coal mine in China that threatened roughly 150 miners, killing some of them. April 6 brought news of a coal-mine explosion in West Virginia that took the lives of 29 miners. The incident in the mine in China happened as miners broke through a wall, opening the side of a large underground reservoir of water, which rushed into the mineshaft where they were working.

These miners were held captive in the watery cavern for eight days and could only sleep by using their belts to anchor themselves to the posts supporting the mine tunnels.

KEY POINTS

- Recent seismic activity around the planet reflects the changes going on in your physicality and consciousness.
- Earth is demonstrating that the sum is always greater than its parts.
- Discovering your whole is a profound and meaningful process that we can see reflected in the journey of Naropa.
- You cannot draw balance and equanimity from the world but must contribute it instead, thereby creating your own stability amid all the chaos.

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For the West Virginia accident, no cause has been given for the explosion at the time of this writing, but you will likely learn that negligence and disregard for the safety of the miners will be cited as the problem. It might be worth your while to examine your own inner world, checking to see what part of your inner life might correspond to the outward experience of the subterranean prisoners of these mines. Just see if there is some correspondence to some aspect of your own life.

IT'S IMPORTANT TO PAY ATTENTION TO THE PLANET AS A WHOLE

In times of profound shifts, it is important to pay attention to the planet as a whole. If you do so, you will glean a deeper understanding of Earth as a living entity. While it is tempting to focus only on the given locale in which one primarily experiences, with a more expansive view it becomes obvious that all events combine to create the planet's body of experiencing. If you are to grasp the purification process that is now unfolding on the planet, it becomes imperative to see, know and recognize the complete picture rather than honing in only on a miniscule portion of the vaster experience.

Thus as one earthquake takes place, it not only becomes a triggering site for another energetic release to occur somewhere else on the planet, but it also becomes a bracing point for Earth when the next site responds to the reverberations of the prior event. In this way, balance can be stabilized even though there is great shifting in the subterranean plates that support Earth's surface. There is probably a lesson here for application to the personal process as well as that of the planet.

Similarly, when hardened volcanic domes give way to the pressure arising from within the Earth, one event may trigger other events. As in the case of the volcanic activity cited above occurring in March 2009, the Great Mother may find release from multiple sites at the same time. While the tectonic activities of 2010 have certainly been impressive, awakening global attention, in truth reciprocal—and perhaps balancing—earthquakes occur daily. While most of them are too slight to be felt, periodically Earth will demand the attention of her human offspring by making sudden, sometimes drastic shifts as Earth's tectonic plates meet, collide, slide and mash against each other. Once again, there may indeed be a lesson here pertinent to one's own spiritual path.

Many such planetary activities take place very gradually, unnoticeable on the world's surface. However, when one considers the immense weight of these great rocky plates, it should be obvious that tremendous stress can build between them as natural actions occur. When this stress or subterranean pressure is suddenly released, the movement sends massive vibrations, or seismic waves, hundreds of miles through the rocky substrata of the planet. These forceful vibrations not only rise up to Earth's surface, they spread outward in a 360-degree circular pattern from the event's epicenter as well. While this phenomenon can be quite terrifying and completely overpowering when a big shift

happens, the dynamics of pressure, stress and reaction are not so different from those that occur in the human psyche. Indeed the phenomenal world can teach much about the psychological domain.

The same might be true in your physical body as well. This is why I mentioned earlier that earthquakes are somewhat like the planet receiving a chiropractic treatment. As those of you who see chiropractors know, when there is pressure created in your spinal column due to pressure or torquing of the vertebrae, often the release of that pressure when the vertebra are correctly realigned can feel wonderfully freeing to the body. In a similar manner, the pressure releases gained by shifting tectonic plates offer a similar relief for the planet.

EARTH CHANGES ARE REFLECTED IN YOUR PSYCHE AND EXPERIENCE

So you may be wondering, what does all this have to do with you, a spiritual aspirant seeking spiritual completion? In truth, you are a microcosmic reflection of Earth, and it is quite possible that you are experiencing some rather interesting shake-ups in your own continuum as well. You are not separate from the process that is unfolding on the planet; you are part of it. To an extent perhaps even greater than you may recognize, you are a vehicle through which the Earth process is demonstrated, even accomplished. Thus this is a great time for you to examine closely what levels in your own psyche may be experiencing some type of redefinition as Earth redefines herself.

As this year of purification continues, you can expect numerous expressions in the conventional reality to manifest that are clearly in need of purification. But further, you can also expect to witness both individuals and groups arising to confront the out-of-balance places within the collective experience of a planet in creative progress. When that which has become the status quo is outgrown by the many, conditions will arise that foster change at multiple levels. Ultimately, this is a positive step forward, even though the process itself may provide instances of both individual and collective uneasiness.

As you witness these transformative moments at the larger level, it is a good idea to pay attention to how they may be reflected in your own personal journey. After all, changing the planetary process can only happen when larger and larger numbers of individuals open to change within their own psyches. Indeed, as each individual changes the mindscape in which he or she functions, the experiential environment for the person shifts as well.

Just as was taught by the great Atlantean teacher Thoth, the external landscape manifests in direct correspondence to the internal landscape. Indeed it was Thoth who initially taught the axiom that the whole is always greater than the sum of its parts. If you carefully contemplate this amazing truth, you will discover that there is a profound mystery at play here. While this can readily be seen at a purely physical level—certainly you would

agree that a functioning car is greater than a pile of all its parts—when consciousness is added into the mix, the result becomes even more profound. Since consciousness cannot be defined by its many parts per se, a consideration of the whole becomes much more expansive, even imbued with limitless possibilities.

This is truly a time when Earth is demonstrating that the whole is greater than the sum of its (or her) parts. For those of you who are serious about your own transformation, this is a great time to “piggyback” on the purification and transformation that is going on at a global level. You might want to spend some time considering just what are the particular parts of your own consciousness. How do they come together in the creation of your own path, and where do they have difficulty in reflecting the greater whole—your true nature?

If you have areas wherein your heart and your head veer off in different directions, this might be an area wherein your whole might be amplified if the parts could come together. Or do you find that you experience areas wherein your knowledge is vaster than your ability to demonstrate that knowledge? For example, many people know better than to let anger take over in their relationships. Yet for all that knowledge, they are unable to demonstrate a life—or relationship—free of anger. Once again, this is an area where the whole could benefit from the parts coming into greater alignment.

FOLLOWING THE PATH OF NAROPA

Do you have a sense of what your whole might look like? If not, it is nearly impossible for you to actualize that whole. Clearly the discovery of your true nature is a profound and meaningful process. It is your spiritual practice that will guide you in that magnificent discovery. But even though such is truly a discovery, it is still a good idea to have your road map ready for the journey. You can hold great confidence for reaching your destination because many great beings before you have made the journey and gained the destination. They not only comprise your cheering section but they provide remarkable examples to both inspire you and to point you in the direction of your goal.

Who are the great powerful lineage holders upon whom you rely to provide stability for your mind during periods of apparent instability on Earth? Do you think of someone, say, like the great Naropa? His example can be amazingly comforting to aspirants today who are seeking to live a balanced life in a world that often seems devoid of balance. Of course, equilibrium can only come from within the person who seeks it.

Trying to draw balance and equanimity from the world at large is, in fact, impossible. One can only offer equanimity to the world, not harvest it from the world. Those who want the world to provide comfort, stability, personal reward or deep meaning will always come up empty-handed. Rather, look to those who were able to manifest the qualities you desire. Allow their examples to continually inspire you to greater

accomplishments, and cherish the fact that they discovered liberation from the confines of the conventional reality.

Naropa is indeed a powerful example for the current time, and you may even want to read his biography, *The Life and Teachings of Naropa* by Herbert V. Guenther. In reading Naropa's story, you will discover that his journey bears a number of resemblances to your own. Like you, he was searching for balance and enlightenment, but he was unable to draw those profound states from the world. You may also discover similarities between yourself and Naropa in terms of creating a viable relationship with a spiritual teacher. Further, if you pay careful attention to your own mind, you will discover that Naropa's process of mind transformation is much like your own. Perhaps Naropa's direct experience of emptiness—the true nature of everything—will provide some helpful parameters for you as well.

Probably like your own, Naropa's journey begins with his confusion. Often it is some kind of confusion that generates a desire to find and follow a spiritual path. In the end, Naropa found his way, which means that you too will find the way to your own enlightenment if you persist in the quest. Naropa, like all spiritual aspirants, was called to drop his ego, or that sense of “me-ness” that compromises the ability to cut through illusion. Indeed it may even seem that such is the very task Earth is asking of her faithful at this time. Clearly, greed, corruption, deceit and power battles would not exist without the presence of the all too familiar, perhaps glorified, me.

The wisdom gained in learning to drop the ego is truly profound. You may have noticed that those who are not wise to the ego's tricks often indulge a habit of laying their own “trips” on others. This is true whether the illusion be of a positive or a negative nature. To the instigator or holder of an illusion, the “trip” seems real. If you or others upon whom they seek to perpetrate their illusions are confused, you will not be able to see through the illusions they perpetrate. If you are honest, you may even find that the harder you try to establish the functional parameters of an illusion, the more confused you become.

Like Naropa, spiritual aspirants today all seek answers to life's deeper questions, explanations for the appearance of mysteries, definitions and reference points for the spiritual journey. The problem, however, is that most of the time you and others look for static, fixed, concrete structures for reference points rather than something fluid. In the end, these will all fail you just as they failed Naropa. Like many of you, he was completely attached to his mental concepts, and his attachment prevented him from seeing things as they really are. In his journey to mastery, Naropa underwent twelve stages of mental purification through profound and unsettling visions, although he did not understand this at the moment he experienced them.

Naropa was one of the greatest scholars of the eleventh century. He was born a prince, was highly educated, and eventually became the abbot of the prestigious Nalanda

University, perhaps the greatest university of its day. Here, scholars, teachers and students from many areas and religious backgrounds came to share their knowledge, study different traditions, debate the philosophical principles on which great traditions were founded, and hopefully, become wiser for the journey. Through his position and privilege, Naropa viewed himself as being highly respected, intelligent and a person well in control of his good senses. Through his spiritual trials, however, he learned that even his great knowledge was insufficient to gain him access to mastery of the greater mysteries. He found that even his acute sensibilities proved inadequate for building and sustaining a transformative relationship with his spiritual teacher.

Naropa, like all spiritual aspirants, discovered that the spiritual path is fraught with many mazes that must be negotiated or spiritual puzzles that must be solved. It turns out, however, that the apparent mazes in which one may get completely lost are but confused mental systems put forth by the ego. While the world in Naropa's day may appear to be quite different than that of today, the spiritual journey is no less filled with mazes of mental confusion now than it was then. Naropa did not know the term, "global village." Naropa did not have immediate access to events and circumstances arising all around the world as do you. Still, for all the apparent differences, something remains quite the same.

Observing the world today, one can readily make a case that assembling the sum of the parts in the outer, conventional reality is much the same as assembling the parts of one's own psyche. Studying the world, it is easy to see the many mazes and puzzles that are now arising for collective solving. The mazes Naropa encountered in his spiritual journey can today be seen in the collective or global journey as well as in the personal journey. Naropa had to cut through the aversions that arose for him in the twelve mystical experiences he underwent. Likewise, each of you must cut through the aversions you may hold both to the world as it is—or at least now appears—and to other sentient beings you encounter along the way.

FINDING ENLIGHTENMENT IN ALL THE INSANITY

Like Naropa, you will likely discover that hidden within all the worldly confusion lies some kind of craziness that is not confused. There is some kind of sanity hidden within all the confusion and insanity you observe at the hands of the politicians, in the arisings of the reactionary masses, or in the turbulence of a planet in transition. Your task is to find that sanity and recognize the potential it offers for all the various levels of applied craziness. Let me give you a hint here: Generally speaking, confusion arises when you and others try to deal with life—and all its apparent institutions and reference points—as if it were something fixed. From a spiritual perspective, this is a type of insanity.

When you observe the chaos so abundant in the world, you can readily observe the kind of shared insanity that brought about the conditions you now must face. Indeed it will take a collective application of both wisdom and

knowledge to create a better world for those who follow after you on this planet. Like Naropa, you will want to use all the collective sensibilities of the human race to ensure the presence of the planet's richness for future generations: adequate water, rejuvenated soil, clean air, pristine beauty, abundant potentiality and so on. Yet since you are on an inward journey as well, you may want to apply what you are learning about mazes and puzzles in the world to facilitate your personal journey.

In the outward journey, I am sure you will have ample opportunity to witness the arising of all kinds of insanity. In fact, it is already amazingly abundant. While there is likely more to come, it is appropriate to begin distilling wisdom from that which you have already experienced. Remember, often what appears to be insanity can turn out to be enlightenment. We could look at Naropa's case and say that perhaps his problem was that he was *too* sane—at least in a worldly way.

In Naropa's case, a type of insanity was needed to give up the offerings of his ego—the logical arguments and mental concepts on which he depended. Spiritually speaking, such mental constructs can be stumbling blocks to enlightenment, for they overengage the analytical mind, bypassing the input of contemplative mind. What Naropa needed was the "insanity" of contemplative mind. Now, fortunately, this kind of insanity does not require the giving up of ordinary sanity; rather, one must only learn to step beyond it into the field of contemplative mind. It is probably a good idea to acknowledge that you may not truly understand what is sane and what is insane. Clearly, you have concepts about sanity and insanity, but perhaps those concepts prevent the kind of open-mindedness that receives enlightenment.

When you look at the results of earthquakes and volcanic eruptions, you might observe an apparent wave of confusion, perhaps insanity, following in their wake. Whether that wave arises in the psyches of those afflicted by Earth's process or from those who move in to help with the cleanup, pay attention to the confusion that arises. Then see how the confusion you experience reflects the confusion spreading throughout the world as systems and institutions reel in the wake of the shake-ups that are arising. Look within the confusion to find some kind of craziness that is not confused. This is the part of the collective experience waiting for recognition that may open a door to an altogether new planetary experience.

Can you discover a kind of expansive insanity? As you know, most types of insanity are anything but expansive. In the normal psychological sense, conditions that qualify for insanity are contractive, not expansive. The insane individual's inner world becomes smaller and smaller, perhaps more and more paranoid, until there is no room for anything but the psychosis. The kind of insanity that marks the mental regions of enlightenment, however, is much different. Here we search out the kind of insanity that understands the "sound of one hand clapping," as the old koan goes.

RECLAIMING STABILITY

The ego mind is terrified of expansive insanity, and it will use some kind of other-directed fascination to snap you out of the zone should you come near it. As the mind approaches the openness of expansive insanity, observe how it becomes fascinated with something that stops the process. Naropa became fascinated with Tilopa's teachings. His ego felt a bit superior at the possibility of being able to receive tantric teachings from the great master. When he became trapped in his mental fantasies and fascinations, Naropa ended up trudging for months to find Tilopa. Yet instead of finding his teacher, he found the disturbing visionary phantoms that disturbed and confused his mind.

The same thing happens for spiritual seekers today, particularly when the spiritual path is used to escape from the responsibilities of taking part fully in life. Some folks like to "tune in"—as in a daydream—to spiritual beings or spiritual fantasies, but not in a way that is instructional or empowering. Rather, these internal activities are pastime distractions and offer little, if any, real spiritual depth. What they may bring, however, is an escape from mindfulness and a denial of the present moment. Should you find yourself entering this interesting territory, watch out! You may be inviting a personal earthquake or volcanic eruption within your own psycho-spiritual regions!

As the planet quakes and erupts, what is the state of your mind? This is the real question for the dedicated spiritual aspirant. When your mind trembles and explodes, how do you reclaim stability? The Buddha taught meditation to stabilize the mind. Robert Frost offered that one could "choose something like a star"—in his poem by the same name—to stay [one's] mind on and be staid." Whatever you chose to "stay your mind on"—be it the example of a great teacher, the priceless instructions of a spiritual master or a star—just know that nothing will serve you better in quaking times than a stable mind.

As participants in the spiritual purification movement now unfolding, you are not mere observers of this process. You are part of an ocean of consciousness that will trigger the seismic waves of transformation, and will anchor the needed stability for the planet to undergo the changes that are now manifesting. What an amazing privilege to bear witness to this remarkable planetary process and to participate in the dawning of a new global reality. While these changes will not happen overnight, great shifts are not only possible, they are in progress. May Earth's "graduation" be seen and celebrated by all sentient beings, and may the flow of healing blessings never cease. I bless you and share your great love for Earth. **Z**

Earthquakes: What's Shifting Now?

Master Kiraël through Kahu Fred Sterling

Hopefully this session will change the way you view earthquakes. The Earth plane is in a volatile period, as it is closing in on the great shift in consciousness. It is in shifting mode, so expect stronger, more focused earthquakes than you've experienced in the past. Some lightworkers will be caught in these earthquakes, and they must remain calm and stay away from anything that can fall on them. You might say, "That makes sense, Kiraël. Why would you tell us that? It's

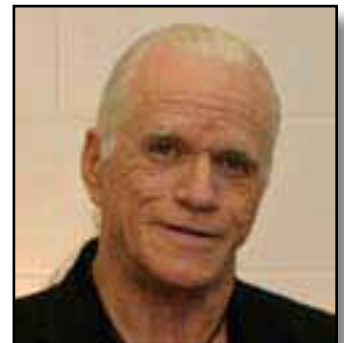
common sense." Well, it might make sense to you now as you're sitting in your home or office because your earth is not shaking now. But if it suddenly started shaking, what would you do? You will have mere seconds to decide what you will do. You are spiritualists, and we need you here for the shift, so be prepared if you're in one of those areas that is "quake prone," so to speak.

Ninety-eight percent of you listening to me [or reading this] will never experience earthquakes; however, if you're in the 2 percent who will, remember to keep your wits about you. I told you in a prior session that you have ninety seconds to change the energy of fear into love. Use those ninety seconds to get that message of calm-

KEY POINTS

- "When Mother Earth's bodies are out of alignment, yours are as well. When the earth shakes, cleansing takes place on the physical plane first."
- "If you don't help Mother Earth regain what she has lost, you will have to fight your way back to alignment."
- As spiritualists, you can lessen the impact of the current earth changes through meditation.

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ness to your brain daily. Turn the volume down on your left brain and give your right brain the action. The right brain can access your higher self and go beyond it to your omnibrain much more quickly than your left brain can. Practice this exercise daily to keep balanced and centered in love. That way, when the earthquake happens, you will be primed for calmness.

Scientists will tell you that earthquakes occur when Mother Earth releases tension in her upper crust and mantle. Yet you have to ask what causes that tension. That tension is caused by the negativity built up by the actions of the human population, especially young souls. Such negativity creates the geological conditions that make certain areas vulnerable to earthquakes. In some instances, these so-called natural disasters are human-made. Nonetheless, an earthquake is a natural occurrence even when it's human-made, because nature gets involved.

Earthquakes are not a bad thing. They are a natural and necessary occurrence that brings about planetary cleansing. Mother Earth's beautiful body process knows what it needs to do, and it does not question itself. It just does it. It knows it wants to survive. It also knows that if you are a spiritualist, it will go around you. Of course, you can't just call yourself a spiritualist. You must practice your spirituality.

As far as the level of destruction is concerned during this shifting period and as devastating as earthquakes may seem, their effects have been lessened by technology from the other galactic realms. That technology can disperse the released energy more evenly over a larger land mass, or it can contain the energy in a smaller area or steer it into areas that are not so densely populated. That should be enough information to get you thinking, so I'll take your questions now.

MEDITATE TO ALIGN WITH EARTH MOVEMENTS

Were the recent earthquakes in Haiti and Chile subject to interference from other realms?

Indeed. Did you notice that the earthquake in Haiti was concentrated in the capital city? Haiti is a small island. Although the death toll was high, much more death and destruction could have occurred over a larger land mass. Did you also notice that the earthquake in Chile, although a magnitude of 8.8, had proportionally fewer deaths than the quake in Haiti, which was a magnitude of 7.0? Moreover, the epicenter of the earthquake in Chile was located in a sparsely populated area. Some people in that area barely felt the quake. Yes, your galactic brothers and sisters lent a hand in leveling out the destruction, but once Mother Earth is pushed, she can't turn back, so these earthquakes could not be prevented. They could only be lessened.

Scientists are saying that the earthquake in Chile actually moved the city of Concepcion ten feet to the west and shortened our day by a micro-second. Would you elaborate on the effect this has on the four-body process?

Earth is a sentient being, and like you, it has a four-body process—spiritual, mental, emotional and physical.

Earth humans vibrate at the same rate as Mother Earth. That's the only way you could be here. So when Mother Earth's bodies are out of alignment, yours are as well. When the earth shakes, cleansing takes place on the physical plane first.

Mother Earth's physical body takes a beating from the negativity she absorbs from the poor treatment she receives from humans who pollute her waters, cut down her forests, and create and engage in wars and so on. She shakes to cleanse herself of that energy. When the physical body of Mother Earth shakes and, as a result, is moved an inch or even a quarter of an inch, it has a profound effect on all the bodies. So you can imagine the impact a ten-foot move has on the Earth's other bodies. When the Earth shakes, its emotional body is its driving force—its emotion is in motion.

Earth's physical body is what the human walks upon; hence, the human body is always part of the Earth's physical presence. Since you vibrate to the rhythm of the Earth, it is logical that when Mother Earth changes, you must change. Although as a spiritualist, you may not have that much negativity on your physical body, if you do not change with Mother Earth, you will struggle, because you will be out of alignment with her. Your emotional body, which is just outside of your physical body, is the most important journey here, because that's where the love is. A daily practice of meditation will help to get your emotional body centered in love when Mother Earth's emotional body is active.

As concerns the time lost as a result of the earthquake in Chile, that quake was felt in the northern part of the Americas up into Canada and as far as Greenland. The entire Earth shifted, and the time you lost will not be regained until you find a way to get realigned. That could take a year or more.

As spiritualists, you can align with the Earth by meditating. Meditation is one of the best tools to help you deal with the resultant loss of time and alignment. If you don't get aligned, you will find yourself out of balance. Meditate at least a half hour every day. For those of you who have a difficult time meditating, you can light a candle and look at the flame for thirty minutes, repeatedly saying, "I'm in meditation." Your body will go into meditation mode, and you will be profoundly moved. By this simple exercise, not only will you eventually regain the lost time, but you will also reclaim the space, those ten feet or so that Mother Earth moved. If you don't help Mother Earth regain what she has lost, you will have to fight your way back to alignment. You will do things you know aren't right. If you meditate and the people around you do not, you will have an advantage.

THE GREAT SHIFT IS COMING

Are earthquakes essential to our shift into the fourth dimension?

Earthquakes are not essential to your shift, but they'll occur anyway, because they are essential to the Earth's shifting process. At the moment, you're in the third dimension, and the fourth dimension is just above you.

The fourth dimension is more expansive than the third dimension. As the fourth dimension moves closer to the third dimension, the third dimension will experience rumbling and disruption in the form of earthquakes and other natural disasters. The fourth dimension repeatedly moves closer to the third and then backs away, because the Earth plane isn't populated with enough spiritualists at this time. Mother Earth needs more light. So the fourth dimension gets dragged in, but it always bounces out, because the nonspiritualists outnumber the spiritualists. Some time in the future, enough spiritualists will be awakened and the great shift in consciousness will be overpowering, which means the Earth will move into the fourth light. The third dimension will expand from the inside out, enabling it to move into the fourth dimension, where everything will be much nicer.

Earthquakes are inevitable, because they are about the Earth shifting and you shifting with it. The Earth will shift before you do. Those spiritualists who go through to the fourth light will do so after Mother Earth.

MEDITATION CAN MAKE A DIFFERENCE

What can we do to lessen the impact of these earthquakes?

You can do the same thing you do to regain your alignment with the Earth. Raise your energy through meditation. As spiritualists, you should be able to control everything in your environment, but you are in your mind too much, so you believe you have little or no control. You haven't been able to turn these weather patterns around, because you think they're too big for you to handle—emphasis on *think*. You're not strong enough spiritually. Most of you don't meditate, and when you do, you can't sustain it. To make meditation more palatable to you, perhaps it should be called something other than meditation. Go to your higher self and tell it that you don't want to be stuck in your 10-percent brain. You want to go to your 90-percent brain. You will feel your strength build.

Start by practicing with a candle. Light a candle, bend your head to the right and watch the flame turn with you. Then go back to the center, stop and then go to the left and watch the flame turn left with you. Tip your head a little bit and watch the flame go with you. How does that happen? It happens because you're a spiritualist, and you have the power to move the flame. If you can't make the flame follow you, don't give up. Keep practicing until you do it.

If you meditated regularly and knew that you could control your environment, you could collectively control the water when a tsunami is headed your way after an earthquake by going to the ocean in your mind and easing the waves out, moving them back by talking to them. Check with Dr. Emoto. He knows that water responds to your communication. Check with Gregg Braden too. He knows how to pull the photon into him and press it out again. That's how you lessen the impact.

You are in control of everything that happens in your life, including an earthquake, a tsunami and so on. If all the peo-

ple in that tsunami in Indonesia practiced meditation and had embraced their power, they could have turned around and said, "No more, no more, back down, back down," and they might have gotten wet, but they could have prevented the destruction that was caused.

When enough pure spiritualists are on the Earth plane, they can turn these weather patterns around. Every spiritualist, no matter how long you've been one, must understand that you are not your physical body. You have the power to cause an earthquake to go past you, to move on both sides of you and miss you altogether.

ACTIVELY PREPARE FOR CHANGE

Would you explain the energy of the Ring of Fire?

The spiritualists in the center of the Ring of Fire—about a few hundred thousand in total—are strong enough to stem the tide of the energy of that area.¹ Mother Earth shifts in this area, and you couldn't stop her with a freight train. Again, as spiritualists, you can lessen the impact through meditation. Mother Earth will continue to shift in this region, and as she does, she will eventually reach up into the fourth dimension and move her body into it, and everything in her path will be subject to her love and her light.

How do those of us who are sensitive to the earth changes prepare ourselves so that we are not physically affected?

When you are sensitive to an impending earth change, you must prepare yourself for the change by telling yourself to get ready for it as soon as you feel the foreboding. Ripple your energy out in waves that compete against the waves of the earthquake energy, and you will be protected. Instead of preparing yourselves for the earth changes, you spend all your energies trying to protect yourselves, and you aim your energy inside. Aim your energy outward, not inward. Those who are sensitive to the earth changes but are unaware of what to do about it will be a little bit behind the curve, and those who are neither sensitive to nor aware of the coming earth changes will get caught in the energy field and suffer the aftereffects: anger, disloyalty and anything that's not good for you.



I have had insufficient time to tell you all that I know about earthquakes—Mother Earth's way of shrugging off negativity that has been built up over time by pollution, fires, deforestation and the negative energy of souls. Spiritualists, unite and ease Mother Earth's burden. It is in your best interest to do so. You not only live upon her beautiful physical presence but you also vibrate to her rhythm. So meditate and have faith. If you really had faith, you'd never have another problem. Having faith comes down to love. Love Earth enough to heal it and you. **Z**

1. More information about the Pacific Ring of Fire can be found at en.Wikipedia.org.

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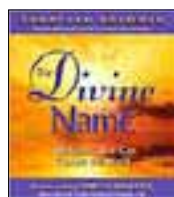
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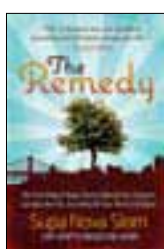


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PREDICTIONS

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.

Timely Revelations

Stephanie Clement

On June 26, we will experience a partial lunar eclipse that presages a total solar eclipse in July. For some people, especially those of us with planets in the same degree as the eclipse in any sign, the date marks powerful moments for thought and for change. This lunar eclipse occurs at 4°46' Capricorn, so any of you with planets near 4° of any sign may feel its effects most strongly. With Pluto at 4° Capricorn all month, the eclipse sets off potential drama in a big way. Souls may face inner conflict as Pluto seeks to transform our thinking and, more especially, our spiritual natures. With the Sun opposite the Moon, we may feel strong imbalances that demand adjustments so that we may regain more solid footing.

Remember this: Pluto reflects transformational change and may not indicate destruction. I have found in my life as a Scorpio that Pluto reflects changes I can almost always go along with. Uranus transits feel more disruptive, and Neptune transits feel doubtful or unclear. Pluto transits are clear, self-evident indicators of necessary change. This eclipse represents a moment of change in which we can perceive the beginnings of a new phase of soul development. We may feel separated from close associates, either temporarily or permanently, as we enter this new phase. That feeling itself will resolve as we move forward.

The long-term Saturn to Pluto square we have felt since November of 2009 directed attention toward transformation of personal power. We have seen personal and social challenges during the first part of this year, and we have each sought to meet the spiritual demands related to leadership roles appropriate to our unique soul paths. Now the eclipse in Pluto's position points to future astronomical events from March of 2012 to August of 2013 when the Moon will occult (eclipse) Pluto. On June 26, however, the Moon and Pluto align, and both will be visible from Earth with appropriate telescopic equipment.

We can expect a flood of emotions relating to necessary soul growth. People around the planet are concerned with the December 2012 ending

of the Mayan calendar. We can get a glimpse of what may occur later as we focus psychic energy on the time of the eclipse. If we accept and willingly pursue personal changes now, we prepare for future earth changes that will surely come. Because of other planetary movements, the entire month of June can be viewed as a marshalling of planetary energies to highlight the eclipse on June 26.

DIVINE MESSAGES IN THE FIRST WEEK OF JUNE

Saturn and Neptune changed direction at the very end of May, and we still feel the effect of their very slow movement—Saturn forward and Neptune backward. Although they are within one degree of aspect, they don't reach the exact quincunx until June 27. This slo-o-o-w motion dance suggests a gradual development of sensitivity to our personal foresight capacities. We approach a point in which we can absorb and understand messages at the soul level more fully and then act upon the information in the so-called real world. Although a slow developmental process in any case, this month we can pace the process by starting now and building toward the eclipse late in the month.

Chiron slows and reverses direction on June 4, seemingly retreating from its movement into Pisces. Although that doesn't happen until mid-July, we will feel a pull back toward karmic interaction between practicality and independence. But now we take with us a taste of what it means to connect with spirit and greater compassion for others and for ourselves. Perhaps we find even better ways to work independently for the benefit of the planet.

On Sunday, June 6, Jupiter moves into Aries. On June 7, Mars enters Virgo, opposing retrograde Chiron and quincunxing Jupiter. On the surface, we find potential for successful activities, especially if we can maintain conscious awareness of our own goals and how to pursue them. Healing possibilities emerge as we overcome any tendency

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ASTROLOGY FOR SOUL EVOLUTION

to dwell on unrealistic plans, sticking to solid agreements and optimistic attitudes. Deeper awareness comes through spiritual means. Each time we elevate our visions to the soul level, we perceive fluctuations in physical and psychic energy more clearly, and we also identify sources of help at just the right time to take advantage of whatever is offered.

HEALING IN THE SECOND WEEK OF JUNE

On June 13, Mercury reaches 4° Gemini and forms a quincunx to Pluto at the later eclipse point as well as a semisextile to the Sun's eclipse position. This week we sense the coming eclipse energy. Messages call for personal adaptation to higher powers. These messages may be direct verbal communication, or they may be felt as intense urges to alter course. Small changes in attitude or direction accomplish a lot now.

On June 16, Mars reaches 4° Virgo, trining and sextiling the eclipse degrees. Now we feel physical energy becoming available for the changes noted previously. We also sense growing enthusiasm as we set course on new ventures that may mean the end of old habits and the beginning of very different personal aspirations.

A CHANGE OF DIRECTION IN THE THIRD WEEK OF JUNE

On June 18, Venus arrives at 4° Leo, mirroring the quincunx and semisextile of Mercury from the other side of the Sun. After only two days of applying our efforts, we feel irresistibly drawn toward spiritual goals. With less struggle and greater awareness of direct knowledge, we approach harmony almost without effort.

In addition to Pluto at 4° Capricorn, we find fixed stars in the bow of the archer between 3° and 5° Capricorn. The asteroid Karma also moves retrograde through Capricorn, conjuncting the fixed stars Kaus Media, Kaus Australis and Polis between June 13 and June 18. With these stars at or near the degree of the eclipse moon next week, energy concentrates on one point to intensify our consciousness of our soul direction. When Sagittarius's arrow is shot, it soars in the exact direction appropriate for individual karmic necessity. We mobilize emotional and physical energy to pursue higher purposes. We now have the chance to adjust our aims so that when the eclipse occurs, our arrows—our efforts—all sail truly toward the desired spiritual goals and are backed by assertive aspiration and emotional desire.

CLARITY DEVELOPS IN THE LAST WEEK OF JUNE

This week begins with Pluto, Uranus, Jupiter, the Sun and Saturn forming a grand cross. The dynamic potential of these configurations draws out the best of each person by challenging us to use our personal powers to manifest wisdom in every action. The cross gathers potential daily as the Sun approaches the eclipse point on June 26 and opposes the bow of the archer and the asteroid Karma. If we do nothing, then the glamour of the moment will take over, and we may give in to other people's ideas. If we do take personal action, we

challenge ourselves to think and to use our wills in intelligent activity behind the scenes to set long-range plans in motion.

The lunar eclipse occurs early on June 26 and is visible in the U.S. The maximum eclipse occurs at about 5:38 AM MDT. How does a lunar eclipse affect us? Many astrologers say this is a time of rampant emotions related to the house and sign of the Moon. Let's examine this belief. When the Earth moves between the Sun and Moon, the Earth's shadow cuts off light and heat, causing rapid cooling of the Moon's surface. The closer it is to total eclipse, the greater the degree of cooling. During an eclipse, the temperature on the sunlit portion of the Moon can drop from 265° Fahrenheit to minus 145° Fahrenheit in the short time the Earth's shadow touches the Moon's surface. Generally, we think of emotions as heating up (intensifying) and cooling down (dissipating). Therefore the period during the eclipse actually represents a time when emotions chill out considerably—but only for a few minutes. Then things heat up again rapidly.

The eclipse moon conjuncts Pluto as well as stars in the bow of the archer and the asteroid Karma. By spending the days leading up to the eclipse meditating on intelligent action and right use of our individual knowledge and power, we make the eclipse a true turning point. During the short period of cooler emotions, each of us can rethink the harsh energy of the Saturn-Pluto square we have endured all year. We can turn this potentially harmful energy into a positive resource based on enduring principles we have worked toward for a long time. This eclipse marks a milestone of spiritual and mental growth processes, even when very little external change is apparent.

As soon as sunlight returns and the Moon heats up, we also can "cook" our resolve to change direction, intention and spiritual aspirations, injecting truer emotional energy into the equation. Almost everyone in the Americas will see some part of the eclipse and sense this cooling off and heating up. We get the greatest benefit from these moments of individual clarity. Sleep may be punctuated with vivid dream messages. On June 27, Mercury opposes Pluto and reaches the degree of the eclipse, culminating the series of transiting aspects to Pluto and the eclipse point. This final transit marks the moment when we effectively express the messages that we have each been receiving through meditation, spiritual sources and, yes, from the people around us.

Karma seems fated only until we focus our minds. When we choose our words and actions carefully, we create future karma that is in line with higher soul conditions. The eclipse and the aspects leading up to it provide a golden opportunity to analyze past actions, resolve old debts and move forward to create a better, brighter future. We can each speak what we feel in our hearts and minds, assured that we have the capacity to communicate effectively. Action now involves concrete knowledge and the wisdom that often comes with it when we have digested the facts and considered all sides of a question. The interpretations in the weekly forecasts for each sign for the last days of June address the eclipse and the associated potential for clarity of insight.

DAILY ASPECTS — June 2010

June 1 Moon trine Saturn, Moon semisextile Neptune, Moon sextile Jupiter, Moon void of course, Moon enters Aquarius, Moon sextile Uranus, Moon semisextile Chiron, Moon semisextile Pluto

June 2 Sun quintile Jupiter, Moon trine Sun, Moon sesquiquare Saturn, Venus quintile Saturn, Moon semisextile north node, Moon semisquare Jupiter, Venus sesquiquare Chiron, Moon semisquare Uranus, Moon quincunx Venus, Moon square Mercury, Sun quintile Uranus, Moon semisquare Pluto

June 3 Moon biquintile Saturn, Mars semisextile Saturn, Moon biquintile Venus, Mercury sesquiquare Pluto, Moon quincunx Saturn, Moon opposition Mars, Moon semisquare north node, Moon conjunct Neptune, Moon void of course, Moon semisextile Jupiter, Moon enters Pisces, Moon semisextile Uranus, Moon conjunct Chiron, Moon sesquiquare Venus

June 4 Moon sextile Pluto, Sun quincunx north node, Chiron stationary retrograde, Mars sesquiquare north node, Moon quintile Mercury, Mars opposition Neptune, Moon sextile north node, Moon square Sun

June 5 Moon quintile Pluto, Moon trine Venus, Moon sextile Mercury, Moon quintile north node

June 6 Moon opposition Saturn, Moon semisextile Neptune, Moon quincunx Mars, Moon void of course, Moon conjunct Jupiter, Moon enters Aries, Moon conjunct Uranus, Jupiter enters Aries, Moon semisextile Chiron, Moon quintile Sun, Moon square Pluto, Moon biquintile Mars

June 7 Moon semisquare Mercury, Mars enters Virgo, Moon square north node, Moon semisquare Neptune, Moon sesquiquare Mars, Moon semisquare Chiron, Mars quincunx Jupiter, Moon sextile Sun, Mars quincunx Uranus

June 8 Moon square Venus, Venus biquintile Neptune, Moon semisextile Mercury, Jupiter conjunct Uranus, Moon quincunx Saturn, Moon void of course, Moon sextile Neptune, Moon enters Taurus, Moon semisextile Uranus, Moon semisextile Jupiter, Moon trine Mars, Moon sextile Chiron, Moon semisquare Sun, Moon biquintile Saturn, Mercury trine Saturn

June 9 Moon trine Pluto, Mars opposition Chiron, Mercury sesquiquare north node, Mercury biquintile Pluto, Mercury square Neptune, Moon quintile Neptune, Moon quintile Venus, Moon sesquiquare Saturn, Moon quintile Chiron, Moon trine north node, Moon semisquare Uranus, Moon semisquare Jupiter

June 10 Venus biquintile Chiron, Moon semisextile Sun, Moon sesquiquare Pluto, Mercury enters Gemini, Mercury sextile Uranus, Mercury sextile Jupiter, Moon sextile Venus, Moon trine Saturn, Moon sesquiquare north node, Mercury square Chiron, Moon biquintile Pluto, Moon void of course, Moon square Neptune, Moon enters Gemini, Sun quintile Mars, Moon sextile Uranus, Moon sextile Jupiter, Moon square Chiron

June 11 Moon conjunct Mercury, Moon square Mars, Moon quincunx Pluto, Moon biquintile north node, Mercury square Mars, Moon semisquare Venus, Moon quintile Uranus, Moon quintile Jupiter, Moon quincunx north node

June 12 Moon quintile Mars, Moon conjunct Sun, Venus sextile Saturn, Mercury quincunx Pluto, Moon square Saturn, Moon semisextile Venus, Moon void of course, Moon trine Neptune

June 13 Moon enters Cancer, Moon square Uranus, Moon square Jupiter, Moon trine Chiron, Venus quincunx Neptune, Moon sextile Mars, Moon opposition Pluto, Moon semisextile Mercury, Jupiter semisextile Chiron, Moon opposition north node

June 14 Moon sesquiquare Neptune, Mercury biquintile north node, Moon sesquiquare Chiron, Moon quintile Saturn, Venus enters Leo, Moon semisquare Mars, Moon biquintile Neptune, Moon semisquare Mercury, Moon semisextile Sun, Venus trine Uranus, Moon biquintile Chiron

June 15 Moon sextile Saturn, Moon void of course, Moon quincunx Neptune, Moon enters Leo, Venus quincunx Chiron, Moon trine Uranus, Moon quincunx Chiron, Moon conjunct Venus, Moon trine Jupiter, Venus trine Jupiter, Moon semisextile Mars, Moon quincunx Pluto, Mars trine Pluto, Moon semisquare Sun, Moon sextile Mercury, Moon biquintile Pluto

June 16 Moon quincunx north node, Moon semisquare Saturn, Moon sesquiquare Uranus, Moon sesquiquare Jupiter, Moon biquintile north node, Moon sesquiquare Pluto, Moon quintile Mercury, Moon biquintile Uranus, Moon biquintile Jupiter, Moon sextile Sun

June 17 Mercury quintile Uranus, Moon sesquiquare north node, Moon semisextile Saturn, Moon opposition Neptune, Moon void of course, Mercury quincunx north node, Moon enters Virgo, Moon quincunx Uranus, Moon opposition Chiron, Moon quincunx Jupiter, Moon semisextile Venus, Mercury quintile Jupiter, Moon trine Pluto, Moon conjunct Mars, Moon quintile Sun

June 18 Venus quincunx Pluto, Moon trine north node, Moon square Mercury, Moon semisquare Venus

June 19 Moon square Sun, Moon conjunct Saturn, Moon void of course, Moon quincunx Neptune, Moon enters Libra, Moon opposition Uranus, Moon quincunx Chiron, Moon opposition Jupiter, Sun square Saturn, Moon square Pluto, Moon biquintile Neptune, Moon sextile Venus, Moon semisextile Mars, Moon biquintile Chiron

June 20 Sun trine Neptune, Moon square north node, Moon sesquiquare Neptune, Venus semisextile Mars, Moon sesquiquare Chiron, Moon quintile Venus, Moon trine Mercury, Moon quintile Pluto, Moon semisquare Mars

June 21 Moon semisextile Saturn, Moon trine Neptune, Moon void of course, Sun enters Cancer, Moon enters Scorpio, Moon trine Sun, Moon quincunx Uranus, Moon quintile north node, Moon trine Chiron, Moon quincunx Jupiter, Moon sextile Pluto, Moon biquintile Uranus

June 22 Sun square Uranus, Moon sesquiquare Mercury, Moon biquintile Jupiter, Moon sextile Mars, Moon square Venus, Sun trine Chiron, Moon sextile north node, Moon semisquare Saturn, Moon sesquiquare Uranus, Moon sesquiquare Sun, Moon sesquiquare Jupiter, Moon biquintile Mercury, Moon semisquare Pluto

June 23 Moon quintile Mars, Venus biquintile Pluto, Mercury semisquare Venus, Moon quincunx Mercury, Moon biquintile Sun, Sun square Jupiter, Moon semisquare north node, Moon sextile Saturn, Moon square Neptune, Moon void of course, Moon enters Sagittarius, Moon trine Uranus, Moon square Chiron, Moon trine Jupiter, Moon quincunx Sun

June 24 Moon semisextile Pluto, Mercury quintile Mars, Moon square Mars, Moon quintile Saturn, Moon trine Venus, Mercury square Saturn, Moon semisextile north node, Mercury trine Neptune

June 25 Venus quincunx north node, Moon quintile Neptune, Moon quintile Chiron, Mercury enters Cancer, Mercury square Uranus, Sun opposition Pluto, Mercury trine Chiron, Venus semisquare Saturn, Moon square Saturn, Moon sesquiquare Venus, Moon void of course, Moon sextile Neptune

June 26 Moon enters Capricorn, Moon square Uranus, Moon sextile Chiron, Moon opposition Mercury, Moon square Jupiter, Moon conjunct Pluto, Mercury square Jupiter, Moon opposition Sun, Moon biquintile Venus, Moon trine Mars

June 27 Moon conjunct north node, Moon semisquare Neptune, Mercury opposition Pluto, Moon quincunx Venus, Moon semisquare Chiron, Moon quintile Uranus, Moon quintile Jupiter, Venus sesquiquare Uranus

June 28 Saturn quincunx Neptune, Moon sesquiquare Mars, Moon semisextile Neptune, Moon void of course, Moon trine Saturn, Mercury conjunct Sun, Moon enters Aquarius, Moon sextile Uranus, Moon semisextile Chiron, Moon sextile Jupiter, Moon semisextile Pluto

June 29 Moon biquintile Mars, Moon quincunx Sun, Moon quincunx Mercury, Venus sesquiquare Jupiter, Moon quincunx Mars, Moon semisextile north node, Mars trine north node, Moon sesquiquare Saturn, Moon biquintile Sun, Moon semisquare Uranus, Moon biquintile Mercury, Venus biquintile north node, Moon semisquare Jupiter

June 30 Moon opposition Venus, Moon semisquare Pluto, Moon biquintile Saturn, Moon sesquiquare Sun

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Weekly Forecasts for June



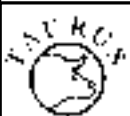
June 1-7: With Saturn quincunx Neptune, adjustments may feel very uncomfortable. For you, however, a sense of opportunity accompanies the need to fine-tune healing modalities. You sense

the merging of physical and psychic information to provide better data concerning nurturing and other social activities that contribute directly to your well-being. Intuition is aided this week by expansive intelligence, as shown by Uranus conjunct Jupiter, with Uranus in your sign. You gather insight from the cosmos and combine it with your own independent creative style. The result is the awareness of the precise practical means to achieve better physical health for yourself and family members.

June 8-14: Your week begins with somewhat compulsive thoughts about completing creative projects so you can move on to other things. As Mars enters your Sixth House to oppose Chiron and quincunx Jupiter, you find your feet on a different path altogether. Now you seek awareness of healing modalities that will enhance your work and your health. At the same time, you discover a lack of balance that benefits from meditation or other contemplative activities. You quickly gain firmer footing and overcome the unrealistic aspects of earlier plans.

June 15-21: Last week the Moon squared Saturn in your Sixth House, creating a field of tense energy indicative of crises. Now you experience a powerful desire to move ahead with career and personal activities. This desire is tempered by Saturn in Virgo, indicating that you can choose to plan for the future before taking action. Also considering the fact that the asteroid Karma retrograded to 4° Capricorn and the eclipse point last week, your planning may now involve a review to tie up loose ends of social relationships as they come to an end so that you are set for forward motion next week.

June 22-30: This period begins with an obsessive desire to get your ducks in a row on the material plane. As you move into the week, however, you find that love and wisdom prevail. You settle into a rhythm of concluding business in a natural way and allowing a bit of luck to guide your actions. You could find yourself jolted awake by a dream of power and good fortune. If you are awake at the time of the eclipse, you may want to visualize your plans in action. By the end of the month when Mercury has opposed Pluto, communication with others confirms your dream or insights from meditation, and you are on your way!



June 1-7: Spiritual insights allow you to move creative activities forward on practical footing. With the Moon in your Tenth House to begin the week, you want greater independence in social or

career arenas, and you achieve this by adapting psychic insights to perceived realities. Venus occupies your Third House now, and your creativity blossoms with each written effort. Whether it is in music, words or other media, your compositions reflect the depth of inner resources to express compassion and healing in your work. What you put out to the world relies on the common ground of the language you use; therefore, tailor music and words to your audience.

June 8-14: Mercury in your First House squares Pluto and Mars, suggesting an internal pressure to carry out plans along with the presence of mind to stay on task and get the job done.

You may become irritated by delays, and you will benefit from meditation that allows you psychic insight into creative possibilities of any leadership role you consider. By turning down the heat of desire just a fraction, you allow creative ideas to flow more directly into joyful expression. With the Sun in your Second House, you gain from any subject you study, because you can readily absorb new information.

June 15-21: The Moon in your Third House emphasizes the later eclipse point and opposes the asteroid Karma and fixed stars in the bow of the archer, suggesting that your thoughtful nurturing of skillful communication will have beneficial effects this week as you gear your psyche for change next week. Power, for you, transcends ordinary thinking and addresses values on the higher plane. Soul development reaches a critical point now, but this is not a crisis in the ordinary sense. This is a potent opportunity for you to utilize all of your talents in order to be able to adapt to spiritual demands as naturally as you would choose a flavor of ice cream. When Venus reaches 4° Leo in your Fourth House, your core values align with ease.

June 22-30: Around June 26, you concentrate your attention on work and healing. Efforts behind the scenes produce a lucky break as you let go of obsessive thoughts in favor of intuitive insights that come from a dream or vision. This week includes some of those aha! moments during which you truly understand where you are headed and how to get there. On June 26, the eclipse moon conjuncts Pluto in your Ninth House, suggesting contact with foreign resources or possible travel to a distant locale. A visit to a spiritually powerful site could be part of your planning as you create your future consciously and lovingly.



June 1-7: With Chiron in your Eleventh House and Neptune close by, you are keenly tuned to mystical sources this week. Insights may include direct instructions about how you can fulfill responsibilities

to family and society. Then you shift your focus just a bit to make the best use of intelligence and skills, particularly at home or in a setting that reflects your cultural history. As you prepare for the eclipse later this month, increase your awareness of group activities that interest you. Saturn quincunx Neptune suggests divestment of any group responsibilities that conflict with your creative purpose. Then you can concentrate on activities that maximize the use of the knowledge you have gained. As Mars enters Virgo on June 7, you get a boost of psychic flow to enhance your already creative wisdom stores.

June 8-14: Address your personal growth this week with the Sun in your sign. Create two or more avenues for spiritual insight and adaptability to circumstances. With quintiles from the Sun to both Mars and the Moon, you have determination and courage to succeed as well as clear judgment to guide your decisions. A mystic rectangle involves Mars, Saturn, Pluto and Jupiter. The potential for growth in psychic understanding is huge.

June 15-21: Often we think of psychic powers as somehow private, experienced in quiet reflective settings. With Neptune and Chiron elevated in your chart now, you get psychic insights right out in the open! In fact, information pours into your mind and heart regardless of where you are and what you are doing. If you have worked to open those channels, you now reap the

rewards of your efforts. On one hand, you find nuggets of practical information to apply immediately, and on the other hand, you find concrete knowledge about other levels of consciousness that you may continue to mull over for a long time.

June 22–30: Early this week, you try to put the finishing touches on a creative project that has stymied you to some degree. Each day sees you closer to your goal, and you finish up incidental matters as well. The eclipse on June 26 addresses transformation of your life, providing a few hours of logical clarity. Setting aside emotional arguments, you decide on your course of action. You may wake up on this day knowing exactly what to do! During this period, the Moon traverses all of the houses in your chart related to partnership. The eclipse may reflect a period of intense clarity concerning significant relationships.



June 1–7: Beautification may be part of your personal goals now with Venus in your First House. This could relate equally to your physical appearance and to the creation of clarity as you acquire new knowledge concerning transcendent ideals. Information pours into your mind to enhance your healing capacity. Then you make subtle adjustments to use that information skillfully to help others. At the same time, Saturn at the base of your chart suggests a desire to stand firm on your core beliefs. If there is something that doesn't quite fit, modify your beliefs accordingly. You won't need to revolutionize your life. Instead, allow your attitudes to shift to more creative uses of wisdom gained through recent life experience.

June 8–14: Strong aspect patterns this week point to social or career success as you adapt your personal desires to the demands of others. You don't have to give in. Rather, shift focus to increase compassionate responses and to address the details of core values and their place in the social system around you. Call on associates. Challenge them to stand up for their personal beliefs. Help them to clarify any murky areas and to promote healing. Always come back, though, to Saturn and your own values as a checkpoint.

June 15–21: You begin the week with the Moon in your sign, setting off a grand square with Saturn, Pluto, Uranus and Jupiter. Most of the attention is on partners and social acquaintances. Yet you find time to spend in your own neighborhood, planning changes to your household and thinking about a change in perception or values. With Chiron in your Ninth House, healing modalities capture your attention. With subtle adjustments in your approach, you may find your healing potential increasing dramatically. Nurture wellness potential this week and see what develops after the eclipse next week.

June 22–30: A partner or associate pushes your buttons early this week, causing extra stress as you try to bring order to home and family as well as social encounters. If you can delay decisions even one day, you find that your spiritual direction reasserts itself, and you will see the path toward the resolution of conflicts. After the eclipse, when you get your dose of clarity, you find that communication becomes much easier. You express your own views and gain awareness of a partner's opinions without interference from emotionally charged arguments.



June 1–7: With Chiron in your Eighth House and conjunct Neptune, you face a potential dramatic transformation of your healing capacity.

Dreams may provide symbols of the feminine quality of nurturing. If this occurs, then you know that an adjustment of your focus toward the feminine may result in relief from stress and release of powerful compassion for others. As Saturn edges toward your Third House from the Second, you are nearing the end of an extended cycle of karmic resolution in your life. Have you moved on to new relationships recently? If so, take time to complete any remaining responsibilities to an old associate so that you can move ahead, free from old psychic baggage.

June 8–14: If Mars at 20° has you obsessing over your personal leadership role, you may find your attention turning away from the transcendent values you wish to cultivate. If this occurs, take time to listen, in meditation, to the voice of wisdom that you have cultivated, which is reflected by Jupiter in your Ninth House. This voice is always there if you calm your heart and mind and pay attention. Coming as it does from higher or more distant sources, this wisdom speaks to your own core values now. On June 13, the Moon opposes the degree of the eclipse, affording you advance emotional understanding of karmic resolution in your inner psychic life.

June 15–21: Venus enters your sign this week and reaches the degree of next week's eclipse on June 18. Expect your attention to vacillate between personal considerations and transformative ideas that affect your partners or associates as well. With Saturn in your Second House, changes may include a shift of material resources to support the transformation you seek in your psychic growth and development.

June 22–30: Early this week, the focus is anywhere and everywhere, but it misses your personal desires by a mile. As hard as you try, you meet obstacles that seem impossible. Just wait a day or so. As the Sun and Mercury move into your Twelfth House, what appeared to be a solid wall dissolves into a pile of rubble. Logic and reason enter the picture, and you can pick your way toward personal aspirations without harm to yourself or others. The eclipse opens your eyes to the significance of recent dreams or visions from meditation. You sense renewed strength of purpose that transcends daily details. You breathe deeply and feel refreshed by contact with associates.



June 1–7: With Venus in your Eleventh House forming aspects to Saturn and Neptune, this is the time for you to engage all your knowledge in group activities. Psychic insight comes through your subconscious to highlight balance and beauty in personal interactions and also in inspired creative plans. On Sunday and Monday you focus on independent efforts by taking opportunities to manage financial options. Your sense of karmic duty plays into any spending throughout the week. Compassion toward whomever you meet is a given.

June 8–14: A mystic rectangle of Mars, Saturn, Neptune and Jupiter focuses your attention on the value of others in your life, particularly those you consider to be close partners. You increase the potential for spiritual healing when you listen to these key persons and adapt your response to what you hear. In addition, Jupiter in Aries reflects honesty and generosity as you adjust your somewhat compulsive energy at the first of the week to include more methodical means when Mars enters Virgo and your First House. With Pluto in your Fifth House opposite

JUNE ASTROLOGICAL REPORT

the Moon on June 13, you achieve profound awareness of the potential in close relationships.

June 15–21: Put your attention this week on the dynamics of love. With Uranus in your Eighth House with Jupiter, you transcend the physical to partake of ecstatic experiences at the soul level. Additionally, you deepen psychic contact with family, associates and clients. Insights into your personal karmic ties develop as you learn more about the feelings of other people and the needs of the Earth around you.

June 22–30: Your creative powers are nearly aligned, but at the beginning of the week you may not be able to see that. Give yourself a day or two to fuss with tiny details—you may turn up something worth your efforts. Then bring your editorial mind to the situation, and make logical changes based on a careful assessment of your personal responsibilities or karma. The eclipse moment of mental clarity gives you the time you need to take the best of your ideas and set them into motion. As early as June 27, when Mercury opposes Pluto, your heightened awareness brings definition to all communications. When the Moon moves forward after the eclipse, you enter a powerful new cycle.



June 1–7: With the Moon in your Fifth House and trining Saturn, spend time by yourself, especially at the beginning of the week, developing and fine-tuning projects that amplify your talents and direct them toward completion of projects. Attention to minute details pays off in the final analysis. There is also time to display the results of your creativity in a public venue, or at least at a social gathering. A female plays a role in your work. This Venus in the Tenth House figure could be a friend or could represent contact with the cosmos to deliver knowledge directly to your heart.

June 8–14: The Sun in your Ninth House indicates a dynamic, creative influx of energy in the form of communication direct from distant stars, ascended masters and also acquaintances living in other countries or locales. In fact, you relish the creative interplay of insights coming from a variety of sources and blending into a set of insights you can share with a partner or friend. There is no need to keep your ideas isolated from the people around you. You discover that with the right presentation, others accept and adapt to your desires. They may have ideas to offer concerning actual ways and means to achieve your desired goals.

June 15–21: The point of the coming lunar eclipse was emphasized by the four-fold division of the heavens into a grand square on June 13. The moon left the degree quickly, but not before challenging you to accept some risks and to exert your power more fully. Think about your worldly responsibilities, and then challenge yourself to make more of them by embracing your intuitive power this week. Reorder your intense desire for change at any cost. Utilize your critical powers in support of ideals that will carry you into the future.

June 22–30: Everything you have been doing comes home to roost early this week. You obsessed over emotional issues late last week, and now with the Sun and Mercury in your Ninth House, you may feel you are just missing the social or career mark in some way. Tomorrow is another day. As the week progresses,

your vision of the future comes into clear focus. By the time of the eclipse, you are fully prepared to put an intelligent, cohesive plan into action. When Mercury opposes Pluto on June 27, you are ready to go out there and get your life moving in the precise direction of your soul's aspirations. You have cast aside issues that no longer impact your decisions and have taken up a powerful course of action that suits your beliefs most closely.



June 1–7: The first two days of the month offer you a chance to review and rethink your core values. Psychic insights show you where to smooth rough edges and firm up the way you walk the walk, karmically speaking. Create or revise a work ethic that reflects your personal values. Creative activities focus on Venus in your Ninth House, indicating higher education and possibly travel to learn more about a nurturing sacred site. In fact, you may be the source of nurturing energy for a locale that benefits from the very values you have established for yourself!

June 8–14: Your capacity to transform yourself is guided now by creative energy from Mars and Uranus. Imagination and courage provide the strength to move ahead while Uranus conjunct the Moon and Jupiter adds a touch of luck to the process. The main thing to remember is that small adjustments are all you need to achieve big results. As you gain psychic insight this week, adapt it to the needs of a group of people. Share your insights so others may then apply them. Out of this interaction comes a balanced, powerful statement of the message you received by psychic means.

June 15–21: As Venus enters your Tenth House, social interactions this week create questions for you. You can find answers in your contemplative practice. You may receive images or verbal messages that indicate ways to enhance upcoming events at which you engage in all the correct manners while also exploring new relationships. Your highest aspirations include loving relationships and yet transcend the normal to embrace desires that seem to require a cool head. Later in the week, you feel your emotions taking over a bit, especially in your dreams.

June 22–30: Recent changes have a powerful hold on your emotions and thoughts early this week, but within a day or so, you find you have moved on. With the Sun and Mercury entering your Ninth House, you willingly shift attention to transcendent values. Your thinking turns away from emotional judgments toward logic. You don't forsake your feelings, but you do consider them from a more objective perspective. The eclipse provides a gap. The Sun opposite Pluto gives you an eagle's perspective on the uses of power to get your ideas across to others. As the Moon moves toward Neptune at the end of the month, you firm up internal mechanisms that allow increasing psychic insight to arise naturally.



June 1–7: Jupiter and Chiron at the foundational point of your chart suggest that insights emerge now from deep in your soul to empower your healing capacity and create the potential for transformative methods. As this knowledge comes into your consciousness, you sense greater social responsibility. This presents not a difficulty but a source of inner contentment—you may have found your new calling. At the same time, you recognize just the right balance between work and luck in your life. Now you develop awareness

among your peers of how to embed psychic insight into every piece of communication and production they touch.

June 8–14: Mars enters your Tenth House this week, signaling a period during which you have fiery enthusiasm to accomplish whatever goals you set for yourself. Some have to do with practical responsibilities, and others relate to the serious learning phase you have entered recently. You have the capacity to absorb intuitive insights that will guide your creative direction this week. With Mars opposite Neptune at the Fourth House cusp, you also deepen your psychic sensitivity to your deepest values and their role in shaping your actions.

June 15–21: With Jupiter in your Fifth House conjunct Uranus, you feel fortunate in your creative activities now. Challenge yourself to embrace doubt as a key to knowledge. Explore hidden avenues to discover myriad details related to career or group participation. With Mars and Saturn both in your Tenth House, responsibilities become evident, and now you can straighten out a lot of weirdness and bring order into your career. Your life mission gains momentum as you reduce old business to notes in a file. With the Moon in your Eleventh House, not quite opposite Jupiter and Uranus, expressing love and receiving it in return occupy your thoughts on June 20. In fact, you can hardly consider anything else. By the next day you perceive the great good fortune in expressing your feelings without expectation of anything in return.

June 22–30: The eclipse on June 26 allows you to further open your heart to love and wisdom. Your outpouring of creative, positive feelings does nothing to deplete you. In fact, you attain a degree of clarity concerning the transformation of self-involvement into the expression of higher spiritual aspirations that transcends ordinary knowledge and action.



June 1–7: Saturn in your Ninth House comes into high focus this week. You gain awareness through your own intuition, and this wisdom brings with it opportunities to independently change your material basis in the world. Growth is now possible in every area based on your deepening wisdom of your personal direction. With Venus in your Seventh House and quintile Saturn, you blend factual knowledge with skillful means to achieve creative successes in areas of communication. Compassion emerges as a healing factor in your everyday activities.

June 8–14: Creative efforts at work are bounded by Mars in your Eighth House and the Moon and Uranus in your Fourth House. The Sun in your Sixth House represents the focal point of creative inspiration and how you apply it at work, at home and among associates. Your enthusiasm can carry you away a bit, so adjust your responses by reducing the heat to a simmer. With Jupiter, Uranus and Chiron all at zero degrees, the Mars transit to zero of Virgo sets off a dynamic pattern of healing awareness to be used at home and in your local neighborhood. Flavor practical efforts with empathy.

June 15–21: As the Moon moves through your Seventh House on June 13, a partner or associate sets off a chain reaction that challenges your capacity to maintain your equilibrium. The easy part is handling responsibilities that are right in front of you. The more difficult part is identifying, probably through intuitive means, the deeper aspirations relating to your personal values. Respond now to the demands of others. At the same time, reserve

emotional power for exploring new ways to forge ahead with your own ideas, free from external control and also free from the internal fanaticism that can distract you from your mission.

June 22–30: Action at the beginning of the week feels compulsive, pushed as it is by the power of Pluto in your First House. Give yourself a day to consider. Nothing is lost except the overly emotional push you feel. As the Moon approaches Pluto and the eclipse degree, you gradually gather your powers together into a cohesive unit. When the Sun reaches the eclipse point in your Seventh House, you perceive personal relationships far more clearly, and you understand your choices more logically. A partner or close associate reveals facts that eluded you earlier.



June 1–7: Pluto in your Twelfth House forms a pattern with Saturn, Jupiter and Uranus to highlight the challenges you now face. Power animals may come to you in dreams to share their skills with you. Animal wisdom functions on the practical level in every case and also incorporates psychic sensitivity to your immediate surroundings. You can use this power now to enhance communication and to stabilize your material position. Venus in your Sixth House indicates that you can gain balance through creative use of these newly recognized resources. Nurture power and infuse it into everyday activities.

June 8–14: With Mars at 29° in your Seventh House at the beginning of the week, a friend or partner may obsess over differences of opinion about household matters. Your imagination benefits from contemplative practice to help sort out essential factors from the flood of words you hear. Although you may feel pressured to take immediate action, pause to be sure you know what you want to accomplish. Once Mars enters Virgo on June 7, both of you feel greater enthusiasm about a joint purchase to enhance your home. Perhaps you develop a peaceful area for reading or meditation.

June 15–21: Your first question this week may revolve around ways to enhance social relationships in the workplace. With Neptune still in your First House, you can rely on psychic input to show you minor adaptations of your interpersonal style that will smooth out a long-standing relationship that has become difficult of late. When psychic insight arises, examine it closely. Saturn in Virgo reflects the potential for detailed considerations of time, space and other potentials that impact your understanding of a dream or other insight.

June 22–30: Your dream life takes on a creative function if you track the images and symbols this week. The emotional power of dreams is very real, yet it gives way to logical evaluation throughout the week. You even feel rather fortunate to have dream symbols that directly support your waking reason. The eclipse on June 26 can provide a few hours in time for you to examine your life with less emotional interference. Psychic static turns into clear channels, so you may want to be awake and taking notes at the time of this lunar eclipse.



June 1–7: The Moon resides in your Twelfth House early this week. Insights from dreams suggest ways for you to achieve greater independence by attending to psychic perceptions and using them to guide you into refreshing new arenas. An older partner holds the key to practical details that balance and enhance your efforts.

With Saturn in your Seventh House quintiling Venus, you have the means to create a healthy balance of nurture and study in each day's activities. Neptune in your Twelfth House indicates a lively resource of insight to fuel your creative life now.

June 8 - 14: Dreams or psychic transmissions provide independent confirmation of ideas you have been developing recently. As you evaluate the dream content, adjust your thinking by allowing each symbol its fullest range of meaning, even if a particular meaning has nothing to do with the dream itself. Funnel your creativity into communication, particularly conversations that center around your home or that originate from your home. Let others experience your enthusiasm about fresh ideas. Don't hide your enthusiasm! On June 13, the Moon in your Fifth House signals the possibility of interactions with children or creative partners.

June 15 - 21: Venus, Saturn and Neptune form a yod—a triangle of force—that directs your compassion and healing energy

now. This activity takes place primarily behind the scenes. The thought and feeling you put into compassionate acts reflects your highest capabilities. If you begin with acceptance of whatever comes your way, later in the week you uncover extra emotional or material resources to fuel your forward progress.

June 22 - 30: On June 20, you almost grasp the totality of changes that are coming. You definitely sense the shift from personal issues toward creative efforts to aid family, associates and the world at large. Intense feelings of urgency on June 20 give way to more reasonable considerations over the next three or four days. After the Sun enters Cancer and your Fifth House, you identify the creative currents and follow them consciously. Venus in your Sixth House, although not directly tied to the eclipse pattern, provides a creative way for you to turn every intuitive insight into a lucky tool for personal development. Gathering data becomes almost second nature to you. ✨

NUMEROLOGY: THE SILVER KEY

Beginnings and Endings in Peace

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 follows:

Year: 2010 = 20 + 1 + 0 = 21 (root) = 2 + 1 = 3, and shown as 21/3

Day: 1/1/2010 = 1 + 1 + 2010 = 2012 = 20 + 1 + 2 = 23 (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 as follows:

19 + 2 = 21 (root) = 2 + 1 = 3

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

June (27/9) is a month of completions and beginnings, of reaping your rewards from past achievements and preparing for new adventures at the same time. This is not a month to withdraw but rather to interact with meaningful companions. This interaction helps you to gain deeper understanding of yourself and others, improving your relationships. Underlying everything this month are the energies to maintain harmony and peace so that all interactions lead to uplifting yourself and others. The goal is to stay in the inner space between physical and spirit so that you reap your rewards, which are always in direct relationship to what you have previously earned.

JUNE 1 TO JUNE 5, 2010 (15/6)

You end this cycle of reaping your harvest with the energies that make your deep inner knowing easily accessible, so do not ignore your intuitive feelings. This time also gives you an increased magnetic ability to pull forces to you as long as you are willing to make the changes necessary to bring order to any situation. This vibration helps you to understand the balance between freedom and responsibility by understanding the truth about detachment and the meaning of change. Perception and evaluation, with an eye to seeing the situation as it really is, are keywords during this time.

This period begins with the ability to crystallize your desires, using your imagination to mold actual substance while relying on your wisdom, combined with a strong sense of justice, to begin. This is followed by a master-messenger intensity that will give you opportunities to emphasize spirit in your life when you willingly accept responsibility to listen to your higher guidance and to accept



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the spiritual messages that are everywhere, thus reaping the great rewards that are possible.

A day of somewhat restless energies is presented to encourage you to celebrate your expression of yourself, so rely on your intuition to stay centered and you can experience great joy, harmony and peace. A different kind of intensity comes to you as the master-builder energies help you to think in large, sweeping terms for all humanity, and if you make those ideas a part of your life, they can bring fulfillment and completion.

You end this period with a day of changes that will require keeping yourself in balance so you can enjoy the adventure. The goal for this period is to understand that you can pull forces toward you, so make sure those forces are truth, love and responsibility.

JUNE 6 TO JUNE 12, 2010 (27/9)

This week intensifies the vibration of the month, since it is the same. You will have an increased intensity pushing you to move to your highest ideals, universal love and brotherhood, and the completion of what your foundation requires for you to move forward.

You begin with a day of more intensification from the master-builder vibration, which combines with an increased sensitivity to what is beneath the surface so that you can be sure your foundation is firm before you move on to build the new you. Now it's time to be reflective and evaluate how far you've come, listening to your inner voice about where you want to go. You are given a day of easy-flowing external energies, examining and investigating any details in your life that come up spontaneously to ensure that they are where you want them to be to move you forward.

The vibration of the month is intensified a three-dimensional time as you are reaping the rewards you've earned, sharing your accomplishments and preparing for new adventures. From this you receive a heightened ability to crystallize your desires and use your power of imagination to manifest them into the physical as you move forward in wisdom and justice. You then have another intense day of double master-messenger energies, giving you opportunities to deal with your affairs at the spiritual level, so be aware of what is important and what is not. The messages are everywhere.

You end the week with the restless energies of celebration of what you have accomplished in your evolution into becoming a human, so stay connected to your intuition for direction, and you'll experience great joy, harmony and peace. The goal for this week is to accept your role as the creator and artist of your life, living in the highest level you can achieve.

JUNE 13 TO JUNE 19, 2010 ([22])

As you finish up this quarter of reaping, you are given an intense week of underlying master-builder energies, increasing your power, energy, strength and courage to four times that of normal and bringing you to fulfillment—possibly on a large scale. Think in terms that will benefit all of humanity while staying balanced in your peaceful place within, and you will use this combination of the master teacher and the

practical master builder effectively. The watchword is to find the middle road and avoid extremes.

You start the week with expanded ideas of how to use the value of system and organization to effect better conditions, so use your intuition to meet any challenges to the old way of doing things. You move to a day of restless energy that must be used constructively and put into action with patience, persistence and determination. So remember to do things your way, and you will manage the energy and accomplish the task. Your awareness of what's beneath the surface increases, so be prepared to get centered and put things into harmony so you can get into the flow and respond to unexpected events. Stay in that centered place and use the next day's energies to examine your mental forces, your thoughts, moving those energies to a positive force for building, if necessary.

A day of spontaneously occurring events in an easy-flowing environment is combined with the energies of the master healer and teacher, intensifying your day and giving you the opportunity to take responsibility for your choices. This gives you courage and faith in the higher forces, knowing that all is in its right order. Now it's time to finish up what you've accomplished, to examine what is presented, and to share what you've learned for greater understanding.

You end the week with the energies of both the seed and the harvest so that you can move forward in conjunction with your power of imagination, with new ideas for building justice into your creation. The goal for the week is to accept your insights and visions, and be the master builder in your life through cooperation, harmony and responsibility.

JUNE 20 TO JUNE 26, 2010 (26/8)

This week is all about understanding how the flow of giving and receiving brings you prosperity and success, as long as you use your material possessions to serve humanity—that is, as long as you learn not to be attached to physical “things.” This week will bring you the wisdom to pioneer in the realms of human relationships. Use your generosity wisely and in balance so that it becomes an asset to you and others, and you will find that this energy is the greatest expression of God on the material plane. Choose your actions wisely, and you will reap the harvest and abundance under this influence.

You start the week with the intensity of the master messenger to help you find balance while you are emphasizing the spiritual areas in your life and taking on the responsibility and effort that, with the help of your higher guidance, will bring you great rewards. Three days of celebratory new-paradigm energies are given to you now, when news of the new order comes to mind to help you realize better conditions with the master-builder energies underlying it, allowing you to make it practical.

You end this period with a day of restless energies that you must use constructively with patience, persistence and determination, ensuring that you will no longer do things in the “traditional” way, but rather that you will use your own unusual and possibly unconventional approach. So

make sure you're centered for these three days. After what may have felt like chaos energies, you are given a day of increased awareness so you can take responsibility to bring your creation into harmony and balance by staying centered inside and watching your outer world become centered as well. Stay in that inner center as you are given energies and opportunities to reassess where you are, and use your mental energies—the thoughts you have—to gain clarity and be a positive force for humanity's evolution.

You end the week with energies that will bestow abundance in your life if you flow with the spontaneity and examine any details in your material world that may need adjustment. The goal for the week is to be the unifier by understanding the balance, authority and responsibility needed as you find your power in service to others without martyrdom.

JUNE 27 TO JUNE 30, 2010 (15/6)

You end the month with the energies of your deep inner knowing and a magnetic ability to pull things to you. Make sure to look beneath the surface and use your keen perception to evaluate all circumstances presented, because it is

time to choose what will set you free, understanding the balance between freedom and responsibility, and the truth about, detachment and change.

You begin this period with the energies of reaping your rewards by sharing your accomplishments, which leads to deeper understandings. You move to a mildly intense day of new, expansive ideas about how to create the groups required by the master architect, who links the spiritual energies to the material world to bring everything into perspective for the greater good. A doubly intense day comes with the double energies of the master messenger, which brings messages for direction, insights and revelations to bring balance into your affairs, and you will reap your rewards if you keep your physical, emotional and mental areas in balance.

The month and this cycle end with the energies of celebration. These energies can be restless, so stay centered, be aware of your intuition and inner guidance and listen as you are given direction for your movement to July, the month of new ideas for future growth. The goal for this period is reach the depth of your inner knowing and to draw the forces of truth and order to you, using them responsibly. ✨

DAILY ASPECTS:

Letting in the Light

Michelle Karén

How to read and use the following calendar: This is not the usual Sun sign-based calendar. This is an event calendar that works for everybody, regardless of your Sun sign, to help you create what you wish to manifest in your life, such as contract signing, selling/buying a house, asking for a raise, going on a trip or getting married. For example, if you wish to figure out when to plant your garden, schedule a massage or just relax, you can choose the Moon in Taurus or look at the last section of this article to see which day would be most conducive for any of these activities. If you wish to organize your desk or schedule an important meeting, use the Moon in Capricorn. Further refine your search by both looking at the details of each day in the last section of this article and avoiding the void of course Moon times.

Kindly note that the days and times given below are in Pacific Standard Time (PST). For Mountain Standard Time (MST), add one hour. For Central Standard Time (CST), add two hours. For Eastern Standard Time (EST), add three hours. For Alaskan Standard Time (AKST), subtract one hour. For Hawaii-Aleutian Standard Time (HST), subtract two hours. For Greenwich Mean Time (GMT), add eight hours.

Neptune continues to be retrograde this whole month (until November 9, 2011) between 28°26' and 28°42' Aquarius. These degrees are symbolized in the Sabian symbols by this image: "Deeply rooted in the past of a very ancient culture, a spiritual brother-

hood in which many individual minds are merged into the glowing light of a unanimous consciousness is revealed to one who has emerged successfully from its metamorphosis." The more enlightened we become, the more we understand the true wisdom of the indigenous people who have kept the ancient traditions alive throughout centuries of persecution and misunderstanding. As we meditate and live with a pure heart, we are coming in direct contact with the divine roots of humanity.

Pluto continues to be retrograde this whole month between 4°43' and 4°00' Capricorn. The Sabian symbols associate these degrees with the following image: "ten logs under an archway leading to darker woods." The more light that floods our consciousness, the more information is downloaded from higher spheres and the more what needs to shift within us is revealed. It is not that there is more darkness in the world; it is just more visible now, giving us a chance to purify our hearts and become clear vessels for the divine.

MOON MESSAGES

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

- Thursday, June 3 between 7:56 AM and 10:33 AM when the Moon enters Pisces
- Saturday, June 5 between 10:49 PM and 10:50 PM when the Moon enters Aries



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- Tuesday, June 8 between 6:13 AM and 8:41 AM when the Moon enters Taurus
- Thursday, June 10 between 12:15 PM and 3:11 PM when the Moon enters Gemini
- Saturday, June 12 between 4:35 PM and 6:50 PM when the Moon enters Cancer
- Monday, June 14 between 5:38 PM and 8:54 PM when the Moon enters Leo
- Wednesday, June 16 between 8:24 PM and 10:41 PM when the Moon enters Virgo
- Friday, June 18 at 10:04 PM till Saturday, June 19 at 1:13 AM when the Moon enters Libra
- Monday, June 21 between 2:45 AM and 5:14 AM when the Moon enters Scorpio
- Wednesday, June 23 between 8:33 AM and 11:10 AM when the Moon enters Sagittarius
- Friday, June 25 between 4:24 PM and 7:21 PM when the Moon enters Capricorn
- Monday, June 28 between 2:56 AM and 5:52 AM when the Moon enters Aquarius
- Wednesday, June 30 between 3:04 PM and 6:09 PM when the Moon enters Pisces

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 Aquarius until Thursday, June 3 at 10:32 AM and between Monday, June 28 at 5:52 AM and Wednesday, June 30 at 6:08 PM

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

- ☾ Moon in Pisces between Thursday, June 3 at 10:33 AM and Saturday, June 5 at 10:49 PM and between Wednesday, June 30 at 6:09 PM and Saturday July 3, at 6:43 AM

This is a great time for meditating, for sitting by a body of water, 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 Saturday, June 5 at 10:50 PM and Tuesday, June 8 at 8:40 AM

This time span is perfect for intense physical activities—anything requiring forceful, direct action and self-assertion. It is also a good time for leadership, spontaneity, goodwill, being a way-shower, initiating new projects or taking our car to the mechanic.

- ☾ Moon in Taurus between Tuesday, June 8 at 8:41 AM and Thursday, June 10 at 3:10 PM

Now is the perfect time for any financial matter—paying bills and debts, asking for 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 Thursday, June 10 at 3:11 PM and Saturday, June 12 at 6:49 PM

This is an excellent time for multitasking, curiosity, any form of communication, exchanging information, sending emails, and calling friends and acquaintances. It is also a great time 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 Saturday, June 12 at 6:50 PM and Monday, June 14 at 8:53 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 Monday, June 14 at 8:54 PM and Wednesday, June 16 at 10:40 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 Wednesday, June 16 at 10:41 PM and Saturday, June 19 at 1:12 AM

This time period is an excellent time for starting a new fitness program, learning healthy nutrition, fasting, clearing our closets, cleaning our homes 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, June 19 at 1:13 AM and Monday, June 21 at 5:13 AM

This is a great time 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, June 21 at 5:14 AM and Wednesday, June 23 at 11:09 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.

- ☾ Moon in Sagittarius between Wednesday, June 23 at 11:10 AM and Friday, June 25 at 7:20 PM

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 Friday, June 25 at 7:20 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.

INTENTIONAL MEDITATION

Our intentional meditation began on May 27 with the full moon in Sagittarius. On Saturday, June 12, 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 Gemini, making sure they are on a balcony, in a garden or near a window by exactly 4:15 AM. Once that moment has passed, staple your sheets together, write the date, and put them away, expecting a miracle!

Our next intentional meditation begins on Saturday, June 26. Take out as many blank sheets as you have intentions, and place them out on a balcony, near a window or in a garden to be charged by the full moon in Capricorn at exactly 4:30 AM. Once that moment has passed, gather your sheets and place them in a folder until the next new moon (solar eclipse) on Sunday, July 11.

WEEKS OF CAUTION AND NEW BEGINNINGS

Friday, June 4: Mars opposition Neptune (10:54 AM). It is important to stay grounded today. Deception could occur or a situation could be misrepresented. People could be insensitive in a way that makes us go cold, and strange circumstances could happen that make our lives feel a little surreal.

Saturday, June 5: Jupiter enters Aries (11:29 PM till September 7). This is the start of new beginnings, financially. We could completely reinvent ourselves in money matters, start a new business, or simplify our lives so profoundly as to need nothing that we thought we couldn't live without. We could set out on an adventure that give us new wings.

Sunday, June 6: Mars enters Virgo (11:11 PM till July 29). Virgo natives are favored in the next couple of months. For all of us, our energies become more focused, detailed and organized. We assert ourselves with more purity. Healers are greatly supported by this transit.

Tuesday, June 8: Jupiter conjunct Uranus (4:25 AM), Mercury trine Saturn (4:15 PM). This is a day to confidently make positive changes in our lives. We have outgrown the past and are ready to assert our independence and uniqueness in a whole new way. We are also very focused and organized today. Our long-term ambitions are supported by disciplined work and serious thoughts.

Wednesday, June 9: Mercury square Neptune (3:40 AM), Mercury enters Gemini (10:41 PM till June 25). Today we should avoid signing contracts, or if we must, we should make sure someone else checks the fine print for us. Deception could occur. Facts could be flawed. Betrayals could take place. During the next three weeks, we are more curious, communicative and sociable. We love to learn and seek multidimensionality in our dealings with life.

Thursday, June 10: Mercury sextile Uranus (3:29 AM), Mercury sextile Jupiter (6:42 AM). Today is a great day for communication. Our minds are open and expansive. Answers come in flashes of insight. We are connecting seemingly unrelated dots and coming up with creative, unusual solutions to old problems. This is a wonderful time for an unexpected, exciting adventure.

Friday, June 11: Mercury square Mars (6:29 AM). It is best not to jump to conclusions without having all the facts in hand. We could respond in rash, impulsive ways, that we regret later. Anger flares up. We should be cautious when operating a motor vehicle.

Saturday, June 12: Venus sextile Saturn (8:18 AM). Today is a great day to become very realistic with regard to our love relationships. We could either become more committed or realize that we have reached a dead-end street and need to move forward differently.

A WEEK OF RELATIONSHIPS AND ROMANCE

Monday, June 14: Venus enters Leo (1:50 AM till July 10), Venus trine Uranus (10:21 AM). During the next month, romance is on our minds. We want our relationships to be glamorous. Today more particularly, is great for unusual connections. A date could be very exciting. We could attract free-spirited people who expand our intellectual and social horizons or inject a renewed joy in an existing love relationship.

Tuesday, June 15: Venus trine Jupiter (1:07 AM), Mars trine Pluto (5:09 AM). This is a great day for an adventurous date, either with the person we are committed to or a new person who opens us to wider horizons if we are single. Our social interactions today are light and fun. We are more courageous and assert our power in a charismatic way. Our energies are direct and forceful, enabling us to get things done.

Saturday, June 19: Sun square Saturn (6:19 AM), Sun trine Neptune (5:23 PM). We could feel a little spaced out today and feel the burden of what we have to accomplish versus what we would wish to do. Disappointments could set in at work or with people in authority. We could feel left out. This is a day to focus on meditation and reorganize our lives with more realism.

WEEKS OF GRATITUDE AND CREATIVITY

Monday, June 21: Sun enters Cancer at the Summer Solstice (1:50 AM till July 22), Sun square Uranus (5:28 PM). The next month enhances matters related to safety, financial security, emotions, artistic creation, food, children and family in general. Today more specifically, we could feel tense, nervous and erratic. Sudden breaks could occur, as well as unexpected turns of events. We could either meet new people or acquaintances from our past may resurface, causing both disturbances and excitement.

Wednesday, June 23: Sun square Jupiter (6:21 AM). We could feel over-optimistic and make rash decisions today. This is a day to avoid excesses and feel gratitude for what we

have, rather than focusing on what is not presently in our lives that we wish were there.

Thursday, June 24: Mercury trine Neptune (11:34 AM). This is a wonderful day for meditation, channeling, creative writing and working in film or with photography. Artists are greatly inspired today. Our minds are sensitive. We could feel elevated or drained, depending on the people we interact with, the books we read or the films we watch. It is important to feed our lives with positive messages today.

Friday, June 25: Mercury enters Cancer (3:32 AM till July 9), Mercury square Uranus (9:37 AM) and Sun opposition Pluto (11:53 AM). During the next few weeks, we think more subjectively and are more sensitive and emotional. Our concerns could turn to security, food and children. We could become attracted to drawing or photography. Water also holds a special appeal. Today, more particularly, we receive sudden, unexpected answers to our questions. Cherished ideas could be shattered. Self-change is coerced at a deep level so that we may reclaim our personal power in positive ways.

An Astrological Overview: Weaving the Moon

mar de luz

We are all part of the Sacred Hoop that needs to be mended, and we must make a humble effort in this task, if the seventh generation, our grandchildren and unborn are to survive the next awareness. Mitakuye Oyasín.

—Standing Elk, Dakota Spiritual Advisor
and Sundance Chief¹

Red Eagle studied the darkening sky and then said it was time for him to leave. Before he stood, he smiled at us all seated around him in a circle and said, “The night sky is a basket full of stars. See how beautiful she is! She has created a basket for each of you.” Then he handed us each a crudely woven basket he’d formed of willow and reed. “This is all you need,” he said, cupping his hands in front of him. “It contains your comings and goings, and when the time comes, it will help you return to your origins.”

We exchanged hugs and left the circle quietly, as was the custom. No more was offered, so we asked no more questions. We thought we’d have time to ponder this lesson and ask him at the next circle, but he left his earthly robes in beautiful late June and walked into the sunset. That was nearly seventeen years ago, and I never understood the lesson of the basket until recently.

He told us the baskets were sacred because they were made for each of us individually. He said that the weavers weave a bit of their souls into their designs so that they will continue, through the receivers, to return and speak when the time is right. I thought that was a pretty sentiment, but I never

Saturday, June 26: Mercury square Jupiter (4:08 AM). Beware of extremes today. Great expectations and over-enthusiasm could lead to blind judgments that we live to regret. We could promise more than we can deliver. It is best to focus on philosophy. This is also an excellent day for having a good time with loyal, old friends we know we can trust and count on.

Sunday, June 27: Mercury opposition Pluto (12:14 AM). This is a great day for scientific research or investigating occult secrets. We are able to x-ray situations and people. We should beware of manipulative people and/or of such tendencies in ourselves. Power games or blackmailing are likely and should be avoided at all costs. This is a day to realize that our words and thoughts have the power to create or destroy. It is important to remain very positive.

Monday, June 28: Sun conjunct Mercury (5:07 AM). This is a great day for communication. Our minds are alert, we express ourselves positively, and our goals are clear. Much work can be effortlessly accomplished today. ☼

understood what the designs or patterns meant until one day I was using the basket for ceremony and held it up to the morning light for a blessing. The sun came through the holes at such an angle that when held close, it looked like stars.

Then the lesson unraveled: The basket is our view of the sky whenever and wherever we study her (the Great Mystery). The stars are our ancestors. When held above, the basket symbolizes the starry dome that, from our earthly perspective, curves inward at the horizons. The weavings are the forward and backward spirals of time that forever trace our life stories. Once set in motion, they are specific only to us. They are an infinite pattern in space that symbolizes the comings and goings of our life paths—past, present and future. They exist simultaneously in the palms of our hands. Our own view of the “skies” is comprised of the weaving of complimentary forces that keep our lives in balance. As above, so below.

TRACING THE SKY

At any given time, one may notice the Sun crossing the sky in its seemingly clockwise journey to set in the west. But the Sun also travels counterclockwise through the zodiacal belt, or the ecliptic (the apparent path of the Sun), on a slower track that we have measured as constellations for our own interpretation. The planets do the same, as they seem to travel clockwise in their daily journeys when in fact it is the Earth’s counterclockwise rotation that makes them appear to do so. They also drift counterclockwise

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through the zodiacal signs, each at its own pace. From time to time, each planet will station retrograde, meaning it will appear to be moving backward compared to the forward progression of the planets surrounding it.

The stars appear to arc across the night sky in a winding, clockwise pattern centered on the polestar, Polaris. I was taught that the energy pouring into our planet from the northerly realms is like the cupped hands of many mothers. But their patterns slip imperceptibly backward against the horizons due to a process that we call precession, which can only be measured by one degree every seventy-two years. Although invisible, there is a subtle weaving forward and backward of the celestial bodies that tempers our human psyches and keeps life on Earth in rhythm. These patterns look like the bottom threads of my basket that spiral to the right and cross-spiral to the left. It is all part of the celestial dance that threads itself daily around our maypole of a North Star and yearly around our Sun. Our jobs are to mend the holes in the baskets that are handed to us by our ancestors so that we may offer an honorable gift to our children when the time comes for us to leave.

Compared to the Sun and our Earth's orbit around the Sun, our Moon traces a more changeable pattern across the skies. She has intricate designs that lace with the time of year and also the decade. Her dance is a syncopated rhythm of breathing and turning that controls not only the tides and weather patterns of Earth but the human reproductive cycle and the emotions of our individual and collective bodies. She orbits the Earth approximately every 27 1/3 days, and her rotation on her axis takes the same amount of time so that her one face is constantly turned toward us. Every 18.6 years, she completes an eclipse cycle based on the predominantly backward, or counterclockwise, winding of the nodes of the Moon. These nodes are the points in space where the elliptical path of the Moon crosses the elliptical path of the Sun. They are referred to as "north" or "south," depending on their relationships to true north, as pointed out by our polestar.

The nodes of a plant are the connective joints where the plant has a growth spurt, as in springtime. The nodes of our Moon are little different, as they are the areas indicated in an astrological chart where an individual experiences accelerated emotional growth as they slide slowly backward through the zodiac. Red Eagle referred to the nodes of the Moon as our emotional barometers, meaning that wherever these imaginary points are focused in the zodiacal sky, so is our collective emotional consciousness.

Currently the north node is at 12 degrees Capricorn, and the south is at 12 degrees Cancer. Capricorn is a strong, responsible earth sign, and it's no coincidence that our sentiments are inclined toward Father's Day on June 20 and to our responsibilities to home, family and the burgeoning earth garden that surrounds us. I'm reminded of the wisdom of a young friend who was being raised by her father. She told me, "Daddies can be mommies too." That works both ways. Red Eagle referred to the ruler of the night as Grandmother Moon and taught us that she was much older and wiser than the Earth Mother. "It took time and patience to train the

[Earth] Mother and teach her to move in balance with the dance of Father Sun and Grandfather Sky," he said, implying that our Earth was once unruly before she learned the synchronous patterns of geometrical eclipse cycles. It's interesting to note that during a total solar or lunar eclipse, the planet or moon causing the eclipse fits inside of the Sun's space like a glove, and there are so many synchronicities of sacred geometry in our night sky that the Grandmother (who keeps many secrets) can only be understood by the oral tradition of storytelling.

THE MISCHIEVOUS TWINS

While traveling through Sedona, Arizona, I learned a creation myth that had been perpetuated through oral tradition by the Yavapai Indians of the region (possibly dating back some 2,000 years). A woman guide told me the story of the "Mischievous Twins" while visiting a sipapu site at Montezuma's Well. A sipapu is a naturally occurring opening in the earth where the Pueblo Indians believe their ancestors emerged from below the ground at the beginning of the fourth world, perhaps over 10,000 years ago.

As legend has it, during the creation of the fourth world, First Mother and First Father were resting from their creation toils while their twin children snuck out to play. The children had been warned not to play in the dark, for the quiet stillness was associated with death, and the Great Mystery should never be tampered with. Filled with natural curiosity, the children snuck out at dusk to mimic the creation ceremonies they had seen during the day.

Careful not to wake their parents, they danced around a pretend fire, waving their toys. The little boy waved a fire stick while the little girl fingered a reed flute. Soon they tired and fell into a deep trance sleep in their shelter next to their parents. The toys fell from their hands still vibrating with the energy of the dance. In the dead of night, the fire stick called to the flute in a faint whisper. The flute answered with pale flickerings in the near silence. Together, they sparked an alchemical reaction, and the faint sound and light were released into the night air. The energy moved like wind across the sleeping land, opening fragrant night flowers and stirring the calls of nocturnal animals and birds. Then it swirled at the place of the pretend fire and circled upward into space, releasing an array of sparks and silvery strands that wove a new celestial orb and placed her as ruler of the night sky. The night was no longer silent or still, and it shone with the threads of a gleaming light basket.

When First Mother and First Father awoke, they saw the plants with new seeds, pollen, animal tracks, feathers and webs with dew—evidence of a hidden world they never knew existed. The children kept quiet, realizing that the world they had awakened in their dreamtime was to be kept secret lest Grandmother Moon tell their parents what had transpired with Great Mystery. Their parents, tied to the fourth world, would never understand.

According to interpretation of ancient Anasazi sites, such as those found in Chaco Canyon in New Mexico, the natives

of that civilization performed a ceremony surrounding huge fire pits under the night sky in honor of celestial events. Together with the vibration of flute, drum, rattle and chant, they wove a dance in honor of the celestial deities. Red Eagle taught us that their sounds danced with the light similar to how Great Spirit first created life on Earth.

Today long corridors and roads may be observed that seem to trace the Moon's oblique heavenly travels against the earth. They were seemingly creating these patterns in an attempt to keep the Moon on course, weaving her way on the ground to assure her path. Today the Hopi, Navajo, Zuni and Aztec people of the surrounding areas have kept their traditional dances, not only to honor the sky spirits, but to assure their perpetual orbits in the skies. Some may think it unnecessary to entreat the heavenly bodies to continue their paths after millennia of consistency, but I ask them what if they hadn't been doing this all this time?

We each have our basket of stars that we came into this world with—a natal pattern that was set into motion the moment that Great Spirit breathed into our waiting hearts. I believe it is a weaving generated from the center womb of our galaxy, a complex web of silvery strands of many grandmothers through time and space, handed down through many spiraling arms to our little outpost of a solar system here on the galactic arm of Orion.

DEEP SKY REPORT

The time of Cancer is from June 21 through July 21. The summer solstice occurs on Sunday, June 21, the day following Father's Day, and it is a heavily aspected day. This is a time of strong sun, tall corn and high grass. Let's teach our children the art of tending garden, respecting the animals, honoring the water spirit and sending love to the earth to assure a good harvest. We must teach them the ways of right action and right relationship to awaken the grandmother teachings that are woven into their hearts so that they will dream a world of peace with the creation of the fifth world.

Lunar eclipse Saturday, June 26, 5 degrees Capricorn: Tonight's sacred site full moon ceremony meditation is focused on Kalacmul, Mexico. For a full listing of this year's sacred site meditations, and the moon calendar, please refer to the Earthheal website.²

The time of the full moon is our greatest opportunity to dream big. Take advantage of the moments before falling asleep tonight to visualize your greatest heart's intent in life. Although the intent may change from full moon to full moon, try to launch your dreams by drumming or meditating to rhythmic music and candlelight before bed. The

trick is to dare to dream the dream of a child, for it is the child's heart that sees no boundaries and dares to journey in the unknown searching for allies. Don't ask, "Why not?" Rather ask "What if?" What are you waiting for? Set your course and go.

Solar eclipse Sunday, July 11, 19 degrees Cancer: Uranus has just turned retrograde at the first degree of Aries. This is a highly reflective time of simple innocence and reciprocation. When the Moon eclipses the Sun, it suspends our wakeful thinking processes for an hour or so. This eclipse occurs at 12:40 PM on the west coast, so we may find ourselves adrift in a sea of daydreams this afternoon. Use the time wisely, and open your heart to receive those cosmic impulses that you are only privy to at night when asleep. If you start to receive clarity and elucidation to a perplexing problem, send gratitude back to the direction of the light, or simply send gratitude. The primary law of the cosmos is that what we project is mirrored back to us, so project beauty, balance and right relationship. It's a good exchange.

Jupiter stations retrograde Friday, July 23, 3 degrees Aries: At the end of the fourth world of creation, a new dimension was stirred that lie dormant until now. It is the life breath of the fifth world, which we are currently on the brink of: a galactic community; the world of the Ethers. At the end of the fourth world, First Mother and First Father rested and dreamt of eight other worlds waiting to be created. Their toils were over, but in time, a new world would slowly emerge, born of the imaginary creation of a child's mischievous dream. We are starting to realize that time is very important, and like unruly children, we are waking up to our grandmother's prodding telling us that our thoughts, words and actions (even in secret) are weaving the fifth world now. ✨

We are living at the end of an era. . . . We are in need of new life-giving myths that can sustain us and our children for the next thousand years. These myths are beginning to appear. They are the stories of sustainability, of right relationship, of stewardship of the Earth, of everything around us being alive.

—Alberto Villoldo³

1. Standing Elk, Dakota Spiritual Advisor and Sundance Chief, *Maka Wicahpi Wicohan* (South Dakota, 1966). E-book available at www.star-knowledge.net
2. <http://earthheal.blogspot.com/2008/12/maya-full-moon-attunements-at-power.html>
3. Alberto Villoldo, cited in *Awakening to the Spirit World* (Louisville: Sounds True, Inc. 2010) by Sandra Ingerman and Hank Wesselman.



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Vedic Astrology: Jupiter Enters Pisces

Drew Lawrence

We are entering a time of good fortune, spiritual renewal and human benevolence. The great guru and spiritual teacher planet Jupiter will enter the sign of Pisces on May 2, 2010. He will remain in Pisces for almost an entire year, except for one month when he moves retrograde and back into Aquarius, as shown in the dates below:

Pisces is Jupiter's own sign. When a planet is in its own sign, it delivers its benefits to a much higher degree. Jupiter enters Pisces only once every twelve years and remains there for about a year.

Although it is difficult to change people's intrinsic natures, we are nonetheless entering a time when consciousness and awareness will expand and rise to greater degrees of perception, understanding and realization. We will begin pondering to greater effect the repercussions of our actions and, more specifically, the consequences of selfish, self-motivated and self-serving actions. There are those who believe that if they get what they want even though it is to the detriment of others, it won't matter: "As long as I get my needs met!" But we see that that is not the case in reality.

Witness our recent economic collapse. Self-serving behavior leads to the collapse of the collective welfare. It is worth mentioning that various governments are rewarding this self-serving behavior by bailing out the banks, corporations, developers and more. This will only perpetuate such behavior, and no lesson will really be learned. They will simply think they got away with it and do it again as soon as another opportunity arises.

LOVE THY NEIGHBOR

Jupiter in Pisces allows us to see with our hearts and to feel with our eyes. It is certain to open the hearts and minds of humanity. It is a return to innocence and purity of intent. It inspires us to question our motives and motivations and the purpose behind our behaviors and our actions. Pisces is symbolized by the vast ocean of the subconscious. One's real beliefs, true nature, childhood wounds and trust issues all reside in the dark ocean of the subconscious. These will bubble up to the surface for examination, for emotional recognition and, most importantly, for release.

Jupiter in Pisces leads to freedom from the shackles of greed, fear and narcissism. But we have to be willing to let go, and we have to be willing to jump! Giving to others,

including others and considering others does not result in you getting less. It results in all of us, including you, gaining more. This is truly the Piscean theme. It is charity, benevolence, altruism, philanthropy and humanitarianism. It is spiritual love and surrender.

Loving God automatically includes humanity, which is part and parcel of God. It takes us to the realm of the absolute, where all things are equal. One will never succeed in loving humanity while denying God because human behavior is too polarizing. It is first necessary to recognize the common thread of spirit running through it all. How will you acknowledge all the children while denying the parents?

Pisces is the final sign of the zodiac, so a twelve-year cycle of Jupiter traveling through the zodiac from Aries to

Pisces comes to an end on May 8, 2011. And what do we have to show for it? Are we more compassionate? Less greedy? Did 2009 teach us the danger of defining ourselves in terms of materialistic triumphs? Have we moved on? Are we kinder and more understanding? Is the world a better place than it was twelve years ago? If not, we are now entering the final year in which the lessons need to be learned. Otherwise,

will we be doomed to start all over again when Jupiter enters Aries? Could you imagine being consigned back to the first grade in school when you have finished the twelfth grade but failed the tests?

CHOOSE RIGHT ACTION

Jupiter in Pisces will bring truth to the fore and continue to clean house in churches, banks, financial institutions, corporations, governments and so on. What has begun as a long overdue housecleaning will continue. Integrity, honor, ethics and virtue will rise like the Sun in the east. Will we raise our faces toward the light, or will we return to the murky and bleak behaviors that have clouded our visions in the recent past? The celestial beings in the form of the planets are holding out the olive branch. Will we reach for it? It is our choice as individuals.

Jupiter in Pisces will bring great wealth and expansion of good fortune and a downpour of karmic benefits. Will we hold our heads high and look it directly in the eye and receive these gifts without having to hide our faces in shame? Jupiter in Pisces is

Jupiter on the Move

May 2, 2010 – November 1, 2010
Jupiter enters Pisces

November 1, 2010 – December 6, 2010
Jupiter reenters Aquarius in retrograde motion

December 6, 2010 – May 8, 2011
Jupiter reenters Pisces

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for the good and the honest and the true. It is not for the bearers of the shadow and the darkness who wait for others to turn their heads so they won't be caught causing their mayhem.

Jupiter in Pisces will introduce new vision that may forge a new paradigm shift in the coming year. Therefore, it is important for us individually and collectively to spend more time meditating, envisioning and dreaming. It is necessary to establish a clear and direct communication with the higher realms, because it will be easier than ever to accomplish this. And from this connection, we will be able to derive the information, clarity and perception of our unfolding futures with the benefit of a more lofty and dynamic perspective. This may also produce works that are considered to be breakthroughs or landmarks in art, literature, music, film and theater.

Many high souls will take birth in the next year—souls of great consciousness and compassion who will perform momentous humanitarian feats in their lifetimes. It is a time of divine births and spiritual rebirths. It is a global baptism and purification. We only have to choose to participate. Let us all go down to the river.

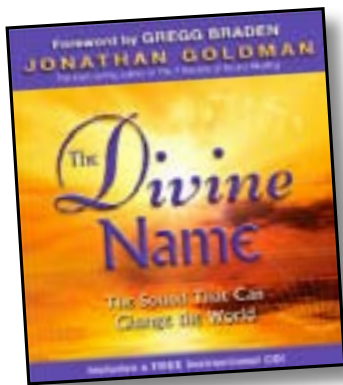
WHAT JUPITER IN PISCES MEANS FOR YOU

Please check your birth chart in accordance with Vedic astrological calculation to determine whether the following results of Jupiter's transit in Pisces for the coming year will have further effects for you:

- If your ascendant, or rising, sign is Pisces at the time of your birth, this will be a time of growth and expansion for you personally. Maturity and enlightenment will be yours. Optimism will inspire your outlook.
- If the Sun was in Pisces at the time of your birth, then this will be a year of great personal and spiritual growth and career success as well as personal and professional triumph. Expect a promotion if you are an employee. This may be a favorable year for you to begin your own business, depending on market and economic factors.
- If the Moon was in Pisces at the time of your birth, then this will bring joyful emotional growth and maturity, the healing of old wounds and behaviors from childhood, an improved relationship with your mother and women in general, and a desire to treat others with greater kindness and understanding.
- If Mars was in Pisces at the time of your birth, then this will be a time of professional achievement, promotion, ambitious undertakings, leadership, overcoming anger and overreaction, and increased maturity on your part.
- If Mercury was in Pisces at the time of your birth, then this will bring successful study and educational achievement, inspiring and creative ideas, expansion of wisdom, improved communication and exciting opportunities gained through travel.

- If Jupiter was in Pisces at the time of your birth, then this will be a time of increased success overall. You will experience enhanced spiritual enlightenment and communion with God, new financial possibilities, opportunities that come of their own accord, good karma and acts of kindness, and understanding toward others.
- If Venus was in Pisces at the time of your birth, it will bring romance or a relationship, an engagement, marriage or a deeper loving commitment. A new and better financial opportunity may arrive. Increased wisdom and understanding will be yours, and an improved quality of life can be achieved.
- If Saturn was in Pisces at the time of your birth, then you must be careful with regard to finances, overexpenditure or the burden of debt. Money can be made, but it may go out as quickly as it comes in. It may be a favorable time to undertake large or ambitious projects, which will require much time and a sustained effort, depending on external support factors. Your career success should expand during this time, and you may be given increased responsibilities. This is a good year to develop spiritually and to cultivate greater wisdom and deeper insight.
- If Rahu was in Pisces at the time of your birth, then you must be especially careful around finances, financial loss and expenditure. You could easily get ripped off or cheated. It is not a favorable time for pregnancy and childbirth, for the possibility of miscarriage or complication is increased. This may be a time of great philosophical upheaval in your life. You might abandon your current religious or spiritual beliefs due to feelings of limitation or alienation. However, it is a favorable time for your spiritual growth and expansion.
- If Ketu was in Pisces at the time of your birth, then you must also be really careful around finances, financial loss and expenditure for you too could easily get ripped off or cheated. As with those who have Rahu in Pisces at the time of their birth, it is not a favorable time for pregnancy and childbirth, for the possibility of miscarriage or complication is increased. This may be a time of deep insight and premonition. Dreams or visions may produce profound realization, revelation or epiphany. The future may present itself with greater clarity. Get close or stay close to God or spirit, and let Him flow gently through your life. ✨





Excerpt: *The Divine Name*

Jonathan Goldman

I had just sent out the completed manuscript of *The Divine Name* to my editor. I was done with the book. It was the best I could do. I was content.

The next day I attended INATS, the International New Age Trade show—a yearly event held in Denver where authors, musicians, artisans and many others speak, perform or set up booths displaying their works, or others, such as myself, do signings for those in attendance. The first day had been extremely busy for me, ending that night with my receiving two visionary awards: one for Best Healing/Meditation Album, which my CD 2012: *Ascension Harmonics* won and the other for Best Website, which the *TempleofSacredSound.com* won. This was a great surprise to me as well as quite an honor.

THE AURA IMAGING PHENOMENON

The following day my wife Andi and I arrived quite late at the show in order to spend a couple of hours looking around at what we had missed due to our busy schedule of activities the day before. As the show was just about to close down, I passed by a booth that had a sign that read “Aura Imaging Photography.”

The study of photographing the aura has been around since the 1930s, when two Russian scientists, Valerie and Semyon Kirlian, accidentally discovered that by passing a slight electric current through a plate that contained living matter, they were able to observe some sort of color discharge that extended beyond the physical material—what has become known as the aura, or the electromagnetic field. This work has

progressed over many years, and there are now sophisticated cameras available that seem to be able to record different colors of the aura relating to moods and other factors of people who are being photographed. There’s much skepticism about the validity of these cameras, though the photographs can be fascinating to observe.

At this booth, there was a monitor that displayed the real time effects of people using the equipment. I was asked to sit down and try it. I was tired and ready to leave the show—not particularly interested in having my aura photographed. But for some reason, however, I was guided to sit down and, as an experiment, see if any changes would occur in my aura while intoning the divine name. Apparently, when I did this, the results were quite startling to everyone around the booth, including the aura camera operator. I had missed whatever had occurred, since my eyes were closed. I was asked to sound the divine name again. This time, the results were recorded.

What I present here are the photographs taken from a brief, twenty-second video made while I intoned the divine name. It is not my purpose to validate aura photography or equate any particular meaning to what you see. I simply make these photos available for your perusal (see Figures 1 – 4).

Most aura photography shows one or two predominant colors that are seen swirling around a person. With these photos, there was an initial slight bluish purple that was visible before I began to vocalize the divine name (Figure 2). This bluish purple hue is



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not visible in the first of these black-and-white photos (Figure 1). However, as you see in Figures 3 and 4, a pure white light almost immediately began to emerge and then envelope me as I vocalized the divine name.

No claims are made about what these pictures represent. I do find it

most interesting that rather than the traditional change in the color of the photograph, which is usual when people try to affect their auras, these pictures demonstrate something quite different. As I started to sound the divine name, white light immediately began to manifest. I'd never seen that before.

I don't believe anyone else there had either. I present these photos to you now with no agenda. They may well show one aspect of the power of the divine name to initiate light and love through sound. Or they may indicate something else. I trust you'll find them of interest. **Z**

Heaven on Earth: A Call to Consciousness

Jacqueline Ripstein

This is a time of new beginnings, and the patterns of perfection from the heavenly realms are flooding into the consciousness of an awakening humanity. Since the arts are our creative means of connecting to higher dimensions, through its powers, we have the ability to bring inspirational images, sounds and colors into our physical manifestation, helping raise our emotions in times of so much fear and distress. The arts will again become an indispensable tool to connect to the infinite light into which we are ascending.

Being part of a world transformation is our responsibility. With every step we make and every thought we think, we are either adding to the light of the world or to the shadows of it. We are

KEY POINTS

- "With every step we make and every thought we think, we are either adding to the light of the world or to the shadows of it."
- "The era of Aquarius is here; the world as we have known it is transforming, and it is not accurate that it will happen during the year 2012, because it is already happening now!"
- "Our thoughts can create misery and pain, or our thoughts can create bliss and joy."



Fig. 1: Heaven on Earth® by Jacqueline Ripstein (oil on canvas, 2009; on the cover of *Sedona Journal of Emergence!* April 2010)

living in challenging times, as we are in the middle of a transitional period—the shift between the era of Pisces and the era of Aquarius, and the shift between colors as well. We are moving, as humanity, from the blue color to the purple color. The purple color is one of the highest vibrational colors, which helps us to connect to our spiritual realms.

We are entering the violet-ray era. Welcome, my friends. Are we ready to become butterflies? The time has come! The birth is here! Heaven is ready to merge within us, and as we

awaken and elevate ourselves, earth and heaven will then blend divinely. As we create visions of love and inspiration, the new heaven and the New Earth will be born into higher levels of consciousness. We are witnessing the birth of a new humanity that is merging with the light of all creation.



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THE PREPARATION OF BIRTH

As we hold the powers of our attention on those images that will uplift us and assist us in this new and unique transitional journey, we will then create the world we have all been wishing to have for centuries. We are exploring a radically different, more optimistic interpretation of what is really happening in our lives and the reality we are living. As we do this, we are all hearing about and being persuaded to be in fearful states about the “end of times,” as the Mayan prophecy has revealed thousands of years ago.

Yes, it is written in many scripts that our times are referring to this “end,” yet this end is really part of the changes of the entry to a new era, the birth—as the woman in the painting (Fig. 1) is pregnant and about to give birth to a new humanity. The era of Aquarius is here; the world as we have known it is transforming, and it is not accu-

rate that it will happen during the year 2012, because it is already happening now! The pregnancy is the creation and preparation for the birth.

The man in this painting has the fire and the key in his hands; this represents the answer to our transformations. What if we could focus differently on the Mayan prophecy? Instead of visualizing the prediction (and other predictions) of a physical destruction of the material world, we should focus on how it is a death and rebirth of our new world—and with it, a birth of a higher state of consciousness and a mass inner transformation of humanity.

We need to make a decision about how we see the glass: Is it full or is it empty? Are we ready to discover that the empty part of the glass has never been empty, as it is full of atoms of light and has more opportunity for containing the light in itself? Our thoughts can create misery and pain, or our thoughts

can create bliss and joy. Instead of just allowing ourselves to be bombarded with painful images of humanity’s suffering and destruction, I invite you to meditate and focus your energies on creating a new world—a world where, as cocreators, we become responsible for our actions, and we have, in its infinite plan, leaving the world as a healthy planet to our children, our magnificent Mother Earth and all life within it!

The arts will again become an indispensable tool to connect to the infinite light into which we are ascending. A new consciousness has begun to arise and this awakening is so needed now to help save our Earth and our humanity. We are running out of time! We humbly ask for forgiveness from planet Earth and her life for all our trespasses. As we awaken, one by one, a new humanity will arise, creating together a world of love and peace. **Z**

Forgiveness . . . With a Twist!

Ruth Evelyn

Before humanity began its conversation over the law of attraction and, more recently, vibration and frequency, Archangel Michael and a slew of ascended masters were turning my sight in the direction of the law of vibration, the law of transmutation and the law of cause and effect. These laws of nature

are the foundation upon which the law of attraction functions.

Law of vibration: Nothing rests, everything moves, everything vibrates.

Law of transmutation: Energy can only be transformed from state to state, degree to degree, condition to condition, vibration to vibration. It can never die.

Law of cause and effect: Every cause has its effect; every effect has its cause.

Utilizing these three laws together in conscious awareness, we are able to raise the frequency of our emotional vibration. As an individual or a collective group, it is through the proactive use of these natural laws that we

manifest purpose and happiness, and we co-create our ascension(s).

WITH THE LAW OF VIBRATION, YOU CAN MANIFEST YOUR DREAMS

The law of vibration holds the base knowledge to manifesting your life dreams. It is the elementary school knowledge to your PhD of life. It is the $2 + 2 = 4$ basics of math. When

KEY POINTS

- By utilizing the law of vibration, the law of transmutation and the law of cause and effect, you are able to raise the frequency of your emotional vibration.
- This, in turn, paves the way for the law of attraction to work for you.



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you understand the degree in which vibration dictates your life to the very core of your emotional being, you can make conscious decisions in your life as never before.

Living at the level of vibration opens the way to clean up your emotional debris for good. Cleaning up unwanted vibration to then call forth desired vibration is the ability to raise your vibrating frequencies of emotion in the body. It is the precursor to proactive manifestation and ascension.

Our emotions are frequencies of energy in vibration, all in varying degrees and states of motion. While we can try to overcome our emotional states by utilizing positive feelings and affirmations, the stick-to-it-iveness is fleeting. Hidden underneath the façade of happy thoughts and dreams are layers and layers of old history and conditioning tugging for our attention and gnawing away at our foundations. These hidden frequencies of emotion vibrating quietly underneath are the truth of your attractor factors working in your law of attraction.

Our molecular memory includes personal history, family history, cultural history, communal history, gender history, human history and the base coding humanity began with. When you look at the emotional memory held within our DNA, the layers of content can be overwhelming. They are, however, the cause of much of our emotional state today. Considering energy does not die, we have yet to collectively clean up all of the emotional debris left on the planet as we live our lives and reincarnate time and again. All the positive thinking on the planet is not enough to override what we are now re-cycling through. Clearly, with the evolutionary changes we have seen over the past few decades and years, we are the generations on the planet ready to begin the cleansing process as a collective whole. The planet cannot wait. We cannot wait.

What is in front of us is not what it means, and what it means is not in front of us. When you can wrap your brain around this statement, you are ready to step into the hidden layers of life in

a way that does not intimidate you or overwhelm the momentum necessary for completion of your debris cleanup. Awareness, awakening of the conscious mind to the hidden world of truth, opens the door to knowing your emotional body in the form of experience in frequency rather than scope of relationship with others. Experiencing emotions as frequencies opens your consciousness to what is hidden in you so that you may close the doors to patterns of drama and worlds of lower vibrating toxins. Then your attractor factors change.

CLEARING YOUR DEBRIS FIELD WITH THE LAW OF TRANSMUTATION

The law of transmutation is the key to clearing your debris field. It is the action step that brings about being. If you desire a higher vibration experience in this life, you cannot create it with lasting results until you are no longer standing on a foundation of garbage. Your ground is unstable. Calling forth or focusing on positivity without a clear emotional field will cause those higher vibrations of happiness to leave quickly—or not arrive at all. High vibrations will not come to you if you continue to play with low vibrational frequencies.

We all experience the same emotions in varying degrees and experiences. Consider the experiences of your life. When you look closely enough, you can see the patterns of similarity with variances of faces and landscapes in a large degree throughout your relationships and situations. Why? When you look at your experience, you are the common denominator of all that you attract.

Stop looking at your relationships and all you have created! We have overwhelmed ourselves into confusion. Looking at individual people, circumstances, conditions and moments to step yourself up into higher-vibrational experience will keep you perpetually examining what has gone right, what has gone wrong, and the forever ramblings of “What if?” It’s time to cut to the chase.

We all experience the same emotions. Emotions are frequencies of energy vibrating at various rates of motion.

Emotions are energy in motion—e-motion. When you look at anything you desire to improve in your life, look no further than the emotional field in your body before you consider changing the behavior of another or your outside circumstance. Your emotional body is the palette of paints with which you are coloring your life. If you do not change the palette, you will create the same landscape elsewhere.

Many try to turn away from their lower-vibrational selves to live only in the higher self. This is what is often termed as the “Pollyanna effect.” You are looking to the good without taking care of problematic factors. Many believe that looking at one’s emotional debris is giving it the power to grow and become. It’s there anyway. Whether you choose to ignore what has not been cleared or turn away because you fear its power, the debris remains hidden in your molecular crevices, waiting. Your life will never change with the permanency you desire until you are standing on a solid foundation of emotional balance and centeredness. The quickest, most effective way to do this is to begin to clear your debris with a process of forgiveness—with a twist.

Forgiveness—with a twist! Forgive the emotional frequency in your experience rather than a person or situation. Transmutation is the process of replacing a low emotional frequency with a high emotional frequency. Every human has the power to transmute lower emotions with higher emotions. Transmuting the frequencies vibrating in your emotional body is the fast-track to ascension and the co-creation of your dreams and desires.

Forgiveness is a transmutation process. One can state, “I transmute anger in my body,” or “I forgive anger in my body.” Forgiveness is a frequency blend of transmutation with love and kindness. The result of applying forgiveness to your emotional debris field is kind and loving to your body. It eradicates the lower frequency while applying a healing salve of love and kindness to the cellular damage. Forgiveness of a frequency is far more effective and lasting than simple transmutation.

Application of forgiveness to clear your undesired emotional frequencies is an ongoing process until you have cleared through the many layers of your genetic history. If diligently approached, the initial clearing of layers can be a two- to three-month process. At that point, you will notice you are no longer attracting the toxic energies so willing to press your buttons.

BUILDING THE FOUNDATION FOR YOUR WISDOM

Continue clearing at every moment of low-frequency experience, and you will discover the effortless path to ascension.

As you move through your days, weeks and months of forgiving lower-vibrational histories layering in your DNA, you will notice the ease in your emotional body. Changes will begin to occur in your life, bringing you closer and closer to your dreams and desires. Eventually, whole dimensional aspects

will close behind you. The layers of your lower emotions in resonance with lower dimensions will be transmuted until they no longer exist in your genetic memory. You will be left with a faint memory of your past without any emotional charge. This is the foundation for your wisdom.

When you clear the debris in your emotional field, you will have no need for lower-dimensional frequencies and experience to be available to you. You will experience a natural ascension that opens up higher dimensions as the lower dimensions become closed off. You will no longer re-create your past, because it is gone, and you will naturally attract yourself to higher-resonating frequencies and situations.

It has been less than three years since I began this process for myself. My experience has been greater interactivity with divine dimensions, significant expansion of knowledge, and trust in myself. Providing a clear field of

emotional frequency for myself, I have attracted others to my life, resonating with kindness and regard. Living in higher vibration, the soul self connects with the human self, allowing for synchronized living of purpose in cooperation with one's divinity. Aware and purpose-full synchronicity becomes a way of life.

Change your focus of forgiveness toward frequencies of your emotion rather than toward people or circumstance. You will then take care of all situations you create in your life because you are taking care of the direct frequency or frequencies that create the many faces of dramatic circumstance. You will see repeat patterns dissolve before your eyes. You will gain the deeper meaning of knowing that what is in front of you is not what it means—and what it means is not in front of you. You will change your attractor factors, and then the law of attraction will work for you rather than against you! **Z**

Shrihat Satva and Irash Satva Yogas¹: Treating ADD And Hyperactivity

Almine

Although much research has been done to identify physical factors and causes contributing to attention defi-

cit disorder (ADD) and hyperactivity, very little has considered the element of spiritual causation. This lack of understanding is further exacerbated by associating these disorders under an umbrella classification.

An advanced state of spiritual evolution: The average man in the street lives in contracted awareness, which allows him to focus on details. As he moves to the next evolutionary stage, that of the master, his mind is

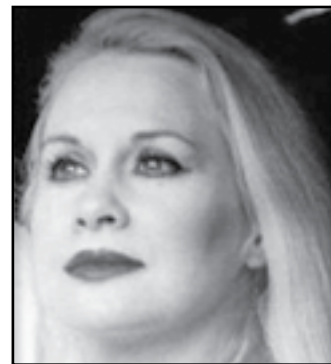
KEY POINTS

- True ADD and hyperactivity can be traced to several probable spiritual causes that can be eased by the practice of yoga.
- Both Shrihat Satva and Irash Satva yogas are designed to elevate consciousnesses into more advanced stages, allowing individuals to better function in this world.

ADD AND YOGA

True attention deficit disorder can be traced to several probable spiritual causes:

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silenced. He has no memory and exists in expanded awareness, unable to focus or retain even short-term memory.

Past-life memory: Time has lain like a spiral of black light and frequency behind the present life, or white light. If a soul clings to past lives because of their glory or their pain, the soul force is mostly focused in those past incarnations, creating only a partial presence in the present. This results in a disassociated state.

The reality in which we live has had a parallel reality, also consisting of black light and frequency. Each of us has a presence consisting of multiple incarnations in both realities, like two ends of a stick. With two opposite poles, if one increases, the other decreases. In the parallel reality, consciousness is raised primarily through heightened frequency. Therefore if someone is a great master in one reality, that being's light and mental abilities would be diminished in the other.

The music that is an integral part of both forms of the yoga incorporates the alchemy of sound. It uses the technique of precisely balancing black and white frequencies. In so doing, the illusions of the past (and present) are cancelled out, releasing the energy and power that

have been confined in the frequencies. That power and energy can then be used for the flourishing of the individual.

Shrihat Satva yoga is designed to resolve the issues of prior incarnations utilizing many methods, including direct cognitive and noncognitive communication with past lives. As it does so, the yoga practitioner becomes fully present in the moment with enough resources to raise his or her consciousness.

The gaining of resources in one reality, causing loss in another, is part of the illusion of separation. The practice of Irash Satva yoga is designed to open gates in the body that access the endless supply of the Infinite's resources, allowing us to transcend the limited resources of polarity.

HYPERACTIVITY AND YOGA

Hyperactivity can result from either or both of the following spiritual causes:

The person is, in fact, able to expand so much that fear of his or her own vastness—and loss of touch with “reality”—catapults him or her into hyperactivity.

Energy is so low that one attempts to produce more through frantic activity or

cravings for foods or other substances to which they are allergic. This produces fake adrenaline based on energy.

The hyperactive adult or child could also be rushing away from past trauma—even the trauma of birth—as well as suffering from the conditions described above. Resolving past issues and opening the gates of blocked resources should alleviate the condition.



There is a spiritual evolutionary stage beyond the overpolarization of the vast expansion of the master and the overcontracted egotism of the fool. Both yogas are designed to elevate consciousness into more advanced stages. The stage of omniperspectives lies beyond the expansion many are afraid of. It is a stage in which the individual can better function in the world while being free of the dream. **Z**

1. Irash Satva yoga and Shrihat Satva yoga are the first and second sections of a comprehensive three-part yoga modality received by Almine. See www.yogaofillumination.com

ANIMAL SOULS SPEAK

THROUGH ROBERT SHAPIRO



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

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



Robert Shapiro

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The Shift and the Mastering of Alchemy: Your Spiritual Abilities Are Revealed

Jim Self

When you enter the fifth-dimensional consciousness, you experience a full reintegration with your higher self and merge with your soul. This reconnection with your higher aspects allows you to once again know yourself at a soul level. You begin to think from your heart and act from the wisdom of your soul. Your innate, intuitive, spiritual abilities now become fully available to you again. These include clairvoyance, telepathy, abstract intuition and many more. You become fully conscious, accessing the wisdom and information available within the higher multidimensional aspect of that which you have always been. There is no separation.

The higher dimensions operate within fields of awareness that are not accessible to the rational third- or fourth-dimensional mind. The rules, structures and means of creating in these fields of awareness are known as

alchemy, which is a natural way of life in the higher dimensions. Alchemy is defined as the ability to change the frequencies of thought, alter the harmonics of matter and apply the elements of love to create a desired result.

The mastering of alchemy is found in curiosity, inquisitiveness and application by learning to utilize sound, color and geometry to weave shape and form. Magnetism, electromagnetism, patterns of light, feelings of beauty and higher aspects of love all come together to form the complexities of universities as well as the simplicity of a drop of water on a morning lily. Alchemy is the very fabric of the fifth dimension.

There is much that changes in the fifth dimension. Consciousness becomes broader and more dynamic than anything you can imagine in the third dimension. Physical density ends, form becomes very fluid and the structure of the physical body turns into light. Much of your DNA is reactivated, and the portion of your brain that has been dormant for so long comes alive again.

The fifth dimension vibrates at a very high, brilliant and fast frequency range of light, love and great beauty. Heavy, dense thoughts and emotional vibrations such as reaction, anger, judgment and fear cannot be held in the fifth-dimensional realm. In the fifth-dimensional frequency ranges of light, there are no limitations; all possibilities are available for creation.

TIME IN THE FIFTH DIMENSION

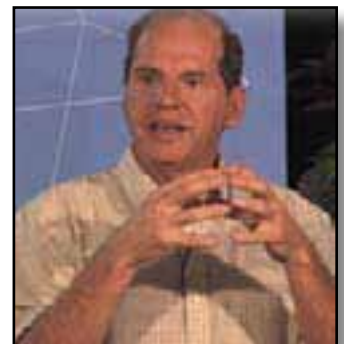
Time exists once again in the fifth dimension, but in a very different configuration than previously experienced. Once fourth-dimensional, present time is understood, time shifts into simultaneous time. In simultaneous time, all things exist in the same place at the same moment. In the fifth dimension, there are no past or future lives, no parallel or alternate lives. All that you have ever been and ever will be are accessible in this dimension of consciousness at the same moment.

As a citizen of the fifth dimension, you will remember how to master every thought, every word, every action and every instant. As a fully conscious being of light, you will have multiple opportunities to expand and continue your journey as the unique, immortal spark of the Creator that you are. There are an infinite number of choices, as well as infinite possibilities to choose from in order to experience your journey.

For example, one choice is to continue experiencing yourself as a unique, singular aspect of the Creator, fully conscious of you. You could choose to experience this as an ascended master in a different galaxy or universe. Or have you ever considered the possibil-

KEY POINTS

- "The fifth dimension vibrates at a very high, brilliant and fast frequency range of light, love and great beauty."
- "The purpose of the shift is to facilitate, assist and bring to you all the possibilities that will allow you to release who you are not, as well as enable you to embrace who you have always been but have forgotten."
- "This geometry allows for a greater range of information and the opportunity to participate in higher dimensions."



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ity of becoming the consciousness of a planet or a star? You could also choose to continue on into the seventh, eighth and ninth dimensions, becoming one with a collective group consciousness, knowing all that is held within that unique collective consciousness and experiencing this Oneness.

A third opportunity is to once again return to the Oneness of All That Is, to return to the heart of the Creator and experience yourself as the Creator experiences Itself. These are all choices that are available to you. No one choice is better than any of the others; they simply all exist within the infinite fields of endless possibilities and awareness.

HOW TO ENJOY THE JOURNEY

If you are reading this, you have been extraordinarily successful on your journey. It is now time to return home. The purpose of the shift is to facilitate, assist and bring to you all the possibilities that will allow you to release who you are not, as well as enable you to embrace who you have always been but have forgotten. The first and most important choice is to become aware of the fact that you have choice. This means:

- choosing to become conscious of being conscious
- choosing to be the higher-dimensional being that you are
- becoming conscious and choosing to observe without being influenced by or reacting to the motion and noise around you
- allowing others to act out without making their behaviors personal
- looking for a higher road to choose in each situation

These are the choices of the fourth dimension, whereas:

- continuing to argue with or push against
- choosing blame and guilt
- allowing yourself to be the effect of the thoughts and emotions of others
- resenting the situation you find yourself in and complaining about it over and over

These are all third-dimensional reality choices. Which do you choose?

WALKING A HIGHER PATH

When you choose to walk this higher path, you will begin to notice—if you allow yourself—that you are beginning to think more often with your heart and are acting from the wisdom of your higher mind to create a better set of choices. When you choose to decide to follow your heart, you discover that there are many tools, skills and abilities that can be accessed and learned that will assist this acceleration of awakening consciousness. As you align with the alchemy of your heart, directed from a higher-dimensional aspect of yourself, you can recreate a platform of stability and grace. From these higher vibrations of awareness, much information now becomes available to you.

As you choose to master alchemy, you begin to integrate the words of higher concepts, and you learn to fully comprehend words such as “happiness,” “certainty,” “seniority,” “presence,” “capable,” “gracious” and “command.” These are not merely words to be spoken; rather, they are words to be experienced. These are living energy fields of consciousness that are to be integrated and demonstrated.

From this platform, you begin to access the higher rays of creation, which form the energetic building blocks used by all aspects of the Creator to create the All That Is. The twelve rays of creation are the frequencies, sound currents, color and geometries that form and organize every adamantite particle: the basic building blocks of universal love. By learning and applying the rays of creation, you will learn to clear away the disharmonic, unconscious patterns that magnetically bind us to the third dimension and much more.

SIMULTANEOUS TIME

As you learn to focus your attention to the fourth-, fifth- and sixth-dimensional thought realms, you begin to access the knowledge held within the frequencies of these higher realms of consciousness. You begin to experience simultaneous time, which enables you to access all the experiences of your past lives and all

the wisdom of your future lives. With this expanded knowledge and wisdom, you can now change the geometry of the octahedron into the vehicle of light known as the star tetrahedron. This geometry allows for a greater range of information and the opportunity to participate in higher dimensions. And this is just the beginning.

This expanded knowledge opens communication with and guidance from many levels of consciousness, including the angelic, animal and elemental realms. Your imagination will open, and you will experience and see things that you have never thought possible and perceive opportunities that have never before been imagined.

You will have access to the many amazing and beautiful gardens and temples within the higher dimensions. In these gardens, the trees sing, creating a symphony of beauty and well-being, and as their melodies fill the air with vibrational energy, not only do the colors of the leaves change, they also release new fragrances that have never been experienced in third-dimensional reality. As you step through the slivers of simultaneous time, access to the temples of healing and resurrection are immediately available, and you are welcomed into the temples of wisdom, purification and the violet consuming flame.

You also begin to create new pathways within the sleep state through the lower astral realms into the higher etheric realms so that upon your return to the waking state, you now begin to remember where you journeyed and with whom you played as you slept. These are but a few of the opportunities that await you in the field of possibilities within the fifth dimension.

UNVEILING THE EXPERIMENT

This is a grand adventure, an adventure that was never thought to be possible. What and how we are creating is being observed from every corner of all the universes. There is amazement, admiration and great joy in the hearts of the observers as they watch the grand finale unfold. We are not only unraveling ourselves from the third dimension but creating a new

home, a new heaven on Earth, in the higher dimensions.

As spectacular as this is, there is more. There is now an opportunity that was never previously imagined to be possible for these times. In co-creation with the archangels and the great beings of light, there is an opportunity to bring forth a new pathway; one that is created through the hearts of the most passionate of humanity—those who can hold the dream of bringing heaven to Earth. This pathway is an experiment.

As the third dimension is being dissolved, all of humanity will move forward on a path to returning home, leaving the third dimension behind. Some will take one path, and others who are the most unconscious will take a different path—but all will be going home.

Here's what is going to happen: Those who are less conscious, or slower to wake up, will take a slower path that does not lead straight to the fourth or fifth dimension; rather, it will take them to a place where they will

have the opportunity to learn everything that those who are conscious of and ready to make the shift have been experiencing. Once they have learned what you have been experiencing, and thus are able to experience it themselves, they too will be ready to enter the fourth and fifth dimensions.

Those of you who are reading this have an opportunity to make a different choice. The archangels saw an opportunity to provide a set of tools and a series of choices and experience that, if followed, will enable you to bypass the incremental steps that mass consciousness will experience on its path, and thus greatly accelerate your journey home.

REVEALING THE TRUE NATURE OF THE "EXPERIMENT"

The purpose of this writing is to introduce you to this new pathway and to reveal to you the true nature of the experiment: You are the experiment.

You are being asked to awaken and walk this accelerated pathway with the hope that as you once again become

the fully conscious being of bright light that you are, others will see your light and follow you back to the heart of the Creator.

It was hoped in the year 2000 that a small group of humans could align a vibration of light so brilliant that a crystallized doorway could be created. As we approach the year 2012, that glimmer has become a brilliant flame of light, which is now being firmly held by those who believe—those of you who are remembering and beginning to understand that not only are you not little, as you erroneously thought, but you are bigger, more important and more significant than you have ever imagined.

Most importantly, you count. You are the light that appears at the top of the candlestick for all in the house to see. And as you awaken, remember, realign, rewire and re-create yourself, your vibration is beginning to awaken the rest of the world. Today the experiment is unfolding, and you are awakening. Be pleased with yourself. It is time for all to return home. **Z**

An Opportunity for A Better Life in 2012

Eliza Mada Dalian

KEY POINTS

- As Earth's axis shifts to its new position in 2012, a powerful energy wave will help humanity move into a higher vibration of existence.
- To enter into this new cycle of human evolution, you must release the past and move toward universal consciousness.
- The best thing you can do to prepare yourself for 2012 is to purify your consciousness so you can move into the vibration of joy and celebration.

Consciousness has been evolving on this planet for millions of years. The energy vibrations that were sustainable on a physical plane have now become obsolete. Existence has waited for billions of years for us to finally evolve to a point where we can create new life on this planet that will be based on each person's innate ability to live with love, honesty and courage. Instead of living with our old ego-centered, fearful and competitive programming, the global shift in 2012 will bring us many opportunities to create a better life on this

planet. Mother Nature knows that it's now time to destroy the old, outdated structures, and she will help us create a new and a better foundation so everyone can live in joy and abundance.

As the polar axis of the Earth shifts to its new position in 2012, a powerful



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energy wave will be freed to help humanity enter into a higher vibration of existence. Like an earthquake that causes the surface of the planet to quiver, the imbalance of power and wealth will no longer be able to sustain itself.

The year 2012 will expose our unconscious darkness on a massive scale. Those who are after their own selfish interests will become more and more visible and more and more miserable. But those who have been working hard to purify themselves and find their true being will find true happiness and joy, which is within their own hearts and consciousnesses.

DISCONNECTING FROM THE PAST

A significant number of humans are already beginning to recognize that no one can ever be separate from the universe. Many are becoming aware that their innate state of religiosity is independent of the organized religious beliefs and conditionings. We have created multiple concepts of "God" out of our fear of the unknown, and we have learned to control life instead of celebrate its abundant blessings.

Our human-made concepts about the many different gods have created much pain and suffering for the whole of humanity and have brought us to a point of self-destruction. Our survival is now dependent on surrendering our different ideas of God and our unification as cosmic beings belonging to one Earth and one universe. Those who gather the courage to surrender their ego-mind will "heal into consciousness" and be the torchbearers for this new cycle of human evolution. The new beginning

will give birth to a new man and a new woman who will follow their own intelligence and inner knowing, and they will be true to their own hearts.

LIVING WITH NEW CONSCIOUSNESS

The universe evolves and expands as we transform our individual unconscious energy into consciousness. In order to transform our collective energy, each person needs to take full responsibility for his or her own transformation into consciousness and start functioning from higher energy centers (chakras).

The year 2012 will awaken us out of our collective sleep and give us an opportunity to surrender our attachments to our fears, conditionings and old belief systems. Destruction of the old structures will help us purify our first three chakras and propel us collectively into the fourth chakra, where we will begin to function through our heart. In the higher chakras, fear of survival, competitiveness and the sense of separation will be transformed into love, compassion and awareness of our being.

As we move toward universal consciousness, we will remember our true nature and recognize that our being never dies. With awareness of our eternal and indestructible presence, our fears will disappear, and no one will be able to control and manipulate us. We will be happy to take risks and live in the present instead of dwelling on the past or escaping into the future, and we will stop suffering.

The year 2012 will allow those who have the best intentions at heart to set the new standards of social living. Their lights will shine brightly, paving the way

for many others to transit between the old and the new. No harm will come to those who are conscious, as their consciousnesses alone will protect them.

The best thing we can do to prepare ourselves for 2012 is to purify our energy and consciousness, so we can move into the vibration of joy and the celebration. Through joy and the celebration of life, we'll be able to surf the massive wave of global and cosmic change as we move into the new era of universal consciousness.

SEVEN THINGS YOU CAN DO TO PREPARE FOR 2012

1 Ask yourself, "Who am I?" and "Why am I here?" Examine your attitude toward life and death, and search for your eternal being.

2 Surrender your personal will to the will of existence and whatever life brings you from moment to moment.

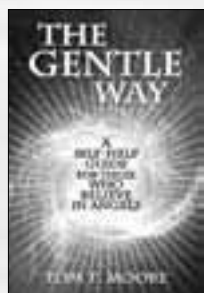
3 Make a list of your fears and allow yourself to act in spite of them. Don't be afraid to be different.

4 Understand and break through your social and religious conditionings. Search within to find your own answers instead of relying on other people's opinions of what is right for you.

5 Look for the lessons you need to learn in every situation in spite of the ups and downs of life.

6 Be honest with yourself and others, and take full responsibility for your thoughts and emotions.

7 Live each day as if it's your last, and trust that existence always takes care of you. **Z**



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Kite Adventure

Sleeping soundly, you wake up as you hear something tap, tap, tapping at your window. Looking out your window, you are surprised to see a magnificent sunrise. The golden Sun fills the sky with streaks and splashes of pink and purple shades of color. As you gaze into the beautifully colored sky, a tree branch suddenly begins tap, tapping at your window again.

"Oh, you're the reason I woke up so early this morning," you say with a laugh. "Have you looked at the sunrise?" you ask Tree.

Tree replies, "It's amazing, isn't it!"

"How come it has taken me so long to talk with you, Tree? I've talked with other trees; how come we haven't talked until now?"

"It was just this spring that I grew tall enough to reach as high as your window. I've been patient. I knew that eventually we'd meet. Over time I've learned the gift of being an observer," answered Tree.

"Angel has talked with me about that," you say.

That's when you hear Angel's voice, "Hi, dear one. I see that you have met Tree."

"I have, and I can't believe that it has taken me so long to talk with him."

Angel chuckles, "It's always a matter of timing. Just know that we always meet at the perfect time."

"I wonder what Tree and I will learn together. Tree, what have you observed about me?"

"First, I've noticed that you are a grand adventurer. I've watched you take off on many journeys with Angel. Each time you have returned, I've seen a change in you."

"What kind of a change?" you ask.

"An open-hearted change!" Tree replies.

"There is no way that I can be with Angel and not experience change. Angel helps me to see things differently in so many ways."

"Yes, dear one, I agree with Tree. You're open-hearted and open-minded," says Angel.

"Thanks, Angel and Tree. I've also learned that it takes one to know one. I am blessed with incredible teachers!" you exclaim.

"Are you open to an early morning journey?" Angel asks.

Wide-eyed, you immediately say "Oh, yes."

"Lie back on your bed, close your eyes and relax. Now take a few deep breaths," Angel asks.

Within seconds, you find yourself on top of a grassy hill. You open your eyes and see the golden Sun is shining bright. You look down at your feet and discover the most beautiful kite with a long ribbon tail. You stretch out the string a little and begin to run for a couple of moments to get the kite flying. It only takes a few seconds before the kite is flying higher and higher.

You feel the wind pushing on the kite as you hold onto the string. There is nothing in your way to watch out for, so you freely let out more and more string.

"This is so much fun," you say. Other times that I've tried flying a kite, there was hardly any wind, so it was a lot of work just keeping it up. Today the kite and the wind are together as one, and it is so easy."

Just then, a few seagulls arrive and begin flying just above the kite. Their white bodies with grey wings glide along in the wind as they fly in synchronicity with the kite. It's like they are dancing in the sky. The kite, seagulls and wind demonstrate yet again our oneness as they begin gliding and swooping together. The seagulls circle around a few more



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times, give out little squawks and carry on their way.

"I wonder what message the seagulls have for me today."

"What do you know about seagulls?" Angel asks.

Laughingly, you say, "Well, I know that they take every opportunity that comes their way."

"Indeed they do!" Angel replies.

"Keeping an eye out for opportunities can really help when it comes to manifesting our wishes and dreams."

"So true!" Angel agrees.

Looking up into the sky a little higher, you see that the crescent moon is still out. "This reminds me of the many stories I've read with pictures of children scootched up together and sitting on the Moon, rocking back and forth. In this wind, it's fun to imagine myself rocking on the Moon."

You take a moment to imagine yourself on the Moon when suddenly you hear a "kok, kok" sound and you

see two birds running through the tall grass. With your kite flying on its own, you become fascinated with these two new visitors. Sitting down on the long grass, you watch to see if you can figure out who these two visitors are.

You get a glimpse of one of them. It has a long, thin, gold-and-dark-brown-striped tail sticking out from the tall grass. Then you see his red wattle and green and purple head with a white ring around his neck. He makes another "kok, kok, kok" sound.

"I know that sound, Angel. It's Mr. Pheasant. Mrs. Pheasant is much harder to see. She blends in with the tall brown grasses as she runs through." You hear a whirring sound as Mr. Pheasant bursts powerfully out of the grasses, his wings whirling and flapping into flight as he flies a short distance toward you. He lands only a few feet from where you are sitting. You hear another whirring sound, and Mrs. Pheasant joins him at his side.

"I wonder what message you have for me today, Mr. and Mrs. Pheasant."

Angel replies, "Mr. and Mrs. Pheasant bring the message of confidence."

"Oh, I like the sound of that! I know that feeling confident within brings more and more blessings."

"Well, I guess they have come to mirror your inner confidence," says Angel.

Holding onto your kite, you smile as you raise your head and see the crescent moon, and you also notice your kite is flying high. You pause, closing your eyes to cherish this moment; however, you are startled by another "kok, kok, kok" sound. To your surprise, you are back in your room. As you sit up to get out of bed, you find a long, thin gold-and-dark-brown-striped tail feather.

"Thanks, Mr. and Mrs. Pheasant. I'll definitely remember your powerful gift of raising my heart and head high."

LEARNING OBJECTIVES:

- ☆ Children will experience the energy and power of the wind by flying a kite.
- ☆ Children gain insight into the gift of being patient.
- ☆ Children will practice being observers as they watch others interact.
- ☆ Children will practice feeling the feelings of being confident.

ACTIVITIES:

~ IMAGINATION ACTIVITY ~

After listening to the story, ask the children to talk about their experiences.

- ☆ What colors did you see in your imagined sunrise?
- ☆ Describe an experience when you were patient.
- ☆ Describe an experience when you stepped back and became the observer.
- ☆ Describe a kite-flying experience you have had.

- ☆ What moon story do you remember?

~ KITE ACTIVITY ~

The purpose of this activity is to make a kite. You can purchase a very reasonable one that you can put together easily, or you can make one from scratch. If you decide to make one from scratch, go to the library or search the Internet to find a design you like, and follow the directions carefully.

It is recommended that you be patient and wait for a windy day to fly your kite. Find a location free from trees and high wires, and enjoy your kite-flying experience.

As the children fly their kites, encourage them to feel the energy and the pull of the wind on the kite through the string. Also encourage children to pull on the string to encourage the kites to fly higher.

Supplies: plain paper, pen or pencil, felts, pencil crayons or crayons

Ask the children:

- ☆ Describe your kite-flying experience.
- ☆ What was it like holding on to the kite while feeling the power of the wind?
- ☆ What happened when you pulled on the kite string?
- ☆ Draw a picture of your kite experience.
- ☆ Share your picture.

~ PATIENCE ACTIVITY ~

The purpose of this activity is to recognize the benefits of being patient with yourself and others. As you are patient, remember to focus on recognizing that you already have what you want.

Ask the children:

- ☆ Remember an experience you have had when you were patient.
- ☆ How long were you patient?
- ☆ What were the benefits of being patient?
- ☆ How did it feel to practice that you already had what you wanted to manifest?

- ☆ How did you feel once you received what you wanted?
- ☆ Did you discover the gift of being patient?
- ☆ Did being patient make your experience richer for you?

~ OBSERVER ACTIVITY ~

The purpose of this activity is to step back from time to time and to observe both your own interactions and others. Being an observer is often an inactive experience; however, there is great learning, which at some point can be activated and can change your perception positively.

In one day, ask one child at a time to spend a few moments being an observer. As they watch the interactions among each other, have them ask themselves, "How can I see this from a loving perspective?" Once everyone has had a chance to be the observer, ask the children:

- ☆ Describe your experience of becoming an observer.
- ☆ When you were observing, explain a time you looked deeper at the situation and discovered a new, loving approach.
- ☆ What did you learn being an observer?
- ☆ What would you do differently now that you have been an observer?

~ CONFIDENCE ACTIVITY ~

The purpose of this activity is to recognize the inner feelings of confidence

as they surface. Ask the children to think of areas in their lives in which they feel confident—such as walking, jumping, and feeling healthy, feeling peaceful, joyful or happy—in the present moment. Since there is only oneness, encourage them to recognize that the feelings they are experiencing in this moment are one with everything and that what they focus on grows. Encourage the children to keep the confidence within themselves growing!

Ask the children:

- ☆ Take a deep breath. What did you experience and feel inside yourself as you walked confidently?
- ☆ Take a deep breath and explain what you experienced and felt inside yourself as you recognized your healthy body confidently.
- ☆ Take a deep breath and explain what you experience and feel inside yourself as you focus on joyful, happy, confident moments.
- ☆ Take a deep breath and share an area in your life where you recognize you feel confident from within yourself.

LEARNING SUMMARY:

- ☆ Children have had fun flying kites that they have purchased and put together or that they have made from scratch.

- ☆ They have felt the wind pushing against the kites through the strings, and as the children pulled on the string, the kite would then rise higher.

- ☆ Children have practiced being patient. They have focused on the inner gifts and benefits of being patient. They have watched to see how long it took for them to manifest what they have wanted.
- ☆ They have also practiced feeling that they already have what they want.

- ☆ Children have focused on being observers. They have focused on observing from a loving perspective. They have shared what they have learned through the experience. They have also gained insight into what they may choose to do differently now that they have been observers.

- ☆ Children have practiced feeling the feelings of being confident.
- ☆ They have chosen areas in their lives where they already feel confident within themselves. They have been encouraged to recognize that as they focus on feeling confident, these feelings will grow.

- ☆ They have also been encouraged to look at the much bigger picture: As they feel confident, they are sharing this feeling in oneness with everything. ✨



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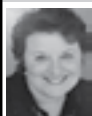
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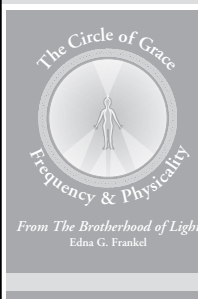


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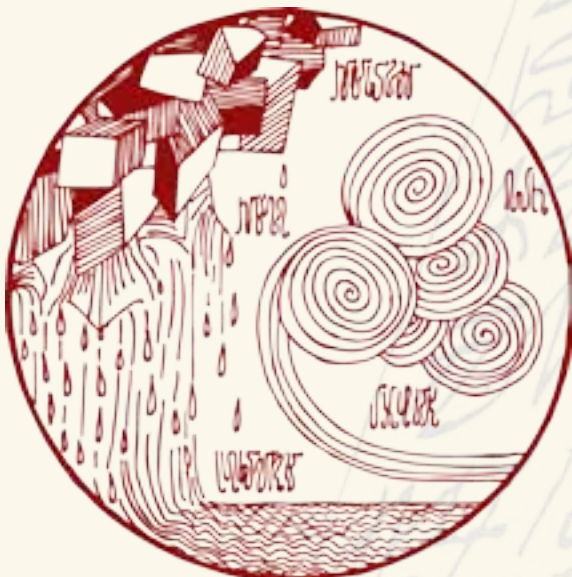
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JANET LIGHTSTONE



DAVID REID LOWELL



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THRASHER

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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.

Taking Wing and Putting Love into Action

Mother Mary through Jill Renee Feeler

The ascension is under way. Many lightworkers have done much to pave the way and get us to where we are now. There is much information available for those who are just awakening to learn more and get on the path that they had intended for themselves before coming. The change that is needed now is to shift this information that you have learned—that you have acquired from a cerebral, thinking, intellectual process—to a process of motion. You can do this by using this body that you chose. You picked so perfectly, and it is so perfectly available to you for what you had intended it to be and what you need it for. In other words, it is time to put your thoughts, your ideals and your love into action. Any sort of “doing” verb will suffice in this case.

The act of loving will raise your vibration. And whenever your vibration is raised, the unity of all—all vibrations of all individuals, all energy—is raised as a result. We need each and every one of you to fulfill this request. Some of you are taking longer than we had imagined. You are hesitating, doubting, not trusting yourselves. You must learn to trust yourselves. This is not the time to look for validation from others. This is not the time for doubting yourselves. This is not the time for listening to naysayers or to those with energy that is “lower,” or rather energy that is different from that which you vibrate. I changed the word “lower,” since some of you get tripped up with thinking of “lower” as negative. It is not negative: a lower note on a [musical] scale is equally as beautiful and vibrant in tone and pitch as the

higher notes on the scale. They are all beautiful. All notes are lovely, just as all people’s vibrations are lovely.

This act of loving must come quickly. You must make up for lost time. It can be done. Every one of you has a unique role to play, which is why looking to others for your direction is misguided. They are not you. They don’t have your same path. They don’t have your same gifts. They may not be at a vibration such that it is appropriate guidance for you to begin with. You must look inward and support others who are also looking inward. This does not mean we are all in isolation—quite the opposite. We are all part of the collective whole, and divinity is within each and every one of us. We all need each other. Thank you to all of you who have laid the path to this point. We need each of you to continue to play a role going forward.

EACH ROLE IS IMPORTANT

Think of the imagery of Canadian geese flying in a V-shaped pattern. The goose that is in the front has much inertia and much headwind. It must expend so much more energy than those toward the back of the V. But you will notice in this and in many other cases of nature that there is a cycle of rest as well—not that this is a time for *full* rest [laughs], but re-energizing is needed. Those of you lightworkers who have come before have been at the front of this V-shaped pattern, and your efforts have guided us exactly where we needed to be. Thank you. It was a hard road for many of you, but the learning and the growth that you have acquired and that all of us have benefited from has not gone unnoticed. Well done.

Please try and stay positive for those who are just awakening, and remain supportive. You may want to look at them as young children, naive, unknowing. That would be a mistake. Those who are awakening now have new information and new gifts that are required to keep the progress going forward. Don’t judge. Acknowledge where you are, and look inward for where you need to go next to support your journey—and therefore everyone’s journey. Those who

KEY POINTS

- As the ascension process continues, be inspired to put your thoughts, ideals and love into action, raising your vibration and the unity of all vibrations along with it.
- Every lightworker in this process is equally important, whether he or she are newly awakened or has been working for years. Be supportive to each other, showing gratitude and love for what has come before and what will be done in the future, without judgment or criticism.
- “Focus on your path and let your love fill up within you, spilling out to everything within your awareness, thereby helping everything else within your awareness on its respective journey.”



JILL RENEE FEELER
www.beacon4lightworkers.com

are awakening now and who will awaken soon all have an equally important and valuable role to play that is unique to each and every one of them.

All of this energy is positive, and it must all be filled with love, without competition or negativity or criticism. This will be the challenge. This will be a key challenge for many of you lightworkers who have been so busy for so long, like the tired goose in the front that needs to enjoy the more relaxed state of flight toward the back of the V. You are still cheering on the one who is now at the front of the V, for you want that one to succeed just as you want your own success, and they are dependent on each other. It is all so beautiful, and I hope that this imagery is helpful to you.

FOCUS ON YOUR PATH

You need each other, and we need you. We are here to help you. Please let us help you. As you go inward, be dedicated enough and be disciplined enough to find the method that works for you, to hear that inner voice, and to let the wisdom be found within you. This will allow you to get past the chatter of the ego and find that truth within yourself that is needed to keep your vibration rising up, up

and up. As this happens, your joy and your bliss will also go up, up and up like a ladder, letting you rise higher and higher and higher. Focus on your path and let your love fill up within you, spilling out to everything within your awareness, thereby helping everything else within your awareness on its journey.

It is not selfish to go inward and focus on yourself, because the effects of going inward and focusing on yourself are so positive for everyone else. As you let that love and compassion and God's light within you shine so brightly to the rest of the universe, it is blinding. The light is so bright that it is blinding and lovely to us. We are applauding you all the way.

We know you have exactly what you need. You set yourself up so perfectly on this journey, and you are so lucky to be exactly where you are. It is a gift—this journey and every other journey you have had, wherever it may have been, is a gift. Use it wisely. Find inspiration and encouragement whenever it comes to you, from wherever it comes to you. It may be from the most unlikely places [laughs], but just take it in and let it keep filling you up to re-energize you. Be good to yourselves in mind, in body and in spirit. Well done! Keep going! ✨

Discernment Is the Key

Archangel Gabriel through Lotus Fire

8 April 2010

Greetings, precious ones. I am Gabriel, lord of the Moon, ruler of the inner and outer tides. It is with great love and respect that I come to you this day. I wish to speak on several matters, the first of which is discernment.

Each of you is a creator. You are sparks of the divine, and within your hearts reside all truth if you but go within and access that light of the Creator. Meditation can help, if the meditation is done with the intent of building that light within. It is thus deeply significant which meditation you partake of and who leads it.

DISCERNMENT LIES WITHIN

Your discernment is of utmost importance, particularly at this time in history. There is a massive and vast awakening occurring on this plane, and you are being swept up in it as are your leaders. Transformation, movement, swirling

KEY POINTS

- At this particular time, your discernment is of the utmost importance.
- You need to focus on the light growing inside you.
- Remember, the light within is your best authority.

vortexes of change, frequency disruptions and growth are all part of this awakening. Many forces are coming into this mix to support you and some to distract you from your destined awakening. Those political or spiritual leaders and teachers who have not fully cleared their ego attachments will be swept away by distracting forces from time to time. At times, information that comes through certain of your spiritual leaders will be accurate, and at other times, it will be tinged with inaccuracy. It is up to the listener, the student, the individual, to check within at all times.

If you find yourself in a spiritual setting and the meditation does not feel right, check within. Check with that luminous glowing energy in your heart, the spark of the divine. Allow it to grow and fill you, and feel, hear or know if any teaching or meditation is not right for you. If anything feels wrong, do not do it. Get up and walk out if you are in a seminar and things do not feel right. You



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are not to turn yourselves over blindly to teachers, to seminar leaders, no matter who they claim as their ultimate authority—be it angels, archangels, ascended masters or the Creator Source. It is up to you to discern. It is up to you to keep yourself on the true path to light. The light within you is your gyroscope.

Do not listen with your ears to the words of others. Do not use your intellect, your logical mind, to discern the true path for you to take. Go to the light in your heart, bring it up the central channel in your body that connects all the chakras—also called the pranic tube—and bring the light to your third eye. Check with your own discernment in this way. Do not follow any leader blindly. Do not do a meditation that feels wrong. You can do damage to yourself.

Take note of the spiritual teacher who checks with angels, guides or masters on your behalf without your permission and then tells you what that “authority” has said you should do. This is a red flag. All teachers who speak with such luminous beings should know that permissions must be acquired before checking with any spiritual source on behalf of another person. This is against cosmic law. If others try to manipulate you using their connections to angels, guides or masters, check your own inner light, use your discernment, feel the truth in your body, and thus get guidance for yourself.

Do not be swayed by the claims of others to have superior knowledge, especially if they look for answers for you without you having asked the question. This applies to readers who do readings on your behalf without your permission; this applies to channels who channel on your behalf without your permission or to anyone connecting to the spiritual world for information for you or about you without you previously having requested such information. It is in violation of cosmic law. Again, this is a lesson for you in discernment should this type of thing occur. Focus on getting your lesson, not on the wrongness of the other, nor your own victimhood. Lovingly and with gratitude, focus instead upon learning the lesson of discernment.

FINDING DISCERNMENT REGARDING THE MERKABAH

There is much questioning and difference of opinion regarding the merkabah at this time. Discernment is the key again. What feels right to you is the key. Does the merkabah feel safe to you? Does the merkabah feel good to you? Are you left feeling disoriented, confused or dizzy? Then it is not right for you. If after being in the presence of your teacher you feel drained or exhausted, this is not for you. If after doing a meditation you feel disoriented, confused, drained or exhausted, this is not for you.

Relaxation, peace, lightness, joy, clarity and expansion are some signs that the meditation or teacher is for you. It is a very important time in your development to check with your own inner gyroscope, the light in your heart, to stay on track. Be not swayed by the views of others, the beliefs of others, as each and every one of you is a spark of the divine, and the truth resides in you.

Since you are creator gods and because you are in a powerful expansion cycle, always remember that your thoughts manifest. “Focus on what you want and not on what you do not want”—these words have never been truer than they are today. What happens to one of you affects all of you. If you believe that you are experiencing a leader or a teacher or any other person important to you straying away from his or her true path, do not focus on the “wrongness” of the actions. Focus instead on people getting back on track with their life purposes that are known to these people in the light in their own hearts. Send love and light to all.

This is not a time to be distracted by disagreements or the ego or power lessons of others. Focus on the light growing inside of you, on the liquid crystalline light of the Creator Source flowing through you like a powerful river. Focus on that same light flowing through your leaders, your teachers and your friends and family. See the light like a mighty river, flushing away any darkness that may still remain as a result of the past. Be not caught in petty arguments of who is right and who is wrong. Focus on the mighty light as a river flowing through teachers, spiritual leaders, political leaders and persons in position of power and authority, as well as the so-called lowliest among you. What happens even to the homeless person living under the bridge affects you. Focus on the light of the Creator Source flowing in, consuming the darkness, transmuting it into light for all. This is the powerful crystalline liquid light, the light from the Central Sun.

UNDERSTANDING DISCERNMENT BETWEEN LIGHTBEINGS

More and more beings of light are flooding onto this plane to assist you at this time, and your discernment is important in this regard as well. Those beings of light who come to assist you never tell you how important you are or how amazing, powerful or wonderful you are. They do not build your ego. Many have been swayed from their true paths by the interruption of such beings. They are not of the dark, they are of the light, but they do not understand your purpose on Earth, and they will distract you if you allow it.

Beings of light who are present to assist on your path will identify themselves by name, they will not build your ego, and they will give you confirmation in your daily life of what they have told you. If you meet beings of light in meditation or in dreams and they give you information, look for confirmation in your daily life of what they have told you. If they cannot be bothered with giving you their names when asked nor with giving confirmation in your daily life of what they have told you—or if they tell you that you are the greatest thing since Genghis Khan or Cleopatra—then they are not true lightbeings in the sense that you need them to be in order to receive assistance from them.

Be especially vigilant of lightbeings who tell you how great you are. Remember the adage, “Pride goeth before a fall.” This is regarding the ego being built at the expense of spiritual growth. When the personality/ego grows stronger, overshadowing the soul, there is a lesson waiting in the wings.

REDISCOVER THE PRESERVED KNOWLEDGE OF THE ANCIENTS

We have spoken previously of the acoustical properties of caves that were used by the ancients. More and more of these will be discovered in coming years. There are also aboveground installations all over the planet, pyramids with acoustical properties, and more and more of these will be uncovered.

It is in the highest and best good of those on this planet to begin to study these acoustical properties. Sound created everything. The ancients knew that and applied it. It is up to you to recover what they knew. The evidence is before you in many of the pyramids that have been uncovered and those that are being uncovered. There are pyramids on every continent. Many have been discovered and uncovered, and many are still believed to be hills due to hypnotic effects coming from beneath the Earth.

These pyramids have been protected over the millennia from those living on the surface going through a dark period. A covering of soil and grass and trees is a perfect way to conceal ancient knowledge on such a massive scale as the pyramids.

Much knowledge has been preserved in this manner. Wonders beyond your greatest imaginings are being uncovered and discovered even now, although they will be more fully understood at a later date. The darkness resists your understanding these sites of ancient wisdom. Yet you are like sleepers who are beginning to awaken, and in that state halfway between asleep and awake you hover, one foot in both worlds.



Much knowledge and information awaits you yet beneath the Earth and will be revealed to you gradually as is deemed appropriate for your best interest. Mysteries beyond your wildest imagining are unfolding even today. They will be part of what brings you joy and bliss, which are your natural states. They are coming to the fore even now. Remember to play your part and focus on becoming a fountain of crystal light from the Creator Source, the Central Sun. Never forget that the light within is your own best authority. I am Gabriel, lord of the Moon, ruler of the inner and outer tides, loving you and blessing you. ✱

The Flow of the River of Life

Jeshua through Reverend Michelle Coutant

Beloved ones, in the now, we must understand that there are great changes afoot—changes that can make many of you most uncomfortable—yet it is these changes that take you out of your comfort zones, that create the most growth for each one of you. These changes signal the upcoming ascension, and these changes are occurring to help each one of you become uncomfortable enough to release that which no longer serves your highest good and the highest good of all. The time will come when you no longer need to learn through pain and suffering, yet you are in the final stages of this process; pain and suffering is a trigger for you to bring your attention to that which is still of density and in need of being released.

Lighten your density, beloved ones. You can do this by spending time each day in meditation with the intention to

release, release, release all that has held you down, all that is not of the light, and all that brings you pain and suffering. As you make this conscious effort, you will find that your vibrations become “lightened” and higher, the body becomes less dense and your pain and suffering begins to fall away. In its place, you will find an increasing amount of love, for love is the highest vibration available to you; it is the vibration of the fifth and higher dimensions, and it is the foundation of all Creation—the elixir of life. This vibration is available to each and every one of you through the diligence and dedication of your efforts and determination to rise above the density of the third dimension.

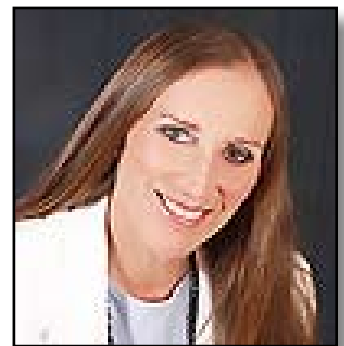
RELAX INTO THE FLOW OF THE GOD SOURCE

Be kind to yourselves as you follow through on this process each and every day. Remember that the great civilizations of your past Earth history were not built in a day, and it is so that your future great civilizations will not be built in a day. Yet your New Earth and great civilizations begin in the now with the dedication of each and every one of you. You are, each one of you, making the difference that you will see in the new world. You

KEY POINTS

- As great changes begin to take place during this ascension that might make you feel uncomfortable, it is important to remember to lighten your density, releasing all that holds you down.
- Use meditation and intention to relax into the flow of love that emanates from the God Source, allowing your cares and worries to fall away along with the tensions of your physical body.
- “This state of physical relaxation is the key to allowing the divine to be the guiding force in your affairs.”

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must trust and have faith in the divine that this is so. You cannot always see the workings of your God-self and the Creator. There is much going on behind the scenes to support the daily spiritual work that you are each doing. The groundwork has been laid by the higher realms and by each and every one of you. Trust and know that this is so. Give it up to God and surrender your burdens, your pain and all that no longer serves you. Surrender your past hurts and sufferings. Forgive yourself and others as you let go, and allow the divine love to guide you to your inner truth, your wisdom.

Allow the God Source to be your highest guidance. Give up the control that you have held on to so tightly. Sit quietly and allow your body to relax. Allow this relaxation—a total and complete relaxation of all your cares, your worries, your fears. Release the body completely, and as you relax, feel these fears, the worries, begin to fall away. A relaxation of the physical body allows the relaxation of tightness and of control. Fill yourselves with the love of the God Source and feel this love as you continue to be in the relaxed physical state. This state of physical relaxation is the key to allowing the divine to be the guiding force in your affairs.

As you relax the physical, instruct the ego to be under the direction of your God-self as it follows the cue of your physical body. Breathe deeply and feel this shift, and the flow of alignment with your God-self. In the quietness of the now, instruct your personality to align with the physical and the ego in harmony with your God-self. Breathe it in, beloved ones; sit quietly in trust and complete surrender to the God Source. Maintain this relaxed state in trust and

faith. See yourself flowing in the river of life, this river of love filled with the adamantine particles of love and creation. Fill yourselves with the love of the God Source. Be in complete relaxation, flowing in the knowledge that you are always divinely guided. You are always in the right place at the right time doing exactly what it is that you came here to do. Your God-self will always direct you for your highest good and the highest good of all creation. It is so, beloved ones. The key is trust, faith and bringing yourself to the place of a deep knowing that this is so.

YOU ARE NEVER ALONE

You are never alone. As you open to this wisdom, you will find that there are many of the highest light, of the higher realms, waiting for you to ask for their guidance. They are most grateful to assist you, as this is the service they have chosen during this most hallowed time of the ascension of Earth. Surround yourselves with these blessed beings and ask for their assistance. They will assist you in deepening your trust and faith in the divine love and light.

I too am here to assist you in this now moment, this most hallowed and sacred now moment of creation. Call on me, beloved ones. I will help you strengthen yourselves in the love, in the trust and the faith that you are a most blessed being of the divine light. This remembrance is within each one of you and will release you into the flow of the river of life, the elixir of life, merging you with the flow of all creation. This flow of all creation is the All That Is, the God Source, the Creator. ✱

You Can Choose to Have a Better Life

Michel through David Reid Lowell

Michel, I struggle with repeating self-destructive behaviors. I try and try but feel overwhelmed and angry. Can you give me some insight?

Each person has his or her own comfort zone, which exists for a reason. When you are ready to move into a new place of higher awareness, it takes courage. Navigating these changes pulls into question your

KEY POINTS

- The process of change and moving into a higher awareness can be frightening.
- Change is something you must choose, and in the process, you have to embrace good habits.
- It's actually fairly simple—life is what you make it!
- By choosing to do things differently, you can have a better life.

purpose and the reality you now recognize as no longer serving you—as the need to grow has at this time come to one with your awareness of a changing perspective.

MOVING INTO HIGHER AWARENESS TAKES COURAGE

The complexity of human nature (always questioning your purpose)—coupled with your own habits that you have comfort with—reinforces a level of stability and familiarity when you face the uncertain. Change can

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be scary and frightening, and many people will dig deeper trying to reassure themselves that their way is the right way in an attempt to have at least something validated within their lives. But this process is not about judgment or validation. Even though you try to make it a process of validation, although you claim it is not about control, it is. The illusion of control is what you think validates your worth.

Slowly you move into and engage the process of self-growth, usually after hitting a level of frustration or desperation, which comes from personal awareness and an increasing desire for self-empowerment rather than the false sense of security you get from alike thinkers, or the type of reinforcement that comes from your friends that actually self-validates their realities by keeping you in lock and step with them. Your life is about your personal process of growth. We, the Michel, have been and are concerned with your own individual uniqueness and your own sense of purpose and stability. In other words, we are concerned with the working tools you develop to improve your everyday life.

We have long been reluctant to foretell or prophesize for you, as this pulls into question your own sense of faith, which should be the most sustaining factor in your life. Your faith is anchored in your belief system and comes from how you have been taught to view yourself in connection with the world or environment you come out of. Hmm, indeed, for what you know is the process of validation that you have chosen to believe in because it is how you have come to know the truth that you have experienced.

Even those who are abused protect their abusers, because to them it is their fault that they allowed themselves to become abused, or they feel they are powerless and trapped. This is the illusion of perception. The first perception is that you will be judged by others. The second is that you are powerless to change because you aren't worthy of change.

When you cannot change or break a habit of behavior, it is usually tied into a past-life event that has yet to get right. Sometimes when you don't get something and you keep beating the horse to death while you are riding it, the experience is going to worsen before it gets better or healed because you aren't willing to make the change. Undoubtedly you can change and are able to change. This is about your willingness to adapt. You need to adapt and change if you are to grow.

YOU HAVE TO WANT CHANGE

When you think of yourself, how would you describe yourself? And therein is the truth about you. When you think you are a certain way, you are reaffirming that reality, which is based in the actuality of how others see you. It is your own mind's eye that creates the person you are. If you think you are bad and that you are scary, then how can you be surprised when people are afraid of you or don't trust you? If you are flighty and intense, do you think people who are stable and calm will want to share space or time with you, only to become caught up in your intensity? If you are opinionated,

then other people may not trust you, and they may view you as judgmental.

You see, you—yes, *you*—project the image of yourself that co-creates with all the other people you interact with. You have the power to change. You can make your life what it is you want it to become. But you cannot do it if you are not respectful of yourself and if you don't believe you can. There are some who just like to wallow in mud like a rutting pig on a hot summer day. Indeed. How is that for us getting to the point with you? If you don't like how you are treated by others, then maybe it is time to look at yourself and ask what part you play in that process.

"Oh, it's just not fair!" Indeed, how often have you whined and scrambled about while sifting through the decimated quality of life you *think* you have. "I've never had it easy!" Indeed, only you? Some people just think they are entitled to push off their messes onto other people. They never accept responsibility for bettering their lives. You have to want to change, and to change, you have to embrace good habits.

If you are having a hard time doing that, then keep trying. Eventually you will catch on. Now, here is the catch: Many people manipulate others to keep in control of their relationships with them. Ask yourself what you are doing, and ask yourself if the people nearest you really reflect qualities you want to embrace. Are they actually a benefit to you moving forward? Who a person's friends are says a lot about that person.

SEE LIFE AS A LEARNING EXPERIENCE

Life is about what you make it. It is that simple. You can see your life as limited, hopeless, difficult, challenged, a mess, unfair, complicated, meaningless—and the list can go on and on and on. Or you can shake it off and decide that *now* is the moment of change. What's going to happen? If you try, at least you are trying to change. Yes, you may be going into the unknown, but how much worse could it be than the past you are trying to change?

Take the chance. Try something new. Take the risk. You're an adult—take the opportunity to learn a new experience. Will it be awkward? You bet. Will it seem strange? Of course. Will you be scared? Maybe. But then again, nothing ventured, nothing gained.

Life is a learning experience. You age when you stop learning. Youthfulness is found and maintained by the processes of adventure and learning. But always be mindfully respectful. How you respect another person shows to that person how much value you put on respecting yourself.

If you try something and it doesn't work, stop doing it. Reevaluate it, then try again. Step back and think. If you try something and you don't like the experience, then don't do it again. But at least in the meantime, you have tried. The only limitations, the only right and wrong judgments about your life that matter, are the ones you put on it.

Every person at one time or another has done something they are not too proud of. Oh yes, each person has had at

some time in his or her life that one shining moment that would rather be forgotten. If you never made mistakes, how would you learn? But the person who becomes successful is the person who is able to move forward and let go of the past. A time comes when you have to decide what kind of person you want to be. Do you want to be a person whose life is defined by what other people think, or do you want to be the person who focuses on his or her own life and improving that life?

YOU CAN DO IT DIFFERENTLY

Each and every emotional response you have is based on a thought that you tie into that emotion. Retrain your thinking process—it is like exercise. How old are you? Well, it has taken you that long to train your brain in how you think. So will this be a process you can achieve over night? No. But with time and with focused intent, you can improve how you respond to the things that cause your reactions.

You can just talk and express what it is you want. If you cannot ask for something, then how can someone be clear on giving you what it is you want? You don't have to threaten, slam, bang or bully. Those traits are less than desirable and badly learned. How did you learn to react that way? From not being loved and from not having someone protect you in a nurturing manner. Indeed.

When people have not been nurtured and guided in a loving and trusting manner, they cannot view themselves as significant. If you are taught you are a certain way, then that, over time, is how you begin to see yourself. You buy into the way you have been treated.

You can do it differently. You can stop; you can change. You can have a better life. But you have to be willing to take that one moment, and no matter how risky it is, you have to step into it and trust that it will become a better way. Start believing you are worthy of being loved. Reach out so another can reach back. *Take the risk.* ✨

Consciousness and the Body as a Containment And Disbursement System

Divine Wisdom through Annie Konovitch

The greatest complexities of the human experience can paradoxically be comprehended through the simplest of understandings. One such understanding is seeing the consciousness and the body as a containment and disbursement system. What that means is that everything that is put into the consciousness through any of the senses of the body is projected out at some point. But in the linear experience of the third dimension, the out-flow doesn't always immediately follow the inflow, and in the process of reincarnation of the consciousness, it isn't even

necessarily the same body that will project out the information taken in.

It has been confusing to some of us on the healing path that, after clearing out so much past life and current life trauma and drama, more could keep coming out into experience and with so much frequency! This understanding of the body as a containment and disbursement system can help to facilitate this understanding and to simplify life by minimizing new karma, collectively co-creating an experience of the new current-cy. Since there is constant and incalculable information going in through the senses, there is constant and incalculable information coming out as experience.

KEY POINTS

- "Everything that is put into the consciousness through any of the senses of the body is projected out at some point."
- This understanding of consciousness and the body as a living and active containment and disbursement system can now be used to create and compound the positive and expansive vibration of the New Age.
- This can be done by taking in new and higher vibrational information, allowing us to pump out new forms and experiences of higher vibrations.

A GIFT TO BE SIMPLE

This is why meditation in stillness and quiet is so invaluable as a tool of understanding and simplify-

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ing experience. When one spends time in a space of less input into the containment and disbursement system—the consciousness and the body—less output will occur. Less incoming information will offer opportunities of experience with less output, giving more of the simplicity in life that we seekers are looking to create in our individual and collective lives.

All details of the senses—conscious and unconscious, subtle and not so subtle—can be helpful to a comprehensive evaluation of what input is actually coming through, so that the things that are being projected out into experience can be positively adjusted. Through the eyes, we take in images, colors and the body language of others. Through the ears, we take in words and the energy of things said and not said. Through the sense of touch, we feel different temperatures and materials—extreme and balanced, natural and unnatural. Through the taste buds, we take in flavors. Through foods, we take in actual ingredients, plus the energies that the food took on during processing, and in the case of food that was once alive, we take in the emotions and experiences of the creatures and plants being eaten, their surroundings and experiences, and the energy of the food that they took in.

We are affected by elements of feng shui of the land and our homes, vehicles and offices—whether we are aware of the effects or not. Our family, friends, spouses and coworkers all give off energy that we take in and project out in our experience. Our energy fields are in constant interaction and sharing with all fields of all things living and not living at any time. All of these things taken in must be released at some point. The information that comes in is organized and released immediately or stored and released at a later point. Information of a heavier density has an easier time getting stuck in places in the body, and information of a higher vibration can come in and out more easily.

PUMP OUT POSITIVITY

With each beat of the heart, information is pumped out through the electric field created by its function. The information comes out as form and experience into the external realm of the field—in other words, into the person. This happens both on an individual basis and globally as a collective process. Every heartbeat of every breathing being on Earth is pumping all the information taken in back out into form and experience. This explains the compounding effect of things going on! More and more momentum is being pumped into the collective experience, making every passing day in the linear world one of growing power.

All of this momentum in the individual and collective can now be used to perpetuate and compound any information that we, the choosers, choose. Which will you choose to pump out today for yourself, for your family, for your community and for your world? The clichés “We are the company we keep” and “We are what we eat” are accurate and helpful guides to make positive adjustments in our lives. The spiritual law of the consciousness and the body as a living and active containment and disbursement system—which may have been used in our experience to perpetuate a detrimental, negative experience—can now be used to create and compound the positive and expansive vibration of the New Age.

Therefore, by taking in new and higher vibrational information—in the form of food, music, positive feng shui adjustments, stillness, meditation, conversations, relationships, work and service—we can pump out new forms and experiences. Isn't it exciting? See the power of choice and the difference each decision of input makes to the experience of output, for the individual as well as for the collective! Start now to take the things you want to see pumped out into our new world into your powerful electric creation system. ✨

This School Called Planet Earth

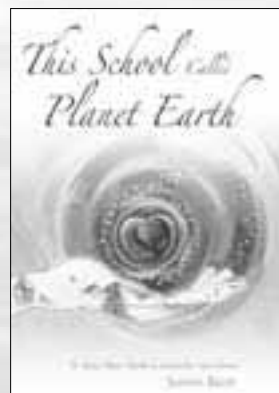
DR. JAMES MARTIN PEEBLES AS CHanneled BY
TRANCE MEDIUM SUMMER BACON

“If I could but lift one robin unto its nest again, I shall not have lived in vain.” This is truth, my dear friends. There is a purpose to your life, and you will find it before you leave the Earth, without question. There's no way you can escape yourselves. Some have come here to finish karmic relationships. Some have come here to discover that there is beauty in ugliness and vice versa. Some have come here in an exploration of abundance and what this means. On and on the lessons go! The planet Earth is a canvas, you are the paintbrush and your heart is the paint with which you color the planet—with your words, with your hands, with your heart, with your hugs and with your kisses. God bless you, indeed!

—Dr. James Martin Peebles through Summer Bacon

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Mother Earth, Alive and Well

Marlene Buffa

9 April 2010

The month of May joyfully reminds us of the rebirth of nature. In acknowledgment, we celebrate Mother's Day, honoring our birth mothers and ultimately our spiritual mothers. Symbolizing the greater gifts of Earth as mother to all living things, we dedicate one day to recognizing our origins by honoring she who gave us life and the Earth that sustains our life. This month, take a look at your own walk on the planet, and see the many different forces that give birth to your potential.

SAFE AND SECURE

From the moment of conception to birth, our lives depend on Mother for development. Not only do we grow in the biological sense but Mother sets the precedent for her role as nurturer and protector. We flourish at an alarming rate of cell duplication and soon enter the world as a complete physical being. We take for granted that Mother

is there for us, tending to our basic human infant needs and offering love and support for our emotional growth as well. Mother taught us to adapt and improvise, demonstrating overcoming obstacles and making way for better things.

Mother Earth as we experience her has always existed. From the day of our birth to our last day, the constancy of our world never waivers. We depend on gravity, the tides, sunrises and sunsets as the natural and normal courses of each day. We go through each day silently grateful for such support, and if something shakes our foundations, Mother Earth heals herself rather quickly, or she changes entirely in response to the occasion, usually producing a shift greater in magnificence than what suffered the loss.

DIRECTION

Savvy mothers allowed us to make mistakes. While the lessons often eluded us, Mother pointed out that we learn from errors as well as successes. In short, Mother provided a sense of direction as well as buoyancy on the rough waters of life. We value her opinion, her steadfastness and her willingness to navigate while we steer the ship ourselves. While patient or not with our explorations, Mother helps us to set goals ourselves while giving us the space to change course and consider different directions.

North and South, East and West, Mother Earth grounds us in geography and geology. We learn our limitations in conquering mountains, rough waters and ocean depths, yet the chal-

lenge remains to find an inside passage that best suits our goals. Encountering the inevitable heights of difficulties or diving deeply into despair, Mother Earth stands unmoved by our machinations and simply is.

With so much to see and explore, we uncover parts of ourselves as depicted in earthly landscapes. The patient giant, Earth gives us unending opportunity to make mistakes and try again. When our direction becomes clear, with all obstacles removed, we advance to even higher ground of who we truly are in the wind of our achievements; we transform into spiritual beings, even better than before!

BIRTH TO POTENTIAL

At the time of birth, no one, including Mother, knew our futures. Perhaps her newest bundle of joy would grow to cure cancer, write a symphony or free a nation. Rarely would Mother desire anything negative for her baby. Doing her best with her given conditions and circumstances, Mother nurtured, loved and taught us to develop and pursue our dreams. She provided the loving support possible and released her umbilical hold on our sovereign consciousness so that we could venture into the world to experience and achieve our finest potential.

KEY POINTS

- "Mother Earth as we experience her has always existed. From the day of our birth to our last day, the constancy of our world never waivers."
- "When we separate from Mother, in the physical and emotional sense, we realize our glory as autonomous individuals and discover our greatness within."
- "When our direction becomes clear, with all obstacles removed, we advance to even higher ground of who we truly are in the wind of our achievements."



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Our Earth Mother provides us with soil to grow our food and oceans and animals to harvest for our nourishment. Learning from her and from one another, we make our way through life by discovering new edible food or methods to improve our chances in hunting and gathering. Mother Earth provides us with a canvas by meeting all our basic needs and freeing us to explore what we do with the palette of pure potential.

BIRTH TO OURSELVES

As infants, and more importantly as adults, we exist as pure potential. As we age, we learn and acquire cynicism and doubt, and many times we long to revert back to a womb of protection to shield us from the hazards

of the rocky life that befell us. When we separate from Mother, in the physical and emotional sense, we realize our glory as autonomous individuals and discover our greatness within. Giving thanks to Mother for all she provided, especially for life itself, we expand our horizons and explore possibilities separate from her.

Mother Earth also gave birth to humankind's potential. In space exploration, we separated from the earth and atmosphere to explore the unknown, moving farther and farther away. Like a child whose distance radius expands with confidence, our daring missions away from Earth grow larger with each effort. And like the child who returns to mother, we return to the earth, compelled by the need for grounding and

the pull of gravitational force. When reunited, we share our discoveries with our fellow travelers in the hopes that one day they too reach far only to find themselves.

We give thanks to our mothers and to Mother Earth for nurturing and sustaining us throughout our lifetimes. Understanding that direction and guidance give way to discovering our own paths, we strive to make the most of our talents and gifts. In separating from the gravitational pull of Mother Earth and the loving connection from Mother, we realize that our individuality creates our potential. This month we may share flowers or a meal with our mothers, giving them gifts of Earth herself, for they are one, as are we all. ✽

Honor Your Path

Marcia Reeves Thrasher

I am fortunate in so many ways that I often forget to count them. As I sat at my computer one morning, a chilly 34 degrees outside on the next-to-last day of February 2010, I looked up to see a very young pair of wood ducks sitting on a limb in a pine tree outside my window. I never thought about ducks sitting in trees

before today. I was looking at my email, but somehow the pair of young ducks, male and female, sitting on that high limb prompted me to save my mail and research the habits of these beautiful fowl instead.

"Why have I never seen a duck in a tree before?" I wondered. So I did what I usually do when I have a question—I researched and I also asked to connect to the universal consciousness for those answers I can't seem to find on the World Wide Web.

This is what I found from my Internet search on the Cornell Lab of Ornithology website: wood ducks, as ducklings, can jump from a height of 290 feet or so without getting hurt. So flying up to this particular limb is nothing to these agile creatures. This particular tree was about 15 feet from my upstairs window, and I still had to look upward toward the sky to see the pair as they each participated in their courtship rituals.

The male, as with many species, was endowed with the more colorful feathers. The female, a sedate shade of gray, was the one being courted. I watched them as the male gyrated his long neck from side to side, trying to get her attention, but she just sat there pretending to ignore him. They sat about three feet apart, but it was evident that they were going to get much closer in the near future.

WHAT ELSE WOULD THEY BE?

Suddenly they spread their wings and swooped downward toward the pond beneath. In unison, they dove and landed with grace. They were hidden from view in the small pond, as willow

KEY POINTS

- "How we project ourselves from the day we enter this world is determined often by how others tell us to act."
- "Stand up when you know right from wrong in your heart. The choice to do nothing when confronted with adversity is still a choice."
- "How can we accomplish our goals, our lessons—the paths we set for ourselves on Earth—if we are in a continual battle for negotiating our souls' paths, our linear battles forging forth and fraying our nerves?"

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and shrubbery surrounded its boundaries. At this particular spot, they did not have to worry about hunters disturbing their mating rituals.

Deer and fowl, such as a few weary travelers like Canadian geese and every now and then a stray tern or stork, will make their way here for a short time on their way to other parts of the world, and they live together as peacefully as nature will allow. There were deer and wild turkeys in the fields, and every now and then I could hear the calls of the coyotes as they roam the woods and back pastures in search of food. Nature isn't always kind and gentle. Often nature does what is natural—it cycles.

I stopped what I was doing and concentrated on the birds. They were so busy that they had no time for me, although my thoughts were all about them. I sent a message to David, my guide, and to the spirit world. Amoya is my animal guide, so I directed these thoughts along to her too. I sent a thought to the birds that they were beautiful. I heard as a response, "What else would we be?" and I was astounded. They were right. What else would they be but beautiful?

They have no strict societal norms, no schooled culture telling them what is right and wrong, good and bad, or about ugliness and beauty. To the pair outside my window, nature called to them to perform an act that allows their species to continue proliferating.

You and I have preconceived notions in our minds. We mirror other's views of ourselves before we even look into the mirror on the wall. If we are told we are overweight and undesirable, then no matter the image in the mirror, our self-esteem takes a dive and we begin to dislike ourselves because we can't measure up to others. How we project ourselves from the day we enter this world is determined often by how others tell us to act.

No wonder so many are seeking to find themselves by looking in a garbage pile of troubling and trifling information that has been repressed, regressed and rehashed. But somewhere in this pile of information is what we search for at those times we are feeling low or

beaten. We dredge up long-repressed, never-forgotten phrases such as: "You're ugly" or "You're worthless" or "You'll never amount to any good," and on and on, until we have pushed ourselves into a little corner where the only way out is to go forth in desperation or despair.

OTHERS CANNOT MAKE YOU FEEL "LESS THAN"

Perception of the world, of ourselves and others, is personal, yet we come to know what we perceive of others from what others tell us. How individual is that? How many people can say with honesty that they are without fault, without prejudice and without outside influence in making decisions that affect themselves and others? I say no one can step forward and own up to being totally devoid of these outside influences.

How often have you let a comment affect you personally, let someone else ruin your perception of yourself? Why do you allow it to happen? I have been guilty of letting others penetrate my well-being. I am in human form, and although my spirit is willing to overlook comments and actions, the part of me that is human can and does get sad and angry and a little depressed when I am confronted with an accusation or comment about myself that I know to be false.

How many have been in this same situation? I'd venture to say that all of us have. How do we handle these particular situations? Do we blow up, get angry, stomp out of the room, send hate mail, lash out—or on the other end of the spectrum of emotions, do we sit and brood and not mention to the other or others involved that we are hurt, we are offended, we wish they would love us, we wish they understood us, and we wish we understood them? There are so many scenarios to handle being hurt or offended that I would not attempt to name them here. One of the best ways I have found to handling perverse or misguided comments is to smile, knowing that I am not going to have my own energy depleted or lowered or goaded into a lower-vibrational level simply because I forgot to put up my spiritual defenses.

As I looked out my window and wished the ducks well, I sensed that, come spring, the population of wood ducks would increase, and that made me smile. I am happy when I see others doing what their spirits urge them toward. I remember that I too am not perfect in this less-than-perfect world. When I read the channelings of Lee Carroll and Steve Rother and others, I am reminded that in our present dimension, we really don't have much of a peg leg to stand on when told by those in a much higher dimension that we have much to learn and much more to understand before we too can move to a higher-vibrational level of energy.

So why do I get a little low at times? Why do I let others make me feel less than what I know myself to be? I am human. I also know that I am Spirit, and that makes a difference in the way I receive others' perceptions, how I allow myself to respond, and how I do not let others get under my skin with ugly comments and actions.

FOLLOW THE WOOD DUCK'S EXAMPLE

What do the wood ducks bring us? What do they teach us about ourselves? They teach us to honor our heritage, to honor our individual beings, and to put thoughts of hurt and harm outside our minds, not allowing them to grow and eventually cause physical harm to our bodies or to delay our spiritual growth. Yes, I have in the past felt the sting of words and the accompanying tingle telling me I am loved and my path is to follow the higher calling and to not allow my spirit to dwell among the lesser energies on Earth who seek to bring me down and hamper my spiritual growth.

How can we accomplish our goals, our lessons—the paths we set for ourselves on Earth—if we are in a continual battle for negotiating our souls' paths, our linear battles forging forth and fraying our nerves? Inner peace and harmony keep us in balance. Tell yourself to be calm and to not ignore the comments of another; rather, smile with assurance that what you do is right, what you do is important to your spirit, to your guides

and to the Creator. If you back down in this fight, then know it takes two steps forward for every step back to catch up. Know that unless your path is to follow hurt and pain, whether giving or receiving, that allowing yourself, your spirit, to receive such abuse is probably not in your calling.

Stand up when you know right from wrong in your heart. The choice to do nothing when confronted with adversity is still a choice. Which scenario do you want your soul, your spirit, to follow? Do you want to be the peacekeeper, turning your head to the plights of others and often yourself, or do you

wish to be the peacemaker, making the choice to voice your comment when you see wrongdoing, to offer change and compassion and not stand by and allow others to be abused with words or through physical harm? Honor the path of the wood ducks who only listen to the call of nature, the call from spirit. ✱

Healing the Past, Changing the Future

Janet Lightstone

We are being called on by the spirits of those who have come before and by the very spirit of the land herself. Our lineage is a gift from the ages. Our ancestry is encoded in our DNA. Lineage plays a big part in the lives of our indigenous prophecy keepers. But what of the modern, westernized people in suburbia who have no idea of their lineage or what their ancestors have coded in their DNA? How can those whose ancestry has been lost in the melting pot of the United States, where everyone is “a little bit of this and little bit of that,” link into their ancestry and know what wisdom is encoded in their biology? The average American-born person doesn’t know the names of his or her great-great grandparents.

We are shifting into a new world, and the energy of the Earth is rapidly

changing to cleanse the pain of the past to birth a new world of peace. All the sages of the times before worldwide have prophesized this time, and each culture has its version of a time when the world will be in harmony. We are shifting to that world now, even as the world seems to be getting more polarized. Be aware this is the last dying breath of duality.

THE SINS OF THE FATHERS

What of our ancestors, those who were a link in the chain of events who brought us here? How will our shift in consciousness to peace affect those who have gone before? Will we view history differently? Will their gifts to us be left behind as we raise our awareness from *me* to *we*? Can we truly leave the gifts of the past behind as we evolve into higher consciousness? Or are we called on to not only heal ourselves, our DNA and our split psyches but also our ancestors so that all the generations, past and future, may be blessed and raise consciousness with us in this coming time of peace?

Four years ago, at the beginning of a year-long rites-of-passage series led by Maria Yraceburu, Maria stated that during the year, we would discover more

of who we were and that many people would uncover their ancestries. I dismissed this. My DNA is a melting pot of European genetics that has been lost by many generations in the U.S. Now I know better than to dismiss the prophecy of a prophecy keeper, however. During that year, my sister began to trace our family’s ancestry. She discovered many amazing things by following the line of Spanish settlers in California back from my father’s mother.

We found, among many other notable settlers of Alta California, Don Jose Francisco de Ortega. He was the scout for the first land expedition up the coast of California believed to have been the first European to lay eyes on San Francisco Bay, and he was the father of the first European child born in California. He also helped to found the chain of Californian missions, working closely with Father Serra. Father Serra, founder of the California missions, stated in letters that he considered Ortega his esteemed brother.

KEY POINTS

- “We are being called upon by the spirits of those who have come before and by the very spirit of the land herself.”
- “Forgiveness is the cleansing balm of the soul that can not only heal the past but change it.”
- “Healing the past not only changes the past; it changes the future.”

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Soon after we had discovered this, my son started the fourth grade. In California, all fourth-graders learn about the missions. The project he chose involved going to a mission and doing a report on it. He chose to go to Mission San Juan Capistrano, which is located at the end of Ortega Highway, the highway named for his ancestor. While we were there, I felt a sense of unease and eeriness. I didn't want to spend too much time there. The mission includes the main church, in ruins from an earthquake in 1812, and a graveyard the size of a mini-mart parking lot that had over 2,000 bodies of Native Americans buried in it, and I felt an unsettled sense of sorrow. Then my left heel started to bother me, I found I was limping and I just wanted to leave.

It felt strange to me to have this ancestor who was a heroic figure in history, but who also played a big part in the loss of almost an entire race. When the Spanish came to Alta (upper) California, there was an estimated population of over 300,000 Native Americans. By the time California became part of the United States, about seventy years later, there were an estimated 16,000 Native Americans left.

I felt weariness and guilt. I had become a student of Native American ways with my spirit connected to the wisdom of the elders and their traditions as my traditions. But what of my ancestry? How do I reconcile this? How does anyone? Most people of my community who are involved in learning the Earth traditions are also sons and daughters of the conquerors. Their ancestors are the Western Europeans who annihilated the races of this land to have freedom. Were they heroic or bloodthirsty? Are they to be honored or disavowed? What part of them is brought into being by our own lives? What of this has been passed down through our cellular memory? What are we to do about it?

HEALING WHAT WAS

There is a Native American prophecy that states: "Our ancestors will be born in the children of our enemies." In other words, some who were previously born as

Native Americans will be reincarnated into the lineage of the conquerors. Well, here we are. Our spirits are called to the Native American ways, yet our bodies carry the cellular memories and the trespasses of our ancestry. How can we reconcile this? Are our bodies to be the enemies of our spirits, creating a split in consciousness that is holding us back from embracing the world of peace we have been creating?

Our coming has been foretold for generations: We are the Rainbow Tribe. We are the people born of all races who are of one spirit. Yet without creating peace within our own psyches and DNA, our prophecy lingers, waiting to be fulfilled. It is a dormant potential that each one of us is personally responsible to awaken.

Following the visit to the mission, I told Maria of my experience and that I was inspired to do healing ceremonies at the missions. She said she would dream on it. In the meantime, the pain in my heel became more and more intense, and for months I tried everything until I finally called a gifted psychic healer for help. She told me that a spirit at the mission had attached itself to my heel and would leave once it gave me its message.

With a small circle of spiritual women in sacred space, I called on the spirit to give me its message. To my surprise, it was not a Native American spirit who was trapped in the sorrow of the land, but a spirit who identified himself as a friar consumed by grief and guilt over the atrocities that had taken place at the mission. He told us of the mass death of native children to cover up crimes committed by the padres. His sorrow came through in deep sobs. The scene was horrifying. His heart was broken, and his soul could not rest. Even now I weep with the memory of this. We called on the angels to release his spirit, and I felt it my duty to fulfill my vision of healing ceremonies for the missions, for California and for all of us who carry the lineage of the conquerors but have the spirits of the Native Americans within.

After dreaming on it, Maria let me know that she would accompany me

on my journey and create a pilgrimage to the California missions so that we all might heal our psyches, our hearts and our spirits and go forward into the world of peace by healing what was. We will heal our shame and release our blame. The duality of us versus them will become a oneness of shared experience, ancestry and wholeness to usher in this time for all humanity.

Now we are gathering our pilgrims and preparing. I don't know yet all those who will be called to become a part of it, but they must have strong spirits and be ready to truly act in the light of divine love. They must be able to forgive.

EMBRACE FORGIVENESS

Forgiveness is the cleansing balm of the soul that can not only heal the past but change it. The spiritual bookstore I do readings at has a collection of stones, each with a word. The words on the stones include "abundance," "love," "happiness," "miracles" and "forgiveness," among others. The clerk told me that the one that never sells is "forgiveness." I thought about this a lot. As spiritual seekers and those who are bringing in the New Earth, why do we not embrace forgiveness?

I think forgiveness is a hard word, because in it is the supposition that we are holding a grudge. Spiritual people who strive to live in unconditional love suppose they do not need to feel forgiveness. When you feel unconditional love, what is there to forgive? I know I thought that way too, but the spirit of the California missions friar who came to me to ask for help was seeking to tell his story and receive forgiveness. He cannot be released to continue his soul's journey until he is forgiven.

Through the winding road I'm following to fulfill the vision of healing ceremonies at the California missions, I have learned a great deal about forgiveness. The missions were established by the Catholic Church at the request of the Spanish crown to claim Alta (upper) California for Spain. In establishing the missions, the Spanish had to convert the Native Americans to Catholicism and make them Span-

ish citizens. Hundreds of thousands of Native Americans lost their lives through disease, torture, corporal punishment and war. Yet it is not the wounded souls of the natives who are crying out from the land for healing. Instead, it is those who created the wounds, those who caused the deaths and misery of an entire race that need the healing of forgiveness. This taught me that the act, energy and feeling of forgiveness in and of itself is healing. Perhaps it is the best healing of all.

I do readings and spiritual healings for those who have been wounded by their parents during childhood and who still carry the dysfunction that their wounds created. The message I get to give to those in pain is to thank their parents and honor them. I stay away from the forgiveness word, but that is what forgiveness is, gratitude and honoring. There is tremendous power in it. If you are truly able to thank and honor those who you feel have harmed you, you can release all the pain of the past and even see it completely differently. You are able to forgive them. In forgiving them, you also release them and heal their pasts as well. That is the true power of forgiveness. Forgiveness is an immense healing gift that can change everything, even history.

The great master Jesus said, "If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld" (John 20:23, ESV). Does this mean that we, each and every one of us, hold the power to release all others from the sins, trespasses and debts of the past? Does this mean that it is up to us to forgive our forbearers, our ancestors and all our relations? How can we hold power over something that occurred almost 300 years ago?

THE DOORWAY TO DIVINE LOVE

When I ask Spirit this question, I am shown the web of life that runs through and around the Earth. In this vision, all time is now. Everything that has occurred or will occur is active now. All that we do, think and feel now affects the Earth of all time. Every breath, every thought and every action changes this web's design, and when the web's design is changed, it is changed throughout all time. The past and future are as one. What we do now changes it all.

Then Spirit tells me that the power of forgiveness is the doorway to unconditional love or divine love. We can truly live in divine love when we practice forgiveness. Without forgiveness, we are denying that the past has anything to do with us and blocking the true healing needed to create peace on Earth. I am then shown ceremony as a sacred act that affects the web in a way that opens the door to the world of peace for all. It is a ceremony of honoring, a ceremony of gratitude, a ceremony of forgiveness. It is a ceremony in which those we blame for creating the loss, the pain and the destruction of our world are honored and forgiven.

As I reflect on these visions and messages, I see that this is a tremendous task. Forgiveness is truly divine. Not many humans I know of can truly forgive those who have perpetrated horrific acts of violence. Can we forgive the heinous acts of war? Can we forgive the pollution of the planet? Can we forgive child molesters, rapists and murderers? Can we forgive the Nazis, and can we forgive Hitler? Can we forgive the terrorists who brought down the twin towers?

We must. To enter the world of peace, we must forgive those who caused devastating pain and destruction. As healers, our task has been focused on healing the

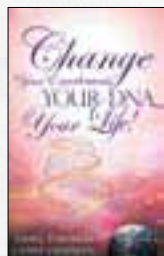
wounded. But for healing to be final and complete, we must forgive the wounders; otherwise, we are only healing half of the equation. When we heal both sides through the energy of forgiveness, we find the divine love we seek.

FORGIVE AND CHANGE REALITY

Healing the past not only changes the past but also changes the future. We are told by Spirit and sages that we have more power than we are aware of—that our words, thoughts and emotions are creating our realities and affecting other dimensions. How can we utilize that power to bring the time of peace into reality? Through ceremonies and prayers of honor and respect with forgiveness, we create a new history and embrace a new vision of humanity. I offer to you a way to help us all move forward into the new dimension of reality: forgiveness.

Forgiving the heinous acts of child killers, warmongers and torturers is not condoning or supporting their acts but instead creating a gateway to peace and divine connection that heals and ends the cycle of pain and destruction. We live in a society that has created an institution of justice based on crime and punishment. What if criminals were given forgiveness instead of punishment? What if victims truly forgave those who harmed them? Would they continue to harm others, or would they be healed? It is hard to say, since this has not been in widespread practice.

I can only offer this as a theory, but a theory that has been supported and taught by our enlightened masters for eons. I offer to you the idea that the next time you feel you have been harmed by another or see the news telling you of a new vicious criminal, send a prayer of forgiveness to them and see for yourself how that changes your reality. ✨



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